

Core exercise metrics

Duration

Intensity factor

Variability index

Power

(Active Recovery) Time in power zone 1

(Endurance) Time in power zone 2

(Tempo) Time in power zone 3

(Lactate Threshold) Time in power zone 4

(VO2max) Time in power zone 5

(Anaerobic Capacity) Time in power zone 6

Heart rate

(Active Recovery) Time in HR zone 1

(Endurance) Time in HR zone 2

(Tempo) Time in HR zone 3

(Lactate Threshold) Time in HR zone 4

Odds ratio [95%CI] *p*-value

1.22 [1.02–1.47] 0.033*

1.18 [1.01–1.39] 0.038*

0.98 [0.82–1.16] 0.780

1.07 [0.88–1.30] 0.508

1.16 [1.02–1.32] 0.025*

1.19 [1.00–1.42] 0.048*

1.13 [0.95–1.35] 0.162

1.04 [0.82–1.31] 0.748

1.00 [0.78–1.29] 0.989

1.02 [0.85–1.22] 0.839

1.14 [1.00–1.29] 0.047*

1.18 [1.04–1.34] 0.011*

1.05 [0.88–1.24] 0.614

Odds ratio [95%CI] *p*-value

0.92 [0.78–1.09] 0.322

0.96 [0.79–1.15] 0.625

0.92 [0.76–1.11] 0.390

0.90 [0.77–1.05] 0.171

0.89 [0.80–0.99] 0.031*

0.94 [0.81–1.10] 0.476

1.02 [0.86–1.21] 0.835

1.04 [0.86–1.24] 0.705

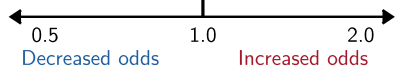
1.05 [0.88–1.26] 0.588

0.99 [0.88–1.11] 0.800

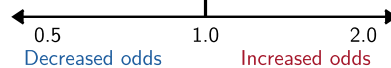
0.96 [0.83–1.11] 0.577

0.95 [0.83–1.08] 0.408

1.07 [0.90–1.27] 0.434



Odds ratio of hypoglycemia
during sleep



Odds ratio of hyperglycemia
during sleep