

Predictive Power for Vision Improvement (1 Month)

Predictor

Sleep Duration

Total Steps

Blood Oxygen

Heart Rate

Cross-validated R^2

0.65

0.60

0.55

0.50

0.45

pre_7d_all

pre_3d_7d

pre_3d

post_7d

post_7d_30d

post_day23_30

post_day27_30

Time Window

