Glossary

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| Activity | An activity is started when the heart frequency is over 50% of the normal heart rate of the user. The target HR zone and the maximum heart rate table for the different ages can be found here: https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates |
| Sleep level | The sleep level depends on the time and the heart frequency of the customer. There are level 1 to 5, where five is the best. |
| Sleep pattern | A table where the sleep of the last week is shown. The starting and ending sleep time and the level of sleep. Therefore, the customer can look up his sleep rhythm and optimize it. |
| Sleep time | Is measured in intervals of 15 minutes. It is believed that a person is asleep if the device was inactive and the heart frequency was under 60 beats per minute for the last 15 minutes. More information can be found on: https://ouraring.com/heart-rate-while-sleeping/ |
| Steps | It is believed that every time the device is shaken, the person has taken a step. |
| Resting heart rate | The normal heartbeat depends on the age of the person. A baby’s heartbeat should be 120 heart beats per minute (bpm), while the heartbeat of a person over 18 should be around 70 Beat bpm. More information can be found on https://hypertextbook.com/facts/1998/ArsheAhmed.shtml |