

ID: [REDACTED]

Birth Year: 1974 (49 Years), Gender: Female

Device: Sleepfit SG, Firmware: 2.6.6, Includes 5 test(s) taken between 02-Dec-2023 to 06-Dec-2023



Data Quality	Day-1	Day-2	Day-3	Day-4	Day-5
Date	02-Dec-2023	03-Dec-2023	04-Dec-2023	05-Dec-2023	06-Dec-2023
Signal Quality	Good	Good	Good	Good	Good

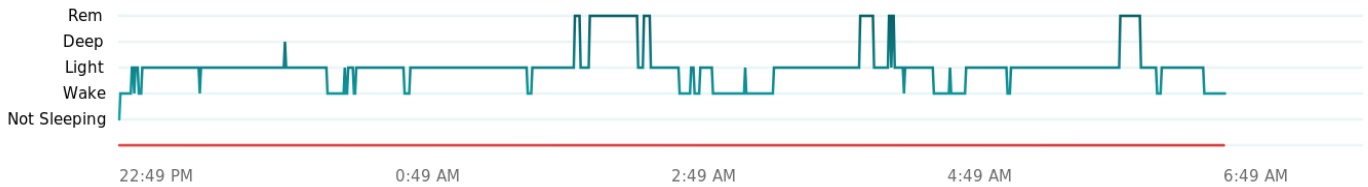
SLEEP

— Sleep Stages — Respiratory Obstructions

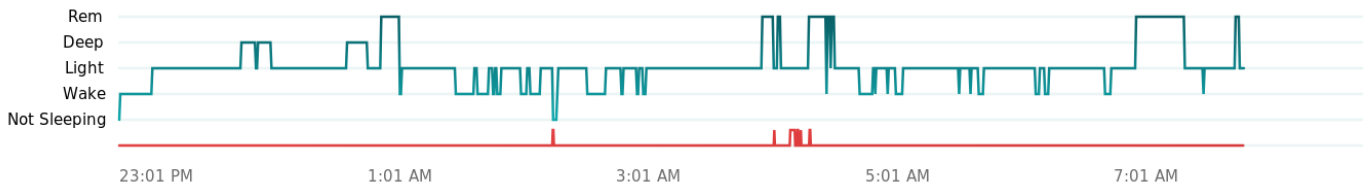
Day-1 (02-Dec) Lights OFF: 22:37 PM Time in Bed: 7 h 50 min Efficiency: 88.10% Light Sleep: 5 h 47 min (83.8%) REM Sleep: 55 min (13.3%)
 Lights ON: 06:27 AM Total Sleep Time: 6 h 54 min Latency: 12 min Deep Sleep: 12 min (2.9%) WASO: 43 min



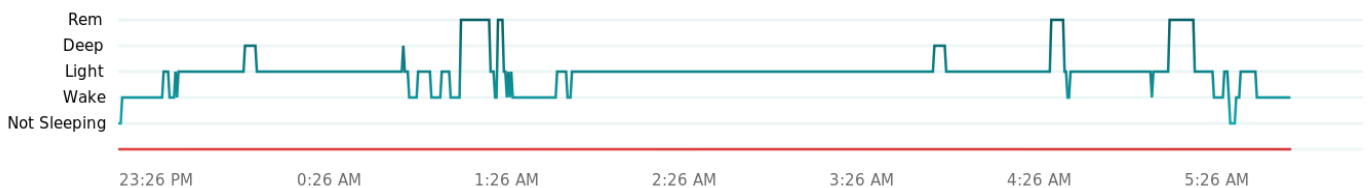
Day-2 (03-Dec) Lights OFF: 22:50 PM Time in Bed: 8 h 00 min Efficiency: 82.93% Light Sleep: 5 h 54 min (89.0%) REM Sleep: 43 min (10.9%)
 Lights ON: 06:50 AM Total Sleep Time: 6 h 38 min Latency: 05 min Deep Sleep: 00 min (0.1%) WASO: 1 h 16 min



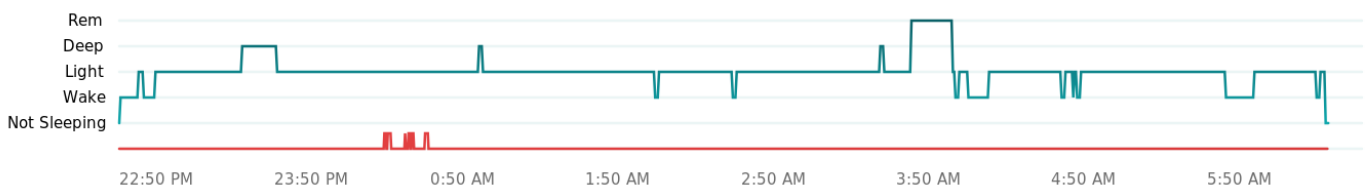
Day-3 (04-Dec) Lights OFF: 23:02 PM Time in Bed: 9 h 01 min Efficiency: 85.67% Light Sleep: 6 h 27 min (83.5%) REM Sleep: 53 min (11.4%)
 Lights ON: 08:04 AM Total Sleep Time: 7 h 43 min Latency: 15 min Deep Sleep: 23 min (5.1%) WASO: 1 h 02 min



Day-4 (05-Dec) Lights OFF: 23:27 PM Time in Bed: 6 h 33 min Efficiency: 83.84% Light Sleep: 4 h 56 min (89.8%) REM Sleep: 25 min (7.6%)
 Lights ON: 06:01 AM Total Sleep Time: 5 h 29 min Latency: 14 min Deep Sleep: 08 min (2.6%) WASO: 49 min



Day-5 (06-Dec) Lights OFF: 22:50 PM Time in Bed: 7 h 45 min Efficiency: 91.41% Light Sleep: 6 h 33 min (92.4%) REM Sleep: 16 min (3.8%)
 Lights ON: 06:35 AM Total Sleep Time: 7 h 05 min Latency: 07 min Deep Sleep: 16 min (3.9%) WASO: 33 min



Disclaimer: This report is intended for use only for general well-being purposes or to encourage or maintain a healthy lifestyle, and is not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health-related information provided by this device or software should not be treated as medical advice. Please consult a physician for any medical advice required.

