

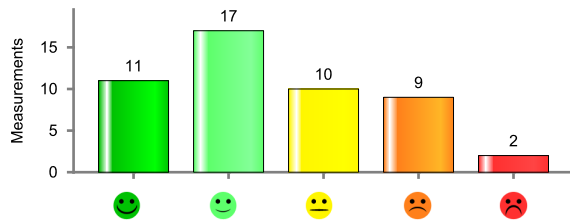
SPECIALIST GROUP REPORT

Firstbeat Case spring 2016 (17 assessments: m:9, f:8)

Group notes:

	Average	Range	Measurement information:	
Age (years)	44	26 - 59	Measurements	50
Body Mass Index	25.1	19 - 36	Average meas. length (h:min)	23:22
METmax	13.2	11.4 - 15.0	Measurement lengths (h:min)	10:02 - 27:59
Activity class	4.7	1 - 6		
Resting HR (bpm)	48	38 - 65		

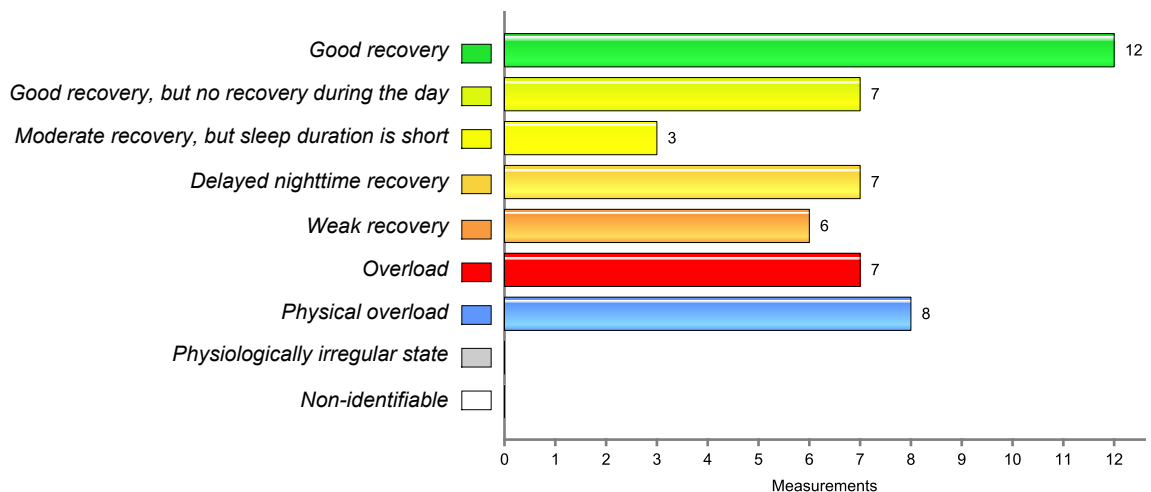
Distribution of self-reported sleep quality



Alcohol Consumption

30% of measured days contained alcohol consumption (an average of 3.3 units per day).

Distribution of Stress State Classification



The bar chart shows the distribution of measurement days to the different stress state categories. The number next to each bar tells how many days were identified in that category. Each person's personal summary is shown on the following pages. The Attention section shows the names of people who the analysis identified as having signs of poor or delayed recovery (left) or found indication of ectopic beats (right).

Attention

Assessments with stress state classification (orange, red, blue, grey or white) (2/17):

- Heart Attack Case (blue blue blue)

- Busy Manager (red red orange)

Assessments with indication of ectopic beats (1/17):

- Case RS Ectopics+chaotic RMSSD

Provided by:

Firstbeat Lifestyle Assessment (v 6.4.2.17021)
17.02.2016 12:46
More information: www.firstbeat.com/work-well-being

Analyzed by:



SPECIALIST REPORT

Follow-up Case

Age (yrs) **35** Resting HR (beats/min) **45**
 Height (cm) **158** Max HR (beats/min) **183**
 Weight (kg) **58** Body Mass Index (BMI) **23.2**
 Activity class **4.0 (Moderate)**

Group: Firstbeat Case spring 2016

E-mail: -

Follow-up recommendation: ■ 6-12 months

Notes: -

Long-term illnesses:

Stress state classification and details

Stress state classification and details:

	Alcohol	Medication	Sleep quality	Stress state	Reliability of detected state
Day 1: Tue 15.12.2015	-	-		■ Good recovery	Good
Day 2: Thu 17.12.2015	-	-		■ Good recovery, but no recovery during the day	Good
Day 3: Sun 20.12.2015	-	-		■ Good recovery	Moderate

- Good recovery
- Good recovery, but no recovery during the day
- Moderate recovery, but sleep duration is short
- Delayed nighttime recovery
- Weak recovery
- Overload
- Physical overload
- Physiologically irregular state
- Non-identifiable



The purpose of stress state classification is to condense the multifaceted information that the heartbeat measurement provides to a form that is easier for the specialist to interpret. A summary score is calculated - based on various aspects of the measurement - that describes the overall result during the measurement period, for example 3 days. The purpose of stress state classification is not to lessen the role of the specialist in providing feedback, but to act as a helpful tool in understanding the results.

