Chronolife x **GARMIN**

User data report

Daily report from Jan 26, 6am – Jan 27, 6ams

Overview Kee**xxx** & VivoSmart 5

Keexxx

Collected data: **13 hours**

- ☀ Night: **8 hours**
- 🌙 Day: **6 hours**
- 🛌 Rest: **1 hours**
- 🏃 Activity: **1 hours**

Garmin watch

Collected data: **13 hours**

- ☀ Night: **8 hours**
- 🌙 Day: **8 hours**
- 🛌 Rest: **2 hours**
- 🏃 Activity: **3 hours**

Duration of data collection

● Kee**xxx** ● Garmin

12am   4am   8am   12pm   4pm   8pm   12am
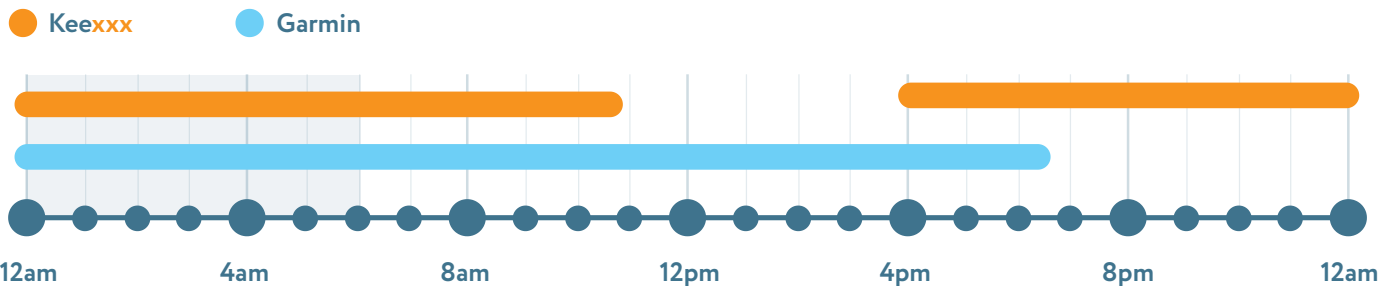
Health overview

❤ Cardiology

Tachycardia	❗
Bradycardia	⊗
QTc Length anomaly	⊗
Heart Rate (HR)	XXms
HR max	119bpm
HR min	51bpm
Sdnn (HRV)	XXms

🫁 Respiratory

Tachypnea	❗
Bradypnea	⊗
Breath Rate	XXms
BRV	XXms

Spo2

Average Spo2

91%

84% lowest

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

💤 Sleep

Sleep score

80/100

- ● Deep: **10%**
- ● Light: **40%**
- ● Paradoxal: **10%**
- ● Awake: **40%**

Stress

Stress score

37

- ● Rest 2h20 (12%)
- ● Low 1h53 (10%)
- ● Medium 3h48 (20%)
- ● High 10h05 (55%)

👣 Steps

Number of steps

8230

450 steps on average per day

3,9km distance

🔋 Body Battery

High

100/100

Low

11/100

💧 Calories

Number of calories

7,100 kcals

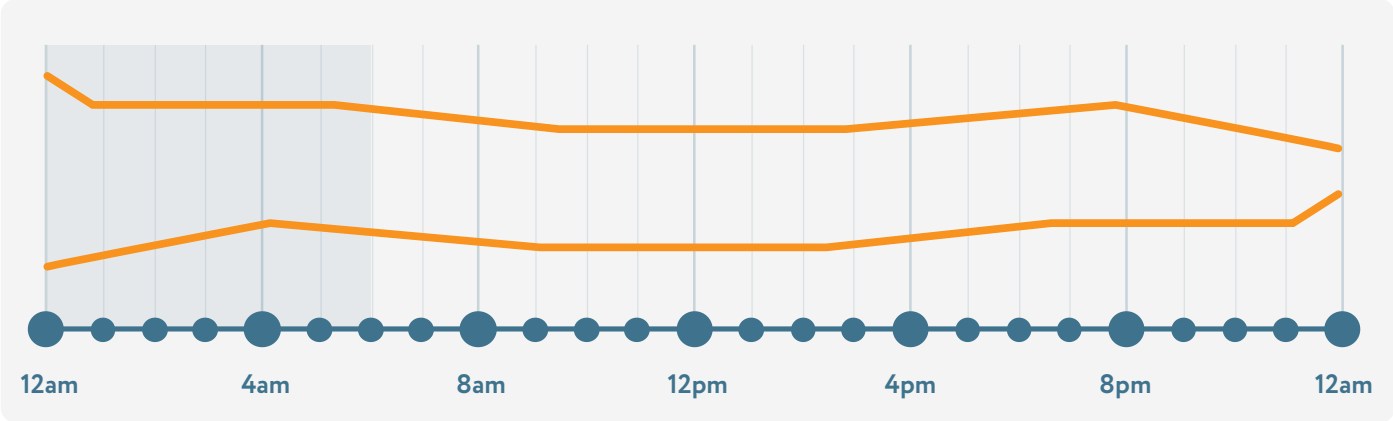+ mean number of calories per day if weekly or monthly