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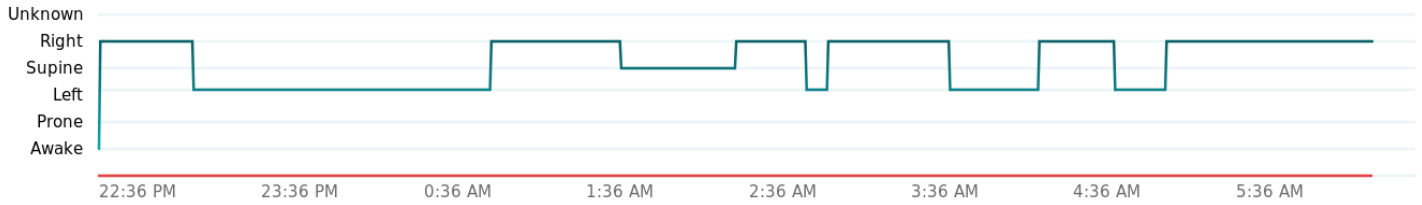
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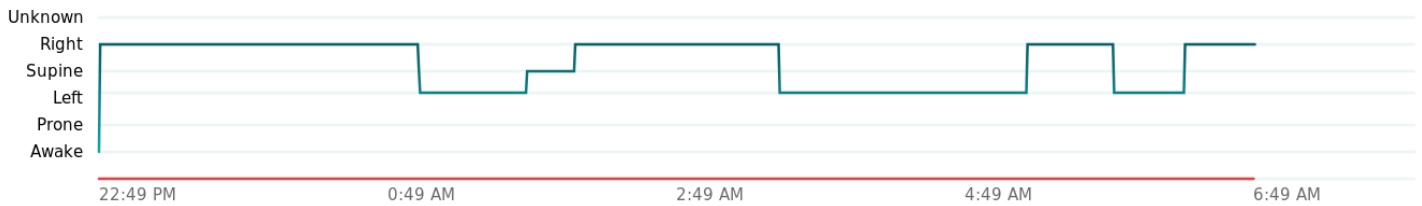
POSITION

• Sleep Position • Respiratory Obstructions

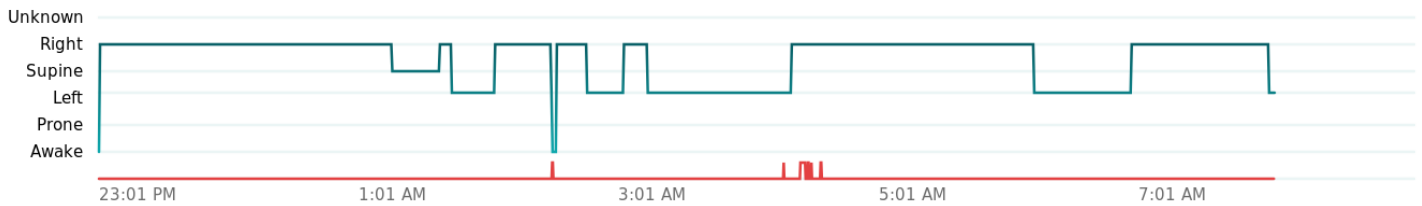
Day-1 (02-Dec)	Total Time -	Left: 2 h 50 min	Right: 4 h 18 min	Supine: 42 min	Prone: 00 min
	Sleep Time -	Left: 2 h 43 min (39.4%)	Right: 3 h 39 min (52.8%)	Supine: 32 min (7.7%)	Prone: 00 min (0.0%)



Day-2 (03-Dec)	Total Time -	Left: 2 h 57 min	Right: 4 h 43 min	Supine: 20 min	Prone: 00 min
	Sleep Time -	Left: 2 h 40 min (40.3%)	Right: 3 h 39 min (55.0%)	Supine: 19 min (4.8%)	Prone: 00 min (0.0%)



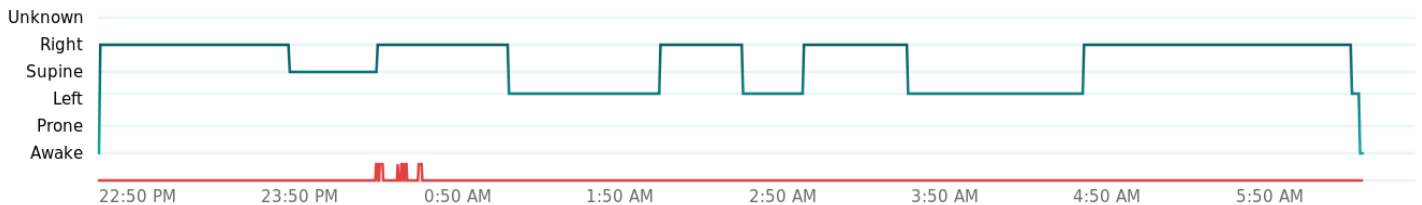
Day-3 (04-Dec)	Total Time -	Left: 2 h 32 min	Right: 6 h 07 min	Supine: 22 min	Prone: 00 min
	Sleep Time -	Left: 2 h 01 min (26.2%)	Right: 5 h 21 min (69.3%)	Supine: 21 min (4.5%)	Prone: 00 min (0.0%)



