

STRESS AND RECOVERY OVERVIEW

Case Tired Mom

Age (yrs) **50** Resting HR (beats/min) **35**
 Height (cm) **170** Max HR (beats/min) **189**
 Weight (kg) **62** Body Mass Index (BMI) **21.5**
 Activity class **6.0** (Good)

Measurement information:

Day 1

Start time:
30.09.2012 09:23:25
 Duration: **20h 37min**
 HR: (low/avg/high)
39 / 66 / 179

Day 2

Start time:
01.10.2012 06:00:00
 Duration: **24h 0min**
 HR: (low/avg/high)
39 / 62 / 126

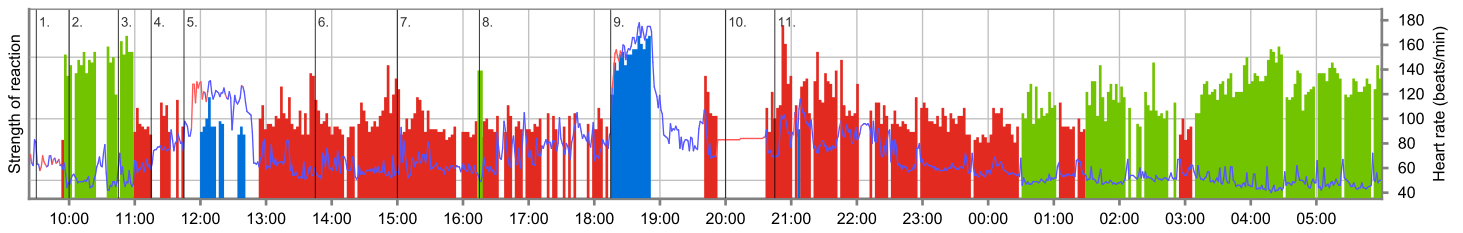
Day 3

Start time:
02.10.2012 06:00:01
 Duration: **24h 22min**
 HR: (low/avg/high)
42 / 65 / 176

Stress and Recovery Charts

Day 1 - Sunday 30.09.2012

Missing heart rate **10%**



Journal Markers

- | | | |
|---------------------|------------------|-----------------|
| 1. Playing w/ kids | 6. Reading | 11. Kids to bed |
| 2. Husband cooking! | 7. Shopping | |
| 3. Eating | 8. Eating | |
| 4. Housework | 9. Hard exercise | |
| 5. Gardening/DIY | 10. Shower/bath | |

Result

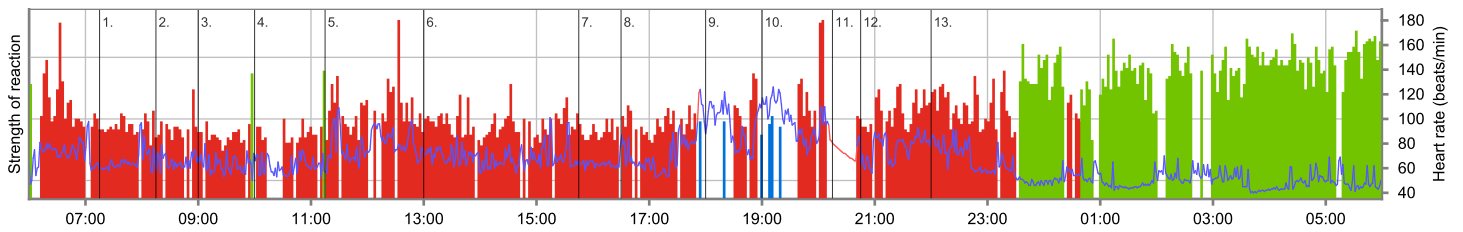
- 8h 58min (43%)
- 5h 16min (26%)
- 1h 2min (5%)
- 5h 21min (26%)

Recommendation

Less than 60%
More than 30%

Day 2 - Monday 01.10.2012

Missing heart rate **4%**



Journal Markers

- | | | |
|-------------------------------|-------------------|-----------------|
| 1. Driving | 6. Phone meeting | 11. Shower/bath |
| 2. phone ringing continuously | 7. Driving | 12. Kids to bed |
| 3. Errands | 8. Cooking | 13. Reading |
| 4. Making a summary | 9. Housework | |
| 5. Eating | 10. Gardening/DIY | |

Result

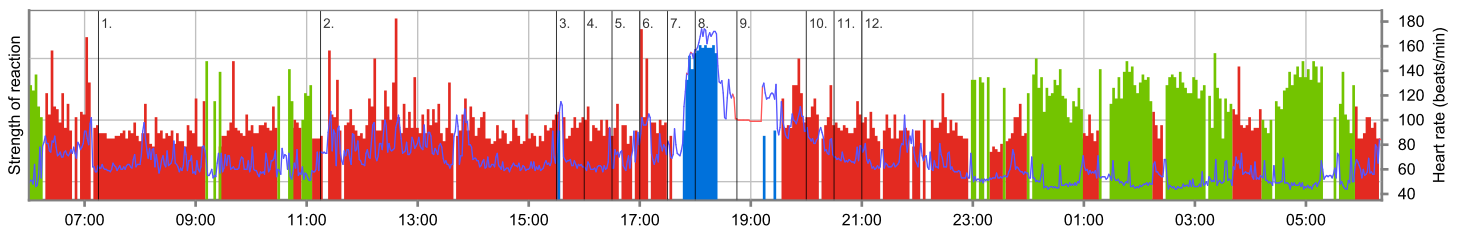
- 13h 6min (55%)
- 5h 31min (23%)
- 21min (1%)
- 5h 1min (21%)

