SPECIALIST REPORT

Mikael Rinnetmäki

Age (yrs)	**39**	Resting HR (beats/min)	**45**
Height (cm)	**184**	Max HR (beats/min)	**185**
Weight (kg)	**72**		
Activity class	**4.0 (Moderate)**	Body Mass Index (BMI)	**21.3**

Group: -

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Notes: -
Long-term medication and illnessess: 1-tyypin diabetes, insuliinipumppu.

Stress state classification and details

Stress state classification and details:

	Alcohol	Medication	Sleep quality	Stress state	Reliability of detected state
Day 1: Tue 10.11.2015	-	-	😐	Moderate recovery, but sleep duration is short	Good
Day 2: Wed 11.11.2015	2 units	-	😐	Good recovery, but no recovery during the day	Poor
Day 3: Thu 12.11.2015	4 units	-	😐	Delayed nighttime recovery	Good
Day 4: Fri 13.11.2015	-	-	🙂	Good recovery	Moderate
Day 5: Sat 14.11.2015	-	-	🙂	Good recovery	Good

Reliability was low because:

- Very few criteria were found to fit a specific state. (Day 2)
- A moderate amount of alcohol was consumed. (Day 3)
- Only a few criteria were found to fit a specific state. (Day 4)

- Good recovery
- Good recovery, but no recovery during the day
- Moderate recovery, but sleep duration is short
- Delayed nighttime recovery
- Weak recovery
- Overload
- Physical overload
- Physiologically irregular state
- Non-identifiable

The purpose of stress state classification is to condense the multifaceted information that the heartbeat measurement provides to a form that is easier for the specialist to interpret. A summary score is calculated - based on various aspects of the measurement - that describes the overall result during the measurement period, for example 3 days. The purpose of stress state classification is not to lessen the role of the specialist in providing feedback, but to act as a helpful tool in understanding the results.

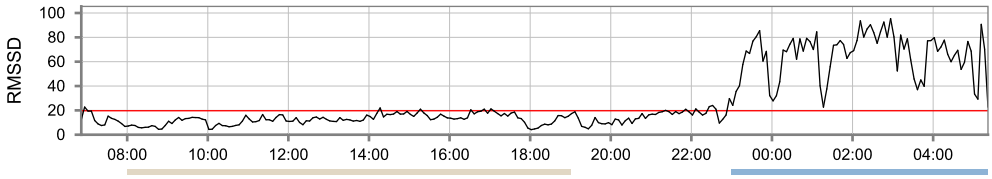
40 | 27 | 17 | 38 | 25 |

Quality of recovery

Quality of recovery (RMSSD) during the measurement period.

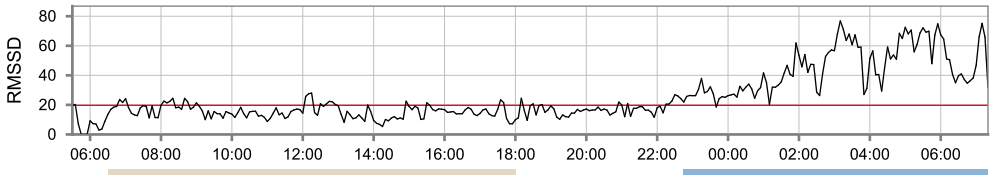
Day 1: Tue 10.11.2015

Average RMSSD	
During awake time	**13**
During sleep time	**65**
Relative difference	**5.0 (Good)**



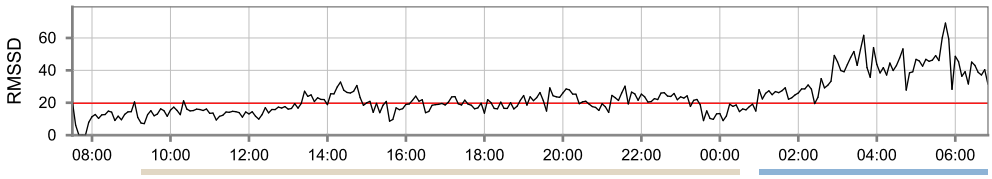
Day 2: Wed 11.11.2015

Average RMSSD	
During awake time	**16**
During sleep time	**45**
Relative difference	**2.8 (Good)**



Day 3: Thu 12.11.2015

Average RMSSD	
During awake time	**18**
During sleep time	**39**
Relative difference	**2.2 (Good)**



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Day 4: Fri 13.11.2015

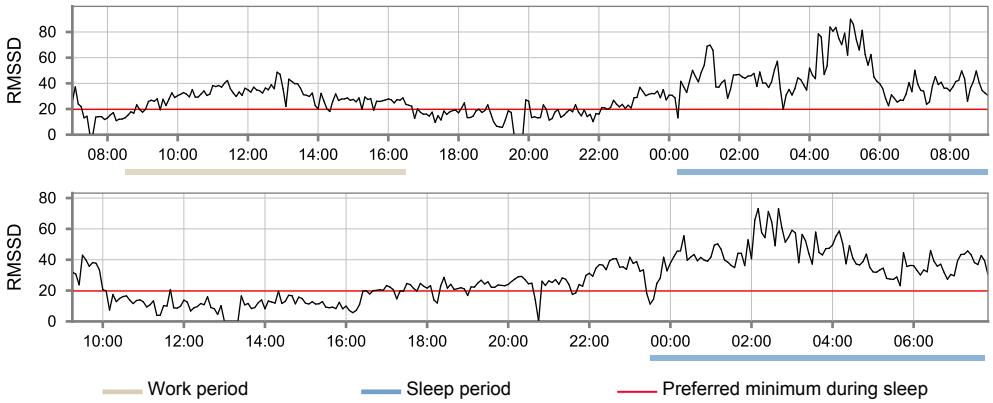
Average RMSSD

During awake time	**24**
During sleep time	**45**
Relative difference	**1.9 (Good)**

Day 5: Sat 14.11.2015

Average RMSSD

During awake time	**20**
During sleep time	**42**
Relative difference	**2.1 (Good)**



***RMSSD** is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery. The average RMSSD value should be 20 or greater during sleep (the value is determined based age).*