Day-4 (05-Dec)	Total Time -	Left: 1 h 49 min	Right: 3 h 30 min	Supine: 1 h 14 min	Prone: 00 min
	Sleep Time -	Left: 1 h 48 min (32.9%)	Right: 2 h 40 min (48.7%)	Supine: 1 h 00 min (18.4%)	Prone: 00 min (0.0%)



Day-5 (06-Dec)	Total Time -	Left: 2 h 26 min	Right: 4 h 46 min	Supine: 32 min	Prone: 00 min
	Sleep Time -	Left: 2 h 15 min (31.7%)	Right: 4 h 18 min (60.6%)	Supine: 32 min (7.6%)	Prone: 00 min (0.0%)



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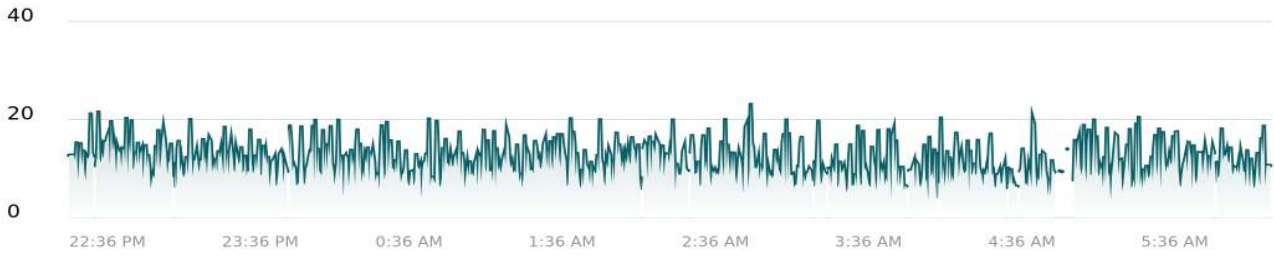
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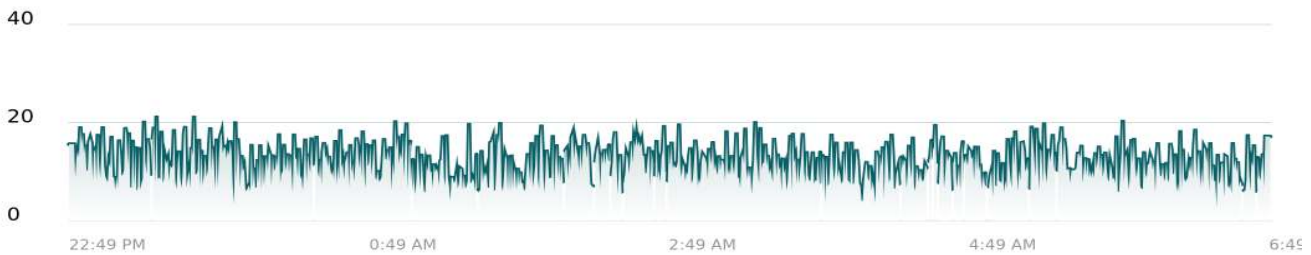
BREATHING RATE

· Breaths/min

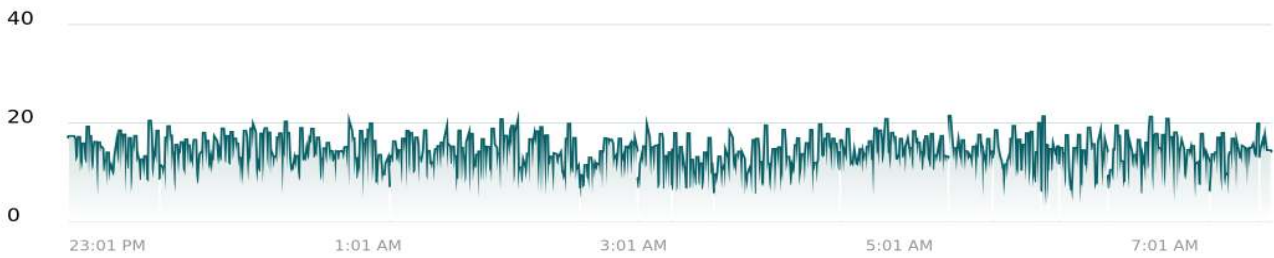
Day-1 (02-Dec-2023) | Mean/Average: 10.92 beats/min Max: 23.4 beats/min Min: 3.6 beats/min



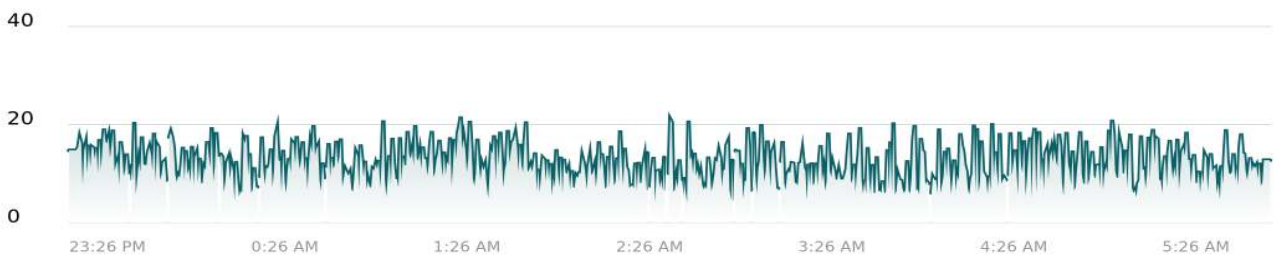
Day-2 (03-Dec-2023) | Mean/Average: 11.18 beats/min Max: 21.4 beats/min Min: 2.9 beats/min



