

### 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

1.19 [1.01–1.41] 0.042\*

1.17 [0.99–1.38] 0.058

0.97 [0.83–1.14] 0.714

1.05 [0.87–1.26] 0.631

1.14 [1.01–1.29] 0.041\*

1.18 [1.01–1.39] 0.038\*

1.13 [0.95–1.34] 0.162

1.04 [0.82–1.31] 0.765

0.97 [0.75–1.26] 0.844

0.99 [0.82–1.19] 0.893

1.15 [1.02–1.31] 0.028\*

1.17 [1.04–1.33] 0.012\*

1.02 [0.87–1.20] 0.796

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

0.91 [0.78–1.07] 0.257

0.94 [0.79–1.12] 0.506

0.94 [0.78–1.13] 0.509

0.92 [0.79–1.06] 0.248

0.88 [0.79–0.97] 0.011\*

0.92 [0.79–1.07] 0.272

1.00 [0.84–1.18] 0.963

1.03 [0.86–1.23] 0.749

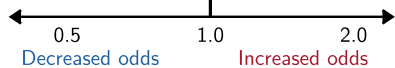
1.07 [0.90–1.27] 0.472

0.99 [0.88–1.11] 0.852

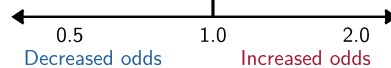
0.92 [0.81–1.05] 0.230

0.93 [0.82–1.05] 0.245

1.07 [0.90–1.26] 0.450



Odds ratio of hypoglycemia  
during sleep



Odds ratio of hyperglycemia  
during sleep