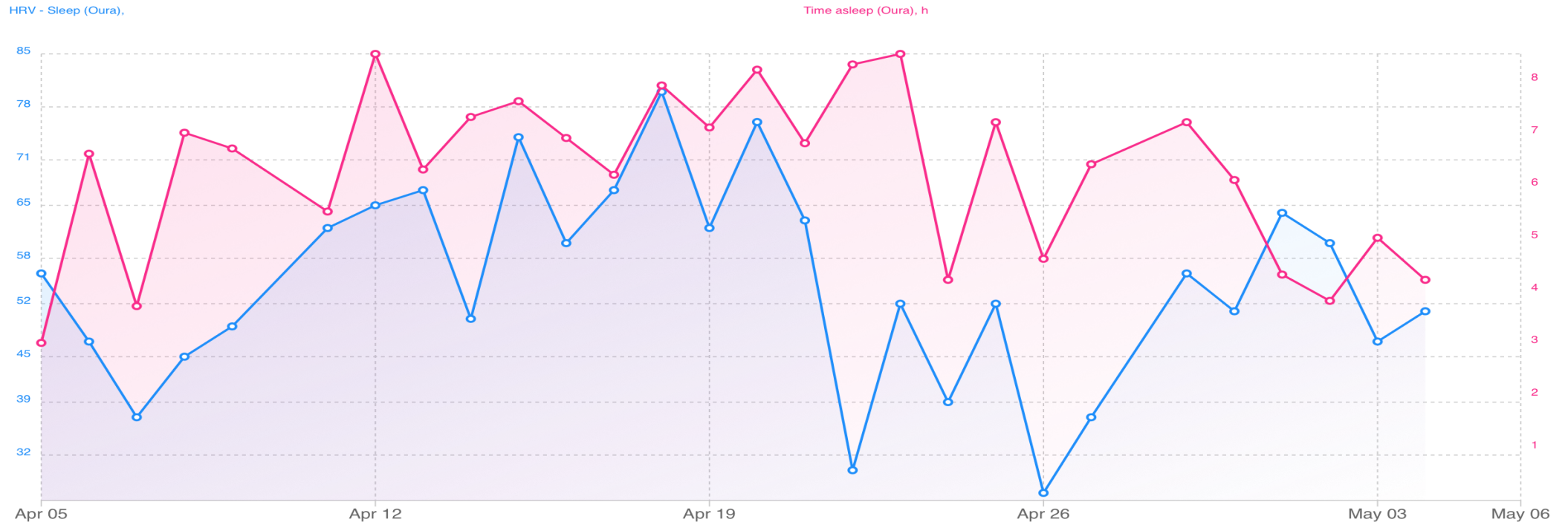


HRV - Sleep (Oura) & Time asleep (Oura)



HRV - Sleep (Oura)

Period	Previous	Now	Trend	Diff
Avg	53.69	54.5	1.5%	0.81
Max	87	80	-8.0%	-7
Min	33	27	-18.2%	-6

Time asleep (Oura)

Period	Previous	Now	Trend	Diff
Avg	5.82	6.25	7.4%	0.43
Max	8.9	8.5	-4.5%	-0.4
Min	3	3	0.0%	0