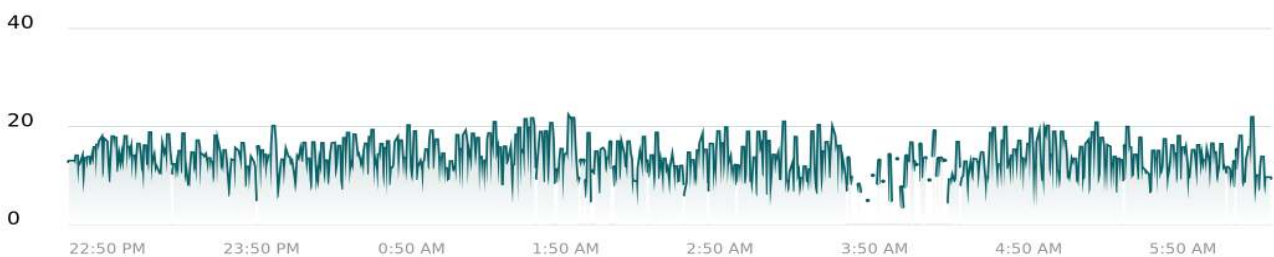
Day-3 (04-Dec-2023) | Mean/Average: 12.20 beats/min Max: 21.6 beats/min Min: 3.6 beats/min



Day-4 (05-Dec-2023) | Mean/Average: 11.28 beats/min Max: 21.6 beats/min Min: 4.1 beats/min



Day-5 (06-Dec-2023) | Mean/Average: 11.80 beats/min Max: 22.2 beats/min Min: 3.4 beats/min



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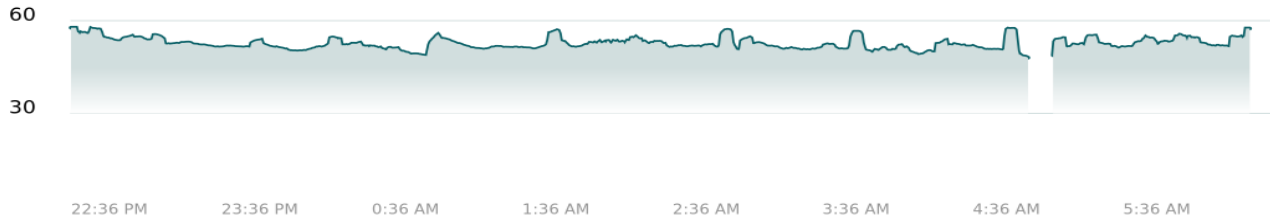
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HEART RATE

Beats/min

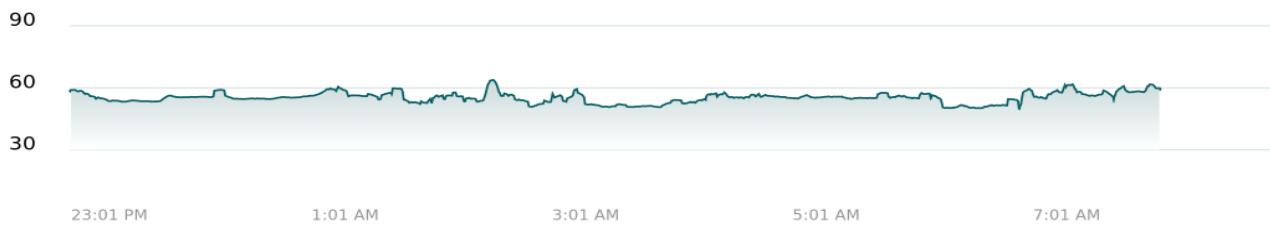
Day-1 (02-Dec-2023) | Mean/Average: 52.01 beats/min Max: 57.5 beats/min Min: 48.0 beats/min



Day-2 (03-Dec-2023) | Mean/Average: 52.79 beats/min Max: 60.4 beats/min Min: 48.1 beats/min



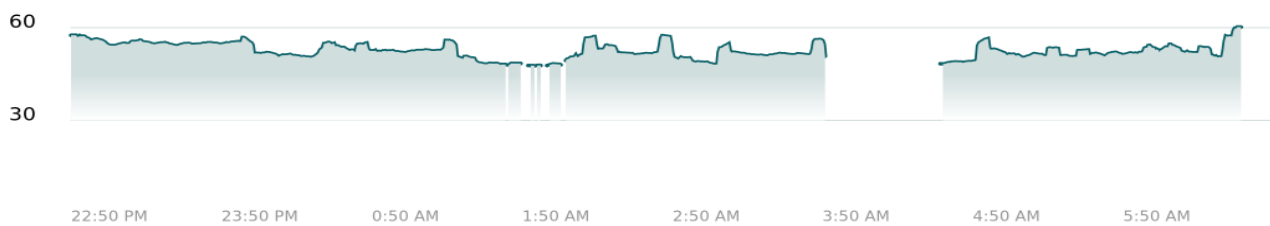
Day-3 (04-Dec-2023) | Mean/Average: 54.67 beats/min Max: 62.1 beats/min Min: 49.1 beats/min



