SPECIALIST REPORT

Eddie Example

Age (yrs)	**34**	Resting HR (beats/min)	**38**
Height (in)	**6' 0"**	Max HR (beats/min)	**188**
Weight (lb)	**205**	Body Mass Index (BMI)	**27.8**
Activity class	**7.0**		

Contact information:

Project	Tiinan marrastesti
Project group	Test 1
E-mail	-
Notes:	

Long-term medication and illnessess:
Seasonal asthma medication

Stress state classification and details

Stress state classification and details:

	Alcohol	Medication	Sleep quality	Recognized state	State reliability
Day 1: 18.08.2011	-	-	😊	🟩 Good recovery	100 %
Day 2: 19.08.2011	-	Burana 1*400mg	😐	🟩 Good recovery	65 %
Day 3: 20.08.2011	3 units	-	😞	🟧 Weak recovery	40 %

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

1	🟩	Good recovery
2	🟨	Good recovery, but no recovery during the day
3	🟨	Moderate recovery, but sleep duration is short
4	🟧	Delayed nighttime recovery
5	🟧	Weak recovery
6	🟥	Overload

🟦	Physical overload
⬜	Exhaustion / 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.
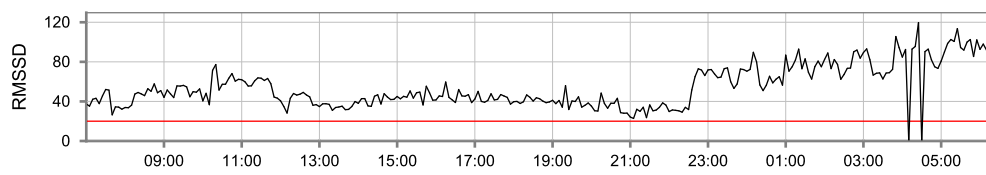
r/p:12/1;27/3;26/2;

Quality of recovery

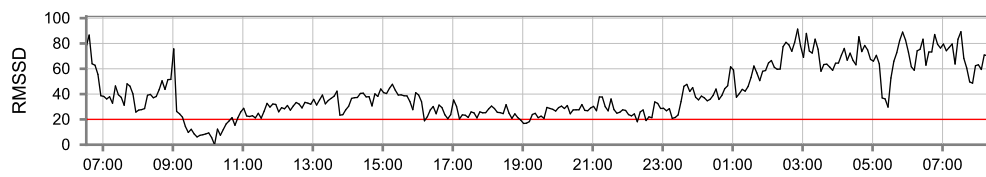Quality of recovery (RMSSD) during the measurement period.

Day 1: 18.08.2011

Average RMSSD

During awake time	**43**
During sleep time	**78**
Relative difference	**1.8**

Day 2: 19.08.2011

Average RMSSD

During awake time	**31**
During sleep time	**64**
Relative difference	**2.1**

Day 3: 20.08.2011

Average RMSSD

During awake time	**28**
During sleep time	**57**
Relative difference	**2.0**

— Work period   — Sleep period   — Preferred minimum during sleep
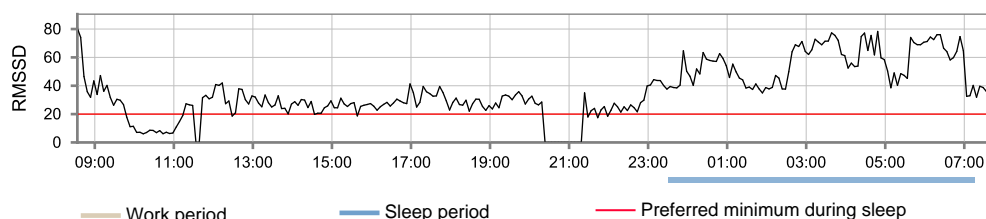
RMSSD is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery. The average RMSSD value should be 20 or greater during sleep.