

Table 1

Variable	Type	Description
Sleep Score		Overall measure of how well you slept and it ranges from 0-100.
Total Sleep Score	Sleep Score	
REM Sleep Score	Sleep Score	Overall measure of “Rapid eye movement” (REM) sleep. REM is the final sleep stage in a typical sleep cycle. It plays an important role in re-energizing your mind and your body.
Deep Sleep Score	Sleep Score	Overall measure of deep sleep, the most restorative and rejuvenating sleep stage, enabling muscle growth and repair.
Sleep Efficiency Score	Sleep Score	Overall measure of sleep efficiency, the percentage of time you actually spend asleep after going to bed.
Restfulness Score	Sleep Score	How restful your sleep was. Sleep disturbances caused by wake-ups and restless time can have a big impact on your sleep quality and daytime cognitive performance.
Sleep Latency Score	Sleep Score	Overall measure of the time it takes for you to fall asleep.
Sleep Timin Score	Sleep Score	Overall measure of sleep timing. Oura considers your sleep timing to be optimal and aligned with the sun when the midpoint of your sleep falls between midnight and 3:00 am, allowing some variability for morning and evening types.
Total Sleep Duration		The total amount of time you spend in light, REM, and deep sleep, not including awake time.
Total Bedtime		The number of hours between your bedtime and wake up time including light, deep, REM, and awake time.
Awake Time		The number of seconds of awake time in bed.
REM Sleep Duration		The number of seconds of REM sleep.
Light Sleep Duration		The number of seconds of light sleep.
Deep Sleep Duration		The number of seconds of deep sleep.
Restless Sleep		The number of hours of restless sleep. Restless sleep is less restorative than uninterrupted sleep, and it's usually the cause of daytime sleepiness. Disturbances can be caused by various different factors, such as stress, noise, partners, pets, or different foods.
Sleep Efficiency		Sleep efficiency is the percentage of time you actually spend asleep after going to bed.
Sleep Latency		The time if takes for you to fall asleep.
Sleep Timing		The sleep timing.
Bedtime Start		Start of bedtime.
Bedtime End		End of bedtime.
Average Resting Heart Rate		The average number of times your heart beats per minute when you're at rest.
Lowest Resting Heart Rate		The lowest number of times your heart beats per minute when you're at rest.
Average HRV		Hear rate variability, constant variation in milliseconds between your heartbeats.
Temperature Deviation (°C)		Variations are shown in relation to your temperature baseline, represented by 0.0 in the body temperature deviation graph.
Respiratory Rate		The number of breaths a person takes per minute.
Activity Score	Activity Score	Overall measure of activity.
Stay Active Score	Activity Score	The overall measure of the time of being active.
Move Every Hour Score	Activity Score	The overall measure of “Move every hour”, how well you’ve managed to avoid long periods of sitting, standing, or otherwise being passive during the past 24 hours.
Meet Daily Targets Score	Activity Score	The overall measure of “meet daily targets”, how often you’ve reached your daily activity goals over the past seven days.
Training Frequency Score	Activity Score	How often you've had medium or high activities over the past seven days.

Variable	Type	Description
Training Volume Score	Activity Score	The amount of medium and high activity you've gotten over the past seven days.
Activity Burn		An estimate of your net calorie burn. It captures the calories you've burned by walking, training, or doing other activities (the portion that exceeds 1.5 MET level).
Total Burn		Your total daily energy expenditure, including all of the calories you've burned during the day, whether active or resting. Oura begins calculating your total burn at 4:00 am, by logging your estimated amount of calories burned while at rest. This is known as your Basal Metabolic Rate (BMR). In a full 24-hour cycle, all calories burned through your daily activity are added to the sum. While physical activity increases your daily calorie burn, most of your total burn comes from your BMR.
Steps		Number of steps each day.
Equivalent Walking Distance		Equivalent walking distance based on number of steps.
Inactive Time		The number of seconds of inactive. Inactive time doesn't include resting or sleep.
Rest Time		The number of seconds of resting.
Low Activity Time		The number of seconds of low intensity activity includes indoor and outdoor activities such as casual walking and light housework.
Medium Activity Time		The number of seconds of medium activity.
High Activity Time		The number of seconds of high activity.
Non-wear Time		
Average MET		Metabolic Equivalent, or MET, is a common measure used to express the energy expenditure and intensity of different physical activities. If the MET value of a specific activity is 4, it means that you're burning four times as many calories as you would burn while resting.
Long Periods of Inactivity		Counts of long periods of inactivity.
Readiness Score		The overall measure of how ready you are for the day. It sums up how well you've recovered both mentally and physically, and guides you to strike the perfect balance between activity and rest. The readiness score ranges from 0-100.
Previous Night Score	Readiness Score	Refers to last night's sleep score.
Sleep Balance Score	Readiness Score	The overall measure if the sleep you've been getting over the past two weeks is in balance with your needs. Sleep balance is based on a long-term view of your sleep patterns. It's measured by comparing your total sleep time from the past two weeks to your long-term sleep history and the amount of sleep recommended for your age.
Previous Day Activity Score	Readiness Score	Refers to last day's activity score.
Activity Balance Score	Readiness Score	Measures how your activity level over the past days is affecting your readiness to perform. When your activity balance is optimal, it means that you've been active, but kept from training at your maximum capacity. This has boosted your recovery and helped build up your energy levels.
Temperature Score	Readiness Score	Overall measure of body temperature.
Resting Heart Rate Score	Readiness Score	Overall measure of Resting Heart Rate
HRV Balance Score	Readiness Score	Recovery status, comparing your two-week heart rate variability trend to your three-month average.
Recovery Index Score	Readiness Score	Overall measure of how long it takes for your resting heart rate to stabilize.