Day-4 (05-Dec-2023) | Mean/Average: 52.39 beats/min Max: 62.1 beats/min Min: 48.5 beats/min



Day-5 (06-Dec-2023) | Mean/Average: 52.15 beats/min Max: 60.2 beats/min Min: 47.7 beats/min



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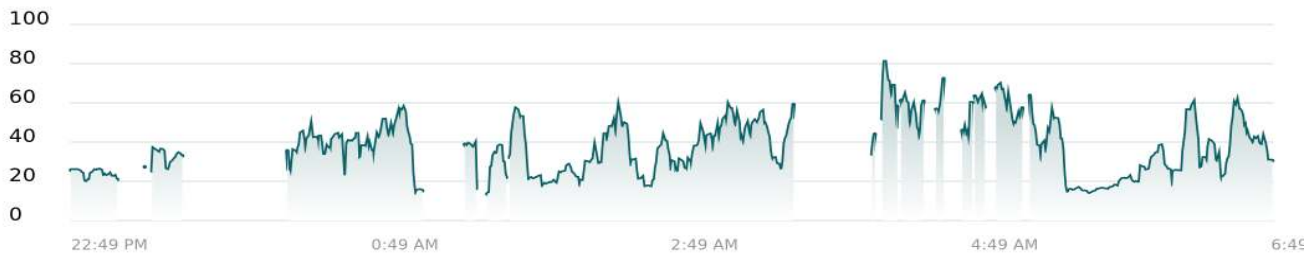
HEART RATE VARIABILITY

hrv

Day-1 (02-Dec-2023) | Mean/Average: 24.94 ms | Max: 64.7 ms | Min: 14.7 ms



Day-2 (03-Dec-2023) | Mean/Average: 34.54 ms | Max: 81.8 ms | Min: 12.7 ms



Day-3 (04-Dec-2023) | Mean/Average: 41.34 ms | Max: 84.1 ms | Min: 13.5 ms



Day-4 (05-Dec-2023) | Mean/Average: 35.36 ms | Max: 75.3 ms | Min: 13.9 ms



Day-5 (06-Dec-2023) | Mean/Average: 50.88 ms | Max: 95.3 ms | Min: 22.7 ms



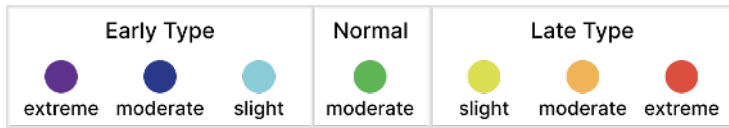
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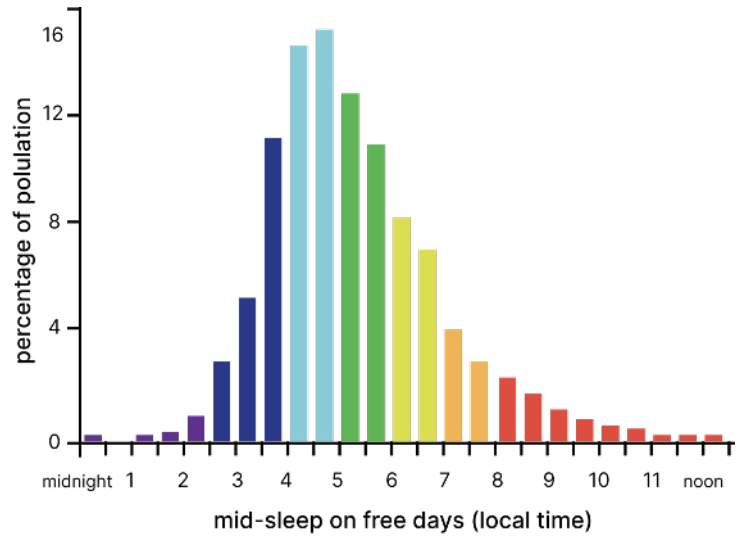
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SLEEP CHRONOTYPE

2.9 (Moderately Early)



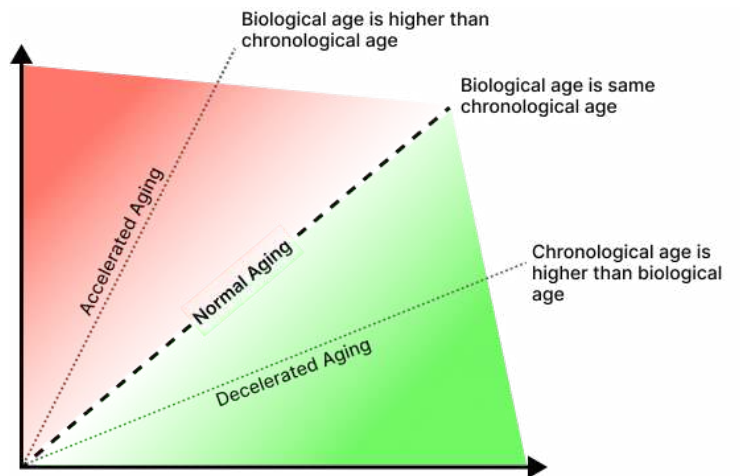
Chronotype is calculated as the mid-point of sleep averaged across all test nights. Please refer to Zavada, Andrei, et al. "Comparison of the Munich Chronotype Questionnaire with the Horne-Ostberg's morningness-eveningness score." Chronobiology international 22.2 (2005): 267-278.



