

Monthly Report

August, 2026

Summary table

	Daytime (resting)			Night-time			All measurements		
	Sys	Dia	HR	Sys	Dia	HR	Sys	Dia	HR
Mean	119	69	69	124	69	62	120	68	67
SD	4	2	2	5	2	2	4	2	2
Max	144	82	91	139	78	75	144	82	91
Min	104	59	56	105	59	56	104	59	56
Readings	457	457	457	70	70	70	527	527	527

The average day / night values are not intended to measure, estimate, or report physiologic values for medical or clinical purposes.