Recommendation

Less than 60%
More than 30%

Day 3 - Tuesday 02.10.2012

Missing heart rate **4%**



Journal Markers

- | | | |
|-------------|------------------|-----------------|
| 1. Driving | 6. Eating | 11. Kids to bed |
| 2. Eating | 7. Housework | 12. TV |
| 3. Driving | 8. Hard exercise | |
| 4. P-u kids | 9. Shower/bath | |
| 5. Cooking | 10. Housework | |

Result

- 14h 40min (60%)
- 5h 2min (21%)
- 42min (3%)
- 3h 59min (16%)

Recommendation

Less than 60%
More than 30%



STRESS AND RECOVERY OVERVIEW

Additional information:

Day 1

Alcohol: **0 units**

Self-reported sleep: 😞

Medication

-

Day 2

Alcohol: **0 units**

Self-reported sleep: 😊

Medication

-

Day 3

Alcohol: **0 units**

Self-reported sleep: 😊

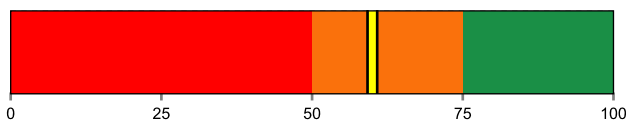
Medication

-

Overview of sleep

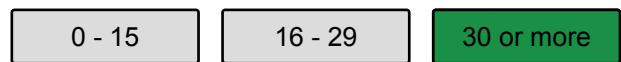
Day 1 - Sunday 30.09.2012

Share of recovery during the sleep period:



The percentage of recovery during sleep is **60%**.

Quality of recovery during sleep period (heart rate variability, RMSSD in milliseconds):



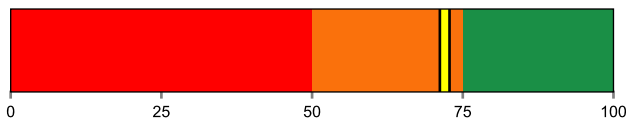
Your result is **45 ms**.

The average value for your age is 30 ms.

The length of your sleep period was **7h 15min**. It is recommended to sleep 7 hrs or more per night.

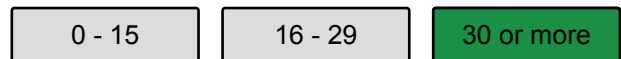
Day 2 - Monday 01.10.2012

Share of recovery during the sleep period:



The percentage of recovery during sleep is **72%**.

Quality of recovery during sleep period (heart rate variability, RMSSD in milliseconds):



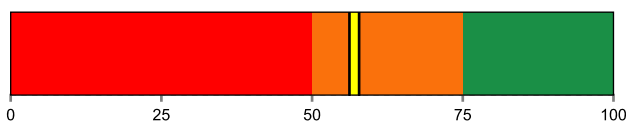
Your result is **53 ms**.

The average value for your age is 30 ms.

The length of your sleep period was **7h 15min**. It is recommended to sleep 7 hrs or more per night.

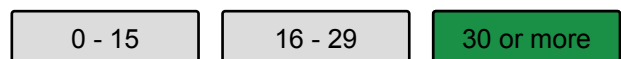
Day 3 - Tuesday 02.10.2012

Share of recovery during the sleep period:



The percentage of recovery during sleep is **57%**.

Quality of recovery during sleep period (heart rate variability, RMSSD in milliseconds):



Your result is **49 ms**.

The average value for your age is 30 ms.

The length of your sleep period was **8h 0min**. It is recommended to sleep 7 hrs or more per night.

Weak recovery

Moderate recovery

Good recovery

DEFINITIONS OF TERMINOLOGY



Stress and Recovery

Stress reactions means an increased level of physiological activation and alertness caused by either internal or external stressors. Stress is not entirely a negative phenomenon but instead can be considered a positive resource.

Recovery is a lowered level of physiological activation caused by a decrease or absence of stressors.

Physical Activity means time periods during which the intensity is greater than 30% of one's maximal capacity.

Other physiological states mean time periods that are not detected as physical activity, stress or recovery (white areas in the chart). For example, measurement breaks and recovery from physical activity are detected as other physiological states.

Share of recovery during sleep is the percentage of recovery during the sleep periods in the journal. The measurement breaks and measurement errors are excluded from analysis.

The sleep quality is based on RMSSD, which is a measure of heart rate variability. Low values of RMSSD during sleep indicate poor recovery and higher values indicate enhanced recovery.

Physical Activity

Daily physical activity means time periods of very light activity during which the intensity is 20-30% of one's maximal capacity.

Health promoting physical activity means time periods during which the intensity is moderate & greater than 40% of one's maximal capacity, with positive health effects.

Fitness promoting physical activity means time periods during which the intensity is greater than 50% of one's maximal capacity, with positive health and fitness effects.

Physical activity recommendations: Aerobic physical activity should be performed at moderate intensity for at least 2½ hours a week, or at vigorous intensity for at least 1 hour and 15 minutes a week, or an equivalent combination of moderate- and vigorous-intensity activity. This recommendation is for the healthy adult to maintain health and reduce the risk for chronic disease. (Source: American College of Sports Medicine 2008).

Effects of physical activity on health: Regular physical activity promotes health and prevents illnesses. Even short increases in physical activity improve cardiorespiratory fitness and promote health. In addition, energy expenditure is higher and blood pressure is lower for several hours after the physical activity. Both light and hard physical activity is required for better fitness.