BIOLOGICAL AGE



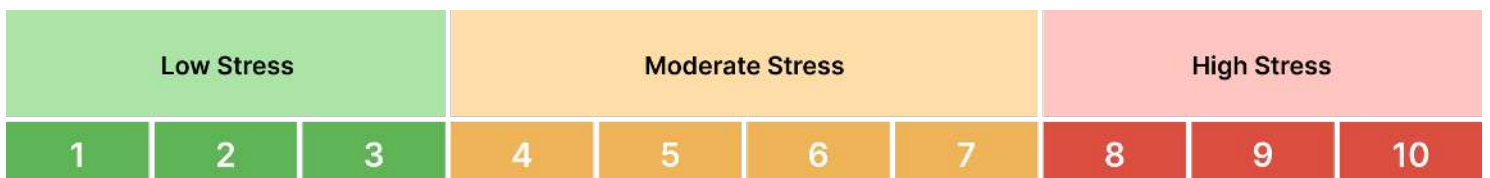
Your chronological age is **less** than your biological age indicating **decelerated aging**.



STRESS INDEX

2 (Low Stress)

Stress is calculated from mean high frequency power in heart rate variability measured during sleep across all tests. Please refer to Hall, Martica, et al. "Acute stress affects heart rate variability during sleep." Psychosomatic medicine 66.1 (2004): 56-62.



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SLEEP SUMMARY

Day & Date	Day-1 (02-Dec-2023)	Day-2 (03-Dec-2023)	Day-3 (04-Dec-2023)	Day-4 (05-Dec-2023)	Day-5 (06-Dec-2023)	Average
Light OFF	22:37 PM	22:50 PM	23:02 PM	23:27 PM	22:50 PM	22:57
Light ON	06:27 AM	06:50 AM	08:04 AM	06:01 AM	06:35 AM	06:48
Time in Bed [7h to 10.5h]	7 h 50 min	8 h 00 min	9 h 01 min	6 h 33 min	7 h 45 min	7 h 50 min
Efficiency [85% to 100%]	88.10%	82.93%	85.67%	83.84%	91.41%	86.4%
Latency [10min to 30min]	12 min	05 min	15 min	14 min	07 min	10 min
REM Latency [70min to 110min]	205 min	198 min	126 min	115 min	306 min	190 min
WASO [0min to 20min]	43 min	1 h 16 min	1 h 02 min	49 min	33 min	52 min
Light Sleep [35% to 60%]	5 h 47 min (83.8%)	5 h 54 min (89.0%)	6 h 27 min (83.5%)	4 h 56 min (89.8%)	6 h 33 min (92.4%)	5 h 55 min (87.52%)
Deep Sleep [20% to 40%]	12 min (2.9%)	00 min (0.1%)	23 min (5.1%)	08 min (2.6%)	16 min (3.9%)	12 min (3.00%)
REM Sleep [20% to 25%]	55 min (13.3%)	43 min (10.9%)	53 min (11.4%)	25 min (7.6%)	16 min (3.8%)	38 min (9.48%)

SLEEP POSITION

Dominant sleep position is **Right (58.0% of total sleep time)**

Day & Date	Day-1 (02-Dec-2023)	Day-2 (03-Dec-2023)	Day-3 (04-Dec-2023)	Day-4 (05-Dec-2023)	Day-5 (06-Dec-2023)	Average
LEFT	2 h 43 min (39.4%)	2 h 40 min (40.3%)	2 h 01 min (26.2%)	1 h 48 min (32.9%)	2 h 15 min (31.7%)	2 h 17 min (33.9%)
RIGHT	3 h 39 min (52.8%)	3 h 39 min (55.0%)	5 h 21 min (69.3%)	2 h 40 min (48.7%)	4 h 18 min (60.6%)	3 h 55 min (58.0%)
SUPINE	32 min (7.7%)	19 min (4.8%)	21 min (4.5%)	1 h 00 min (18.4%)	32 min (7.6%)	33 min (8.1%)
PRONE	00 min (0.0%)	00 min (0.0%)	00 min (0.0%)	00 min (0.0%)	00 min (0.0%)	00 min (0.0%)

BREATHING RATE

Mean breathing rate is **11.5 breath/min (normal range is 12 to 20 breaths/min)**

Day & Date	Day-1 (02-Dec-2023)	Day-2 (03-Dec-2023)	Day-3 (04-Dec-2023)	Day-4 (05-Dec-2023)	Day-5 (06-Dec-2023)	Average
MEAN	10.92	11.18	12.20	11.28	11.80	11.48

RESPIRATORY OBSTRUCTIONS

Mean respiratory obstructions 0.3 events/hour of sleep (**low risk of sleep apnea**)

Day & Date	Day-1 (02-Dec-2023)	Day-2 (03-Dec-2023)	Day-3 (04-Dec-2023)	Day-4 (05-Dec-2023)	Day-5 (06-Dec-2023)	Average
NREM	0.00	0.00	0.58	0.00	0.88	0.29
REM	0.00	0.00	1.13	0.00	0.00	0.23
SUPINE	0.00	0.00	0.56	0.00	1.40	0.39
NON-SUPINE	0.00	0.00	0.72	0.00	0.00	0.14
Overall	0.00	0.00	0.65	0.00	0.85	0.30

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CARDIAC HEALTH

Your cardiac health is **average** for your age group

Day & Date	Day-1 (02-Dec-2023)	Day-2 (03-Dec-2023)	Day-3 (04-Dec-2023)	Day-4 (05-Dec-2023)	Day-5 (06-Dec-2023)	Average
Resting Heart Rate (beats/min)	52.01	52.79	54.67	52.39	52.15	52.80
Resting Heart Rate Variability (milliseconds)	24.94	34.54	41.34	35.36	50.88	37.41

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Recommendations & Interpretations

Disclaimer: The recommendations and interpretations presented herein are derived from aggregate sleep-fitness data. These insights are provided as general guidelines and should not be taken as personalized medical advice. The information is intended to support, not replace, the relationship that exists between a patient/site visitor and his/her existing physician. It is crucial to consult a healthcare professional for any medical concerns or conditions.

