

User data report

Overview Smart Textile & Garmin watch

Smart Textile



Garmin watch



Duration of data collection

Health overview

Cardiology

Tachycardia
Bradycardia
QTc Length anomaly
HR high
HR resting
HRV resting

Respiratory

Tachypnea
Bradypnea
BR high
BR resting
BRV resting

Steps

Number of steps

Goal

Distance

Stress

Rest

Low

Medium

High

Pulse Ox

90 -100 %

80 – 89%

70 – 79%

< 70%

Sleep score

Deep

Light

REM

Awake

Calories

Number of total calories

Total = Active + Resting

Active

Resting

Intensity Minutes

Moderate Vigorous Total

Body Battery

Highest Lowest