

# 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