Sleep Quantity

6 h 46 min

Sleep is an active process during which the body repairs itself, clears toxins from the brain, consolidates memory, aids in maintaining healthy body weight, and reduces stress. The ideal amount of sleep you require to restore your mind and body entirely varies across individuals. Sleeping less or more than your optimal requirement can reduce your lifespan. Research has shown that those who sleep more or less than their optimal requirement are at a greater risk for depression, stroke, obesity, and cancer.

Interpretation:

You are getting slightly less sleep than the optimal amount for your age and gender.

Recommendation:

Less than optimal sleep increases the risk of heart diseases, obesity, diabetes, and hypertension and negatively affect lifespan. Sleep needs vary across people. Although you are sleeping less than optimal, there is a slight chance it might still be ok. If you feel tired or if you feel you are not living at your peak health, we strongly recommend increasing your sleep time.

Sleep Depth

2.02/10

The sleep cycle consists of light and deep sleep stages. Light sleep takes you from wake state to sleep state by slowly relaxing your muscles and lowering your heartbeat, respiration rate, and temperature. Deep sleep slows your brain waves and lowers heart rate and breathing to the minimum level. Essential body functions like glucose metabolism, the release of growth hormones, tissue repair and regeneration, long-term memory processing, and learning occur in this deep sleep. Lack of deep sleep increases the risk of Alzheimer's, stroke, diabetes, and heart attack.

Interpretation:

Your sleep depth is significantly less than ideal for your age.

Recommendation:

Deep sleep is essential for optimal physical health, hormonal and emotional regulation, and growth. If your sleep depth is not optimal, you are more likely to get sick, feel depressed, and gain unhealthy weight. Your learning and memory will also be negatively affected.

Improving sleep depth takes time. Ensure you get at least 20-30 minutes of physical activity or exercise daily. Both caffeine and alcohol are known to affect sleep depth negatively. Avoid caffeine and alcohol 6 to 8 hours before you go to sleep. Ensure your room temperature is ideal for good sleep (65 F or 19 C). Also, consider taking a cold or hot bath 20 minutes before bedtime. Lowering your body temperature helps you get deeper sleep. Ensure you are drinking adequate water during the day and eating a good dose of fiber. Fiber promotes good quality sleep. Stress and anxiety can negatively affect your sleep depth. If you suspect this to be the case, consider meditation and yoga to help you manage stress better.

We also detected high levels of restlessness. Consider incorporating a relaxing activity before bed, like reading a neutral book or practicing breathing exercises. As we detected high restlessness, meditation and yoga are good bets to improve your sleep depth.

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Sleep Fragmentation

7.14/10

A healthy life requires an appropriate amount of uninterrupted sleep. Interruptions during sleep that wake you up, even for a short moment, disrupt the continuity of your sleep. Sleep fragmentation occurs when your sleep cycle stops and starts for unusual reasons. If you wake up frequently from your sleep, you do not get to enjoy the full benefits of sleeping. Studies have shown that fragmented sleep can indicate an upcoming sleep disorder. Furthermore, interrupted sleep has been shown to affect learning, memory, thinking ability, daytime alertness, and mood. For elders, it drastically increases the chances of Alzheimer's, Parkinson's, hypertension, obesity, and type 2 diabetes.

Interpretation:

You are sleeping continuously throughout the night with no interruptions.

Recommendation:

Keep it up!

Awakening

10/10

You need to sleep throughout the night to wake up feeling rested. If you find yourself waking up in the middle of the night for strange reasons, there is something that you need to notice and resolve. Your awakening can be caused by physical disturbances such as pain, the need to urinate, digestion problems, sleep disorders, stress, depression, etc. An uncomfortable sleep environment (noise, temperature, light) can also result in your awakening. The awakening score is derived from how many times you left the bed; the more times you wake up and leave your bed, the lower your awakening score is.

Interpretation:

You were able to sleep continuously throughout the night without interruptions.

Recommendation:

Keep it up!

Restlessness

6.36/10

Restlessness occurs when your body is not entirely still during sleep. During the night, you may experience tossing and turning or movements that prevent you from falling into a deep slumber. After a night of restless sleep, you might feel tired, sluggish, or anxious. Having multiple rough nights can be detrimental to your health in the long run. Studies have shown that experiencing restless sleep frequently can have an impact on critical mental and physical development, decision making, depression, and heart diseases. Restlessness causes include stimulants such as caffeine, sugar, and alcohol. These may result in you feeling jittery and unprepared for sleep. Furthermore, stress and anxiety can keep your mind racing, making it difficult for you to relax and sleep well.

Interpretation:

We detected a moderate amount of tossing and turning during sleep.

