

User data report

Daily report for May 24, 2023

Overview Smart **Textile** & Garmin watchSmart **Textile**

Collected data: 2h, 39min

- Night: 0h, 0min
- Day: 2h, 39min
- Rest: 2h, 27min
- Active: 0h, 12min

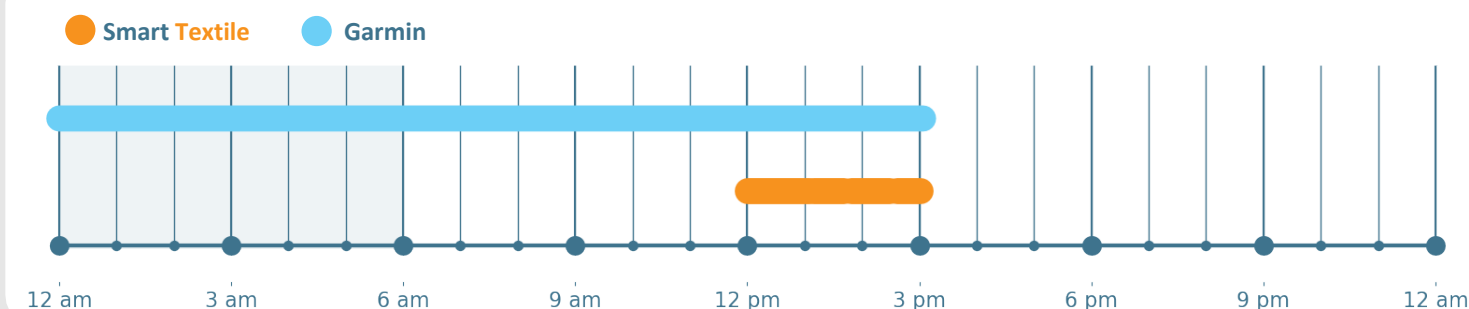
Garmin watch



Collected data: 15h, 3min

- Night: 5h, 59min
- Day: 9h, 3min
- Rest: 13h, 44min
- Active: 1h, 18min

Duration of data collection



Health overview

Cardiology

Tachycardia	!
Bradycardia	x
QTc Length anomaly	!
HR high	135 bpm
HR resting	61 bpm
HRV resting	292 ms

Respiratory

Tachypnea	!
Bradypnea	x
BR high	25 brpm
BR resting	14 brpm
BRV resting	1 s
Inhale/Exhale Ratio	72 %

Steps

Number of steps

3518

Goal

8000

Distance

2552 m

44%
of Goal

Stress

- Rest
8h 23m (68%)
- Low
2h 41m (22%)
- Medium
1h 04m (9%)
- High
0h 17m (2%)

27
Overall

Pulse Ox

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

Average Spo2
92%
Lowest
83%

Sleep score

- Deep
1h 42m (24%)
- Light
3h 52m (55%)
- REM
1h 24m (20%)
- Awake
0h 01m (0%)

80/100
Quality:
GOOD

Calories

Number of total calories

1164 kcals

Total = Active + Resting

Active

191 kcals

Resting

973 kcals

Intensity Minutes

Moderate	Vigorous	Total
0h 04m	0h 00m	0h 04m

Body Battery

Highest

69 /100

Lowest

16 /100