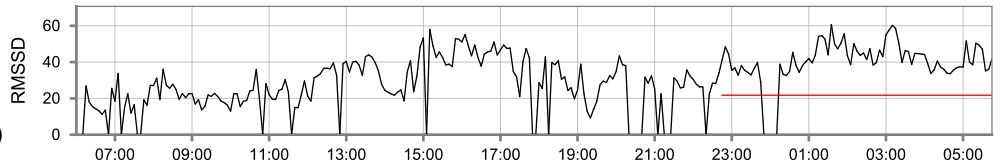
88 | 67 | 30 |

Quality of recovery

Quality of recovery (RMSSD) during the measurement period.

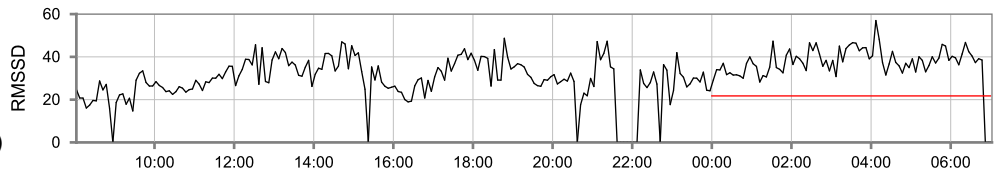
Day 1: Tue 15.12.2015

Average RMSSD **30**
 During awake time **30**
 During sleep time **42**
 Relative difference **1.4 (Moderate)**



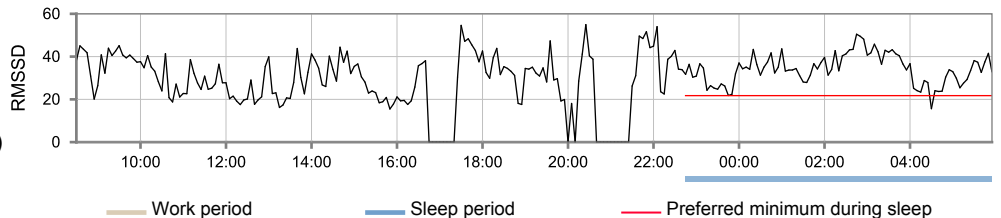
Day 2: Thu 17.12.2015

Average RMSSD **31**
 During awake time **31**
 During sleep time **38**
 Relative difference **1.2 (Moderate)**



Day 3: Sun 20.12.2015

Average RMSSD **32**
 During awake time **32**
 During sleep time **34**
 Relative difference **1.1 (Moderate)**



RMSSD is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery. The average RMSSD value should be 22 or greater during sleep (the value is determined based age).

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 Wed 17.02.2016 12:46
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Analyzed by:



SPECIALIST REPORT

Over-achiever Case

Age (yrs) **26** Resting HR (beats/min) **38**
 Height (cm) **175** Max HR (beats/min) **183**
 Weight (kg) **60** Body Mass Index (BMI) **19.6**
 Activity class **6.0 (Good)**

Group: Firstbeat Case spring 2016

E-mail: -

Follow-up recommendation: ■ 2-6 months

Notes: -
Long-term illnesses:

Stress state classification and details

Stress state classification and details:

	Alcohol	Medication	Sleep quality	Stress state	Reliability of detected state
Day 1: Mon 14.07.2014	-	-	☹️	Physical overload	Poor
Day 2: Tue 15.07.2014	-	-	☹️	Good recovery, but no recovery during the day	Good
Day 3: Wed 16.07.2014	-	-	😐	Physical overload	Moderate

Reliability was low because: - Very few criteria were found to fit a specific state. (Day 1)
- Only a few criteria were found to fit a specific state. (Day 3)

- Good recovery
- Good recovery, but no recovery during the day
- Moderate recovery, but sleep duration is short
- Delayed nighttime recovery
- Weak recovery
- Overload
- Physical overload
- Physiologically irregular state
- Non-identifiable



The purpose of stress state classification is to condense the multifaceted information that the heartbeat measurement provides to a form that is easier for the specialist to interpret. A summary score is calculated - based on various aspects of the measurement - that describes the overall result during the measurement period, for example 3 days. The purpose of stress state classification is not to lessen the role of the specialist in providing feedback, but to act as a helpful tool in understanding the results.

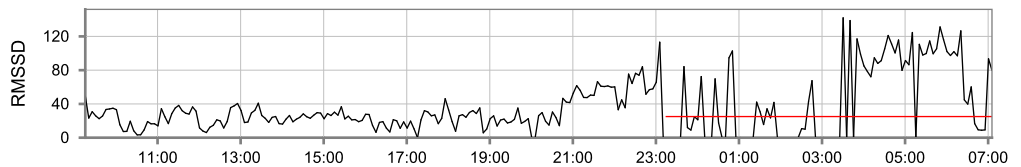
63 | 94 | 106 |

Quality of recovery

Quality of recovery (RMSSD) during the measurement period.