Recommendation:

Restlessness is indicative of stress and anxiety or a room that is not ideal for sleeping. This can affect both your sleep quantity and depth negatively. By reducing restlessness, you can get more out of your bedtime.

If you suspect stress or anxiety as the root cause, Consider practicing mindfulness and ensuring at-least 20 minutes of physical activity daily. Ensure your room temperature is ideal for good sleep (65 F or 19 C). Ensure the sleep environment is dark and free of sound disturbances. Taking a hot or cold shower 20 minutes before you sleep might also help.

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Sleep Debt

8.0/10

Sleep debt is the difference between the amount of sleep your body needs and the amount of sleep you get. For instance, if you sleep 3 hours less than your body needs per day, your sleep debt for the week will amount to 21 hours. Sleep debt keeps increasing if you consistently sleep less than what your body needs. It accumulates, subtly altering your body's regular functioning. Visible indications of sleep debt include tiredness, concentration and recollection difficulties, anxiety, stress, and weight gain. We report your sleep debt as a score between 0 and 10, with 10 indicating no sleep debt and 0 indicating significant sleep debt. Research shows that unattended sleep debts are the hidden cause of many chronic health conditions.

Interpretation:

We did not detect any sleep debt.

Recommendation:

This indicates you are getting your body's ideal amount of sleep.

Keep up the excellent work.

Sleep Efficiency

86.39%

Sleep efficiency is the ratio of your actual sleep time to time in bed. Suppose you spend most of your time in bed awake; you will have very low sleep efficiency. This will result in you feeling tired and weak the following day. Your sleep efficiency can be low due to several factors, such as having a medical condition, an uncomfortable sleeping environment, aging, work pressure, stress, or a lifestyle change. On the other hand, if you spend most of your time in bed asleep, you will have very high sleep efficiency. This will result in you feeling fresh and energetic the following day. Studies have shown that good sleep efficiency is necessary for a healthy body and mind. We report your sleep efficiency as a score between 0 and 10, with 10 indicating high and 0 indicating poor efficiency.

Interpretation:

You are spending most of your time in bed asleep.

Recommendation:

Your sleep efficiency is optimal, and you are getting the most out of your time in bed.

Keep it up!

Sleep Chronotype

2.9

The sleep chronotype describes how your body is genetically programmed to rest and function at specific times of the day. Your body clock signals when it is time for you to sleep or wake. Your ideal day-night schedule can be achieved by following it. Thus, by identifying your chronotype, you can plan your daily activities (exercise, work, study) to maximize your wake time and allow you to recharge during your sleep time. When you do not follow your chronotype, your physiological metabolism will be disrupted, leading to severe health complications. Studies show that understanding your unique chronotype can help you achieve optimal sleep, make better decisions, enhance performance, and reduce stress and anxiety.

Interpretation:

Your sleep chronotype is moderately early.

Recommendation:

Focus on challenging tasks in the early morning when you are most productive. You may take a short 20-minute nap in the afternoon to refill your energy level for the evening.

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Sleep Position

Your dominant sleep position is Right (58.0% of total sleep time).

Sleeping positions can greatly affect the quality of sleep and overall health. The best sleep position depends on your individual health, but back or side sleeping is considered better than stomach sleeping.

Interpretation:

Your dominant sleep position is Right (58.0% of total sleep time).

Recommendation:

More comfortable for individuals with certain heart issues, as it avoids the discomfort linked with sleeping on the left side. However, it can increase heartburn, particularly in those with gastroesophageal reflux disease (GERD). Like sleeping on the left side, it can also cause nerve compression and restricted blood flow, leading to similar discomfort.

Respiratory Health Score

9.9/10

As you go into deeper stages of sleep, your muscles relax, which can sometimes cause your throat muscles to relax and narrow the airway, blocking your respiration. Certain neurological conditions can also affect your breathing while you sleep. This can cause micro-awakenings across the night and stop you from getting to the deeper stages of sleep. The Respiratory health score captures any suspected interruptions in breathing during sleep and penalizes for shallow breathing or obstructions. A high score indicates excellent respiratory health, while a low score indicates poor respiratory health.

Interpretation:

You have excellent respiratory health.

Recommendation:

Keep up the excellent work!

Resting Heart Rate

52.80

Resting heart rate is the number of times your heart beats per minute when your body is still and in a state of rest. A lower resting heart rate indicates better heart function and cardiovascular fitness. Your resting heart rate can affect several factors, such as stress and anxiety, caffeine and nicotine intake, and medications. Regular exercise can lower your resting heart rate as it strengthens the heart muscle, allowing it to pump more blood with each heartbeat. Furthermore, maintaining a healthy diet and regulating emotions can lower your resting heart rate.

Interpretation:

Your resting heart rate is optimal for your age and gender.

Recommendation:

Your resting heart rate is indicative of good cardiovascular health and resilience to stress. Good resting heart rate is associated with better quality of life and increased lifespan.

Continue to maintain your healthy lifestyle. Keep it up!

HRV

37.41

HRV refers to the variation in the amount of time between heartbeats. HRV is an excellent biomarker to infer about your present and future health. It can give insight into your health, stress, recovery, and nervous system balance. A low HRV might indicate heart conditions and mental health issues like anxiety and depression. HRV is also strongly influenced by your lifestyle, diet, exercise, and sleep.

Interpretation:

Your HRV is in the optimal range for your age and gender.

Recommendation:

Your HRV is indicative of good cardiovascular health and resilience to stress. Good HRV is associated with better quality of life and increased lifespan.

Continue to maintain your healthy lifestyle. Keep it up!