

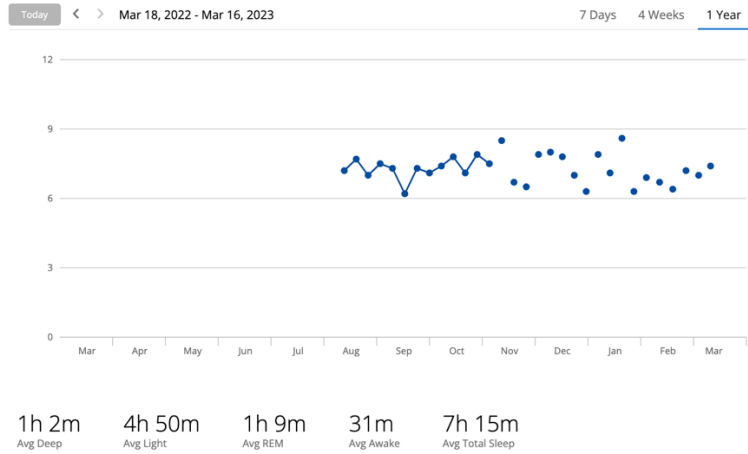
SLEEP METRICS – GARMIN VENU 2 WATCH

MAC - 6 MONTHS INTRAMUSCULAR + INTRANASAL RAPAMYCIN (JULY 2022-JAN 2023)

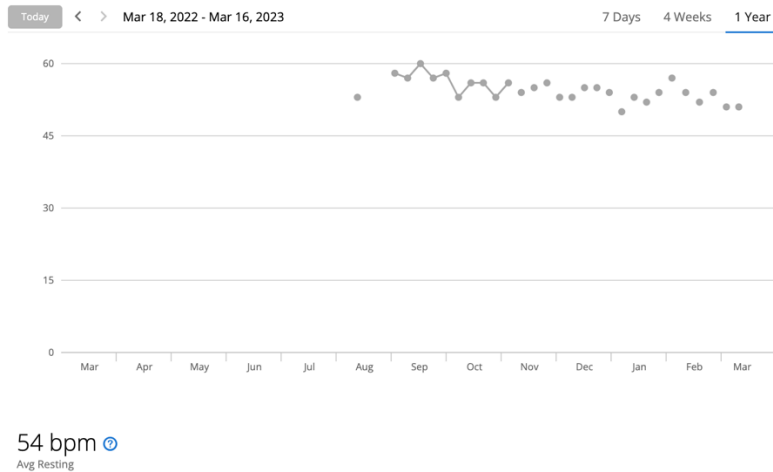
Sleep Score



Sleep Duration



Resting Heart Rate



OCT 6, 22 SLEEP SUMMARY SNAPSHOT

SLEEP SCORE 50

SLEEP ⓘ

Tuesday, February 28, 2023

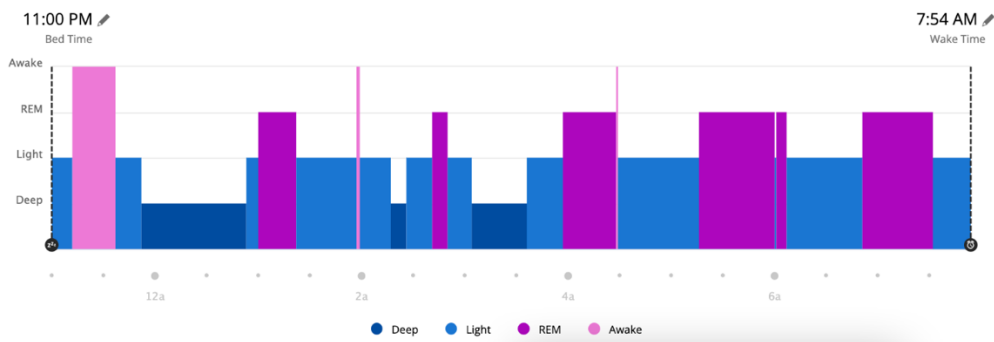
Today < >

Synced Today @ 11:19 AM

Sleep Stages Sleep Score Pulse Ox Respiration

NOTES

2 Tylen



FEB 28, 23 SLEEP SUMMARY SNAPSHOT

SLEEP SCORE 85

SLEEP ⓘ

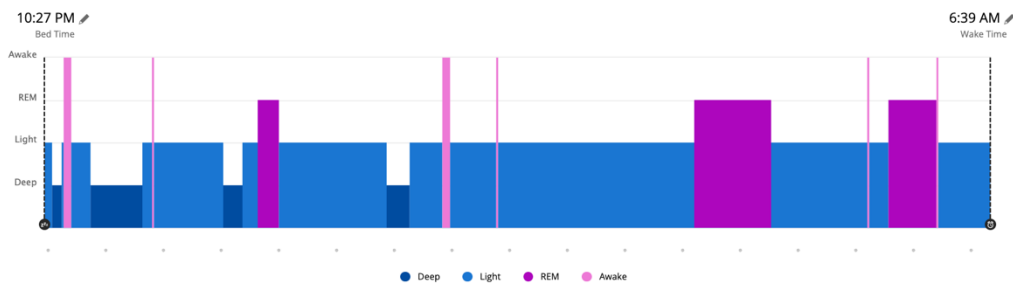
Thursday, October 6, 2022

Today < >

Synced Today @ 11:54 AM

Sleep Stages Sleep Score Pulse Ox Respiration

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What Is the Stress Level Feature on My Garmin Device?

The stress level feature allows a user to determine their current level of stress based on their heart-rate variability. When using the feature, the watch uses heart rate data to determine the interval between each heartbeat. The variable length of time in between each heartbeat is regulated by the body's autonomic nervous system. **The less variability between beats (<HRV) equals HIGHER stress levels, whereas the increase (>HRV) in variability equals LESS stress.**

What Do the Stress Level Numbers Mean?

Devices will provide a stress level between 0 and 100, which correspond to the following scale:

- **0–25:** Resting state
- **26–50:** Low stress
- **51–75:** Medium stress
- **76–100:** High stress

Training, physical activity, sleep, nutrition, and various external factors could impact your stress level. Wearing your device both day and night will return the most consistent, accurate results.

OCT 6, 22 (NIGHT OF DOSE): STRESS SCORE 32



FEB 28, 23 (WASHOUT): STRESS SCORE 85

