

Health Data Summary

Analysis of 7851 health records from July 11, 2024 to July 11, 2025 Heart rate averaged 49 BPM, below normal range (bradycardia) with readings ranging from 35 to 198 BPM. Sleep duration averaged 7.7 hours per night, meeting recommended guidelines for healthy adults. Deep sleep accounted for 1.1 hours (14%) of total sleep. Patient engaged in 8 different activity types, with Meals being the most frequently recorded activity. Breathing rate averaged 16.1 breaths per minute, within normal range for a healthy adult at rest. Overall, the data indicates adequate sleep duration, normal breathing rate during this period.