

User data report

Daily report for June 13, 2023

Overview Smart Textile & Garmin watch

Smart Textile



Collected data: 2h, 16min

- Night: 0h, 0min
- Day: 2h, 16min
- Rest: 2h, 9min
- Active: 0h, 7min

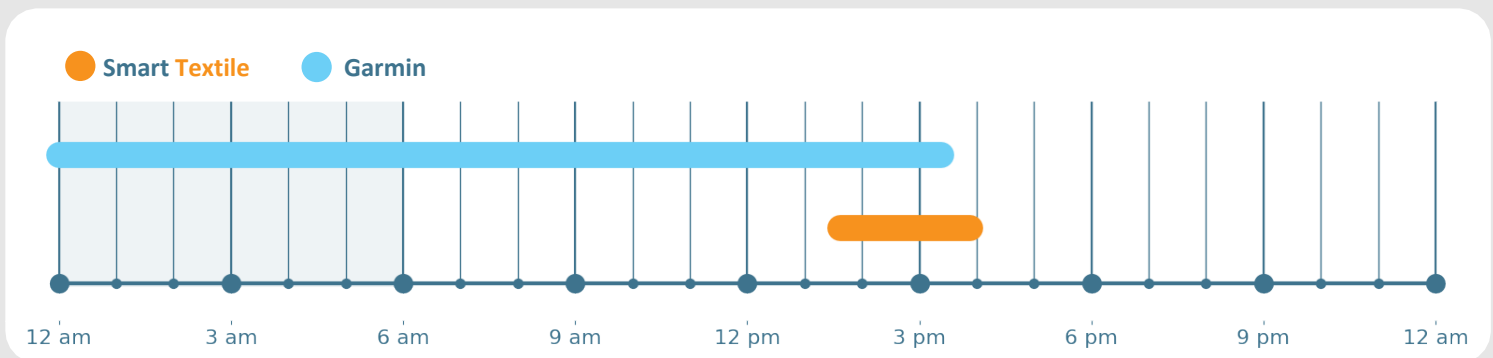
Garmin watch



Collected data: 15h, 23min

- Night: 5h, 59min
- Day: 9h, 22min
- Rest: 15h, 11min
- Active: 0h, 11min

Duration of data collection



Health overview

Cardiology

Tachycardia	×
Bradycardia	×
QTc Length anomaly	×
HR high	112 bpm
HR resting	57 bpm
HRV resting	45 ms

Respiratory

Tachypnea	!
Bradypnea	×
BR high	23 brpm
BR resting	13 brpm
BRV resting	1 s
Inhale/Exhale Ratio	57 %

Steps

Number of steps

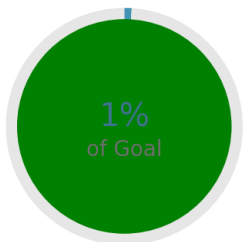
135

Goal

8000

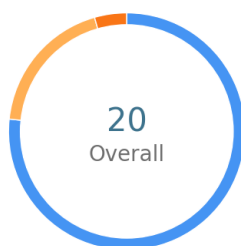
Distance

101 m



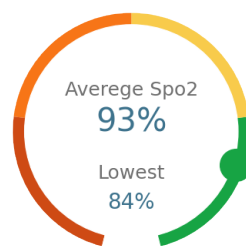
Stress

- Rest: 9h 35m (77%)
- Low: 2h 22m (19%)
- Medium: 0h 33m (4%)
- High: 0h 00m (0%)



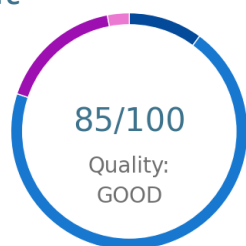
Pulse Ox

- 90 - 100 %
- 80 - 89 %
- 70 - 79 %
- < 70 %



Sleep score

- Deep: 0h 51m (10%)
- Light: 5h 53m (70%)
- REM: 1h 25m (17%)
- Awake: 0h 15m (3%)



Calories

Number of total calories

1016 kcals

Total = Active + Resting

Active

21 kcals

Resting

995 kcals

Intensity Minutes

Moderate	Vigorous	Total
0h 00m	0h 00m	0h 00m

Body Battery

Highest

93 / 100

Lowest

29 / 100