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Keexxx Cardiology data

Beats per minute

12am	4am	8am	12pm	4pm	8pm	12am
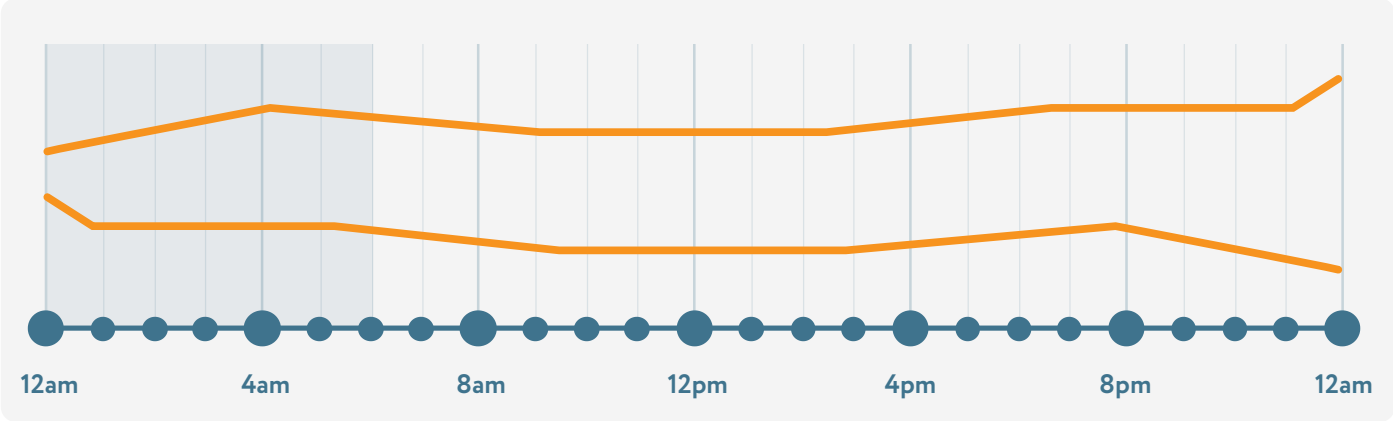
Time interval between beats

12am	4am	8am	12pm	4pm	8pm	12am

QT interval length - Corrected with Framingham formula

12am	4am	8am	12pm	4pm	8pm	12am
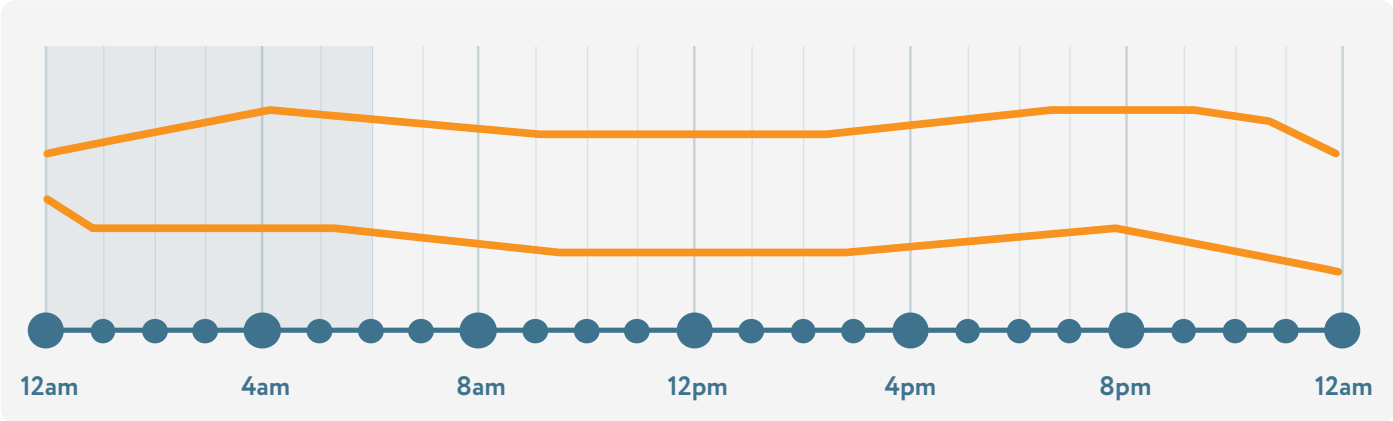
User data report

Daily report from Jan 26, 6am – Jan 27, 6ams

Period & Activity Definition

Night: From 0am to 6am

Day: From 6am to 0pm

Rest: Resting or low activity during the day

Activity: Moderate or high motion detection

Cardiac Indicators Definitions

BPM
Number of Heart Beats Per Minute

HR
Time in milliseconds between successive QRS complexes (RR intervals)

Sdnn
Standard deviation of RR intervals on 5min segments

QTc interval
Time between Q and T waves in milliseconds, normalised by Framingham formula:
$1000* (QT/1000 + 0.154*(1-RR))$

pNN50
pNN50 value quantifies the percentage of adjacent NN intervals that differ by more then 50ms

Respiratory Indicators Definitions

RPM
Number of Respiratory Cycles Per Minute

BR
Breath Rate. Time in seconds between successive respiratory cycles

BRV
Breath Rate Variability. Standard deviation of breath rate

Alert Notifications

❌ **A red check box is used** to notify if there are any alerts

Data Quality

Data Quality Index Percentage of exploitable data after data cleaning, averaged over all days of measure