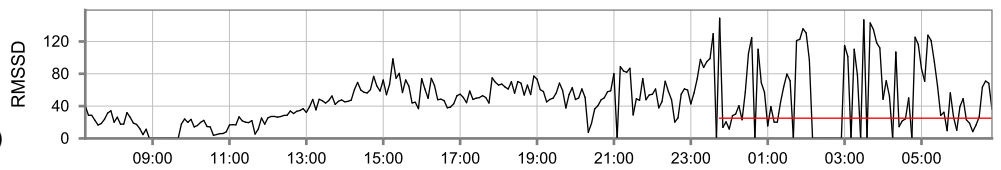
Day 1: Mon 14.07.2014

Average RMSSD
 During awake time **29**
 During sleep time **74**
 Relative difference **2.6 (Good)**



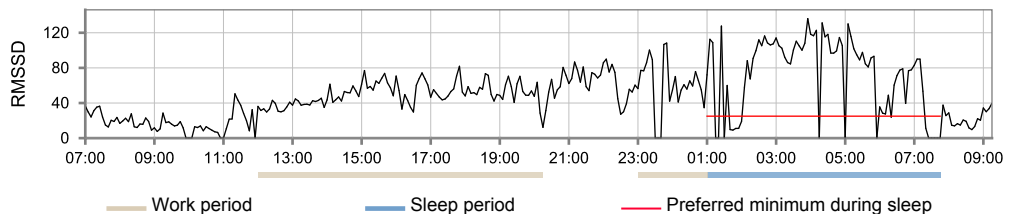
Day 2: Tue 15.07.2014

Average RMSSD
 During awake time **46**
 During sleep time **67**
 Relative difference **1.5 (Moderate)**



Day 3: Wed 16.07.2014

Average RMSSD
 During awake time **44**
 During sleep time **85**
 Relative difference **1.9 (Good)**



RMSSD is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery. The average RMSSD value should be 25 or greater during sleep (the value is determined based age).

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 Wed 17.02.2016 12:46
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Analyzed by:



SPECIALIST REPORT

Busy Manager

Age (yrs) **59** Resting HR (beats/min) **54**
 Height (cm) **174** Max HR (beats/min) **172**
 Weight (kg) **87** Body Mass Index (BMI) **28.7**
 Activity class **1.0 (Poor)**

Group: Firstbeat Case spring 2016

E-mail: -

Follow-up recommendation: ■ 1 month

Notes: -
Long-term illnesses:

Stress state classification and details

Stress state classification and details:

	Alcohol	Medication	Sleep quality	Stress state	Reliability of detected state
Day 1: Thu 21.10.2010	-	-	☹️	🔴 Overload	Good
Day 2: Fri 22.10.2010	3 units	-	☹️	🔴 Overload	Good
Day 3: Sat 23.10.2010	3 units	-	☹️	🟠 Weak recovery	Good

Reliability was low because: - A moderate amount of alcohol was consumed. (Day 2, Day 3)

- Good recovery
- Good recovery, but no recovery during the day
- Moderate recovery, but sleep duration is short
- Delayed nighttime recovery
- Weak recovery
- Overload
- Physical overload
- Physiologically irregular state
- Non-identifiable



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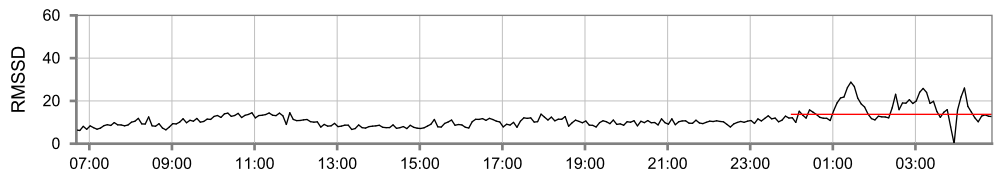
44 | 189 | 41 |

Quality of recovery

Quality of recovery (RMSSD) during the measurement period.

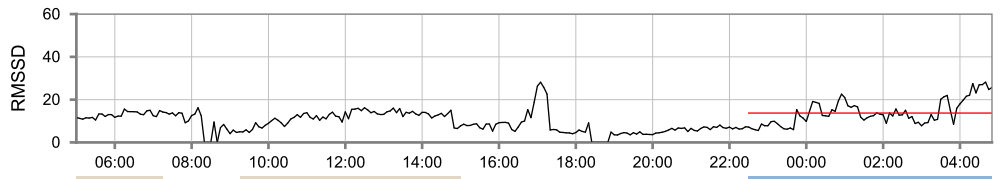
Day 1: Thu 21.10.2010

Average RMSSD
 During awake time **10**
 During sleep time **16**
 Relative difference **1.6 (Good)**



Day 2: Fri 22.10.2010

Average RMSSD
 During awake time **10**
 During sleep time **14**
 Relative difference **1.4 (Good)**



Day 3: Sat 23.10.2010

Average RMSSD
 During awake time **9**
 During sleep time **20**
 Relative difference **2.2 (Good)**



RMSSD is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery. The average RMSSD value should be 14 or greater during sleep (the value is determined based age).

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