

## Case Raudoittaja 1

### Contact information:

Age (yrs) **37** Resting HR (beats/min) **43**  
 Height (cm) **178** Max HR (beats/min) **186**  
 Weight (kg) **80**  
 Activity class **6.0** Body Mass Index (BMI) **25.2**  
**(Good)**

Project -  
 Group -  
 E-mail -  
 Notes: -

### Long-term medication and illnesses:

-

## Stress state classification and details

### Stress state classification and details:

	Alcohol	Medication	Sleep quality	Stress state	Reliability of detected state
Day 1: 15.09.2011	-	-	😊	Delayed nighttime recovery	Good
Day 2: 16.09.2011	-	-	😊	Good recovery	Good
Day 3: 17.09.2011	3 units	-	😊	Delayed nighttime recovery	Moderate

Reliability was low because: - A moderate amount of alcohol was consumed. (Day 3)

- Good recovery
- Physical overload
- Good recovery, but no recovery during the day
- Exhaustion / Physiologically irregular state
- Moderate recovery, but sleep duration is short
- Non-identifiable
- Delayed nighttime recovery
- Weak recovery
- Overload



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.

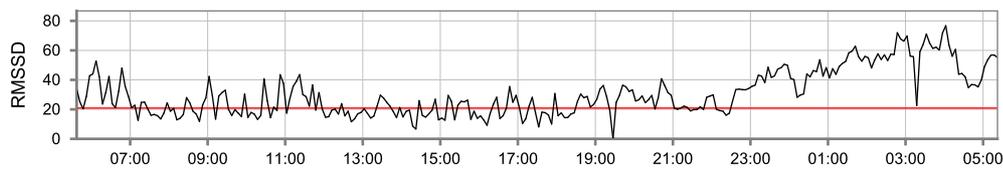
491 | 248 | 38 |

## Quality of recovery

### Quality of recovery (RMSSD) during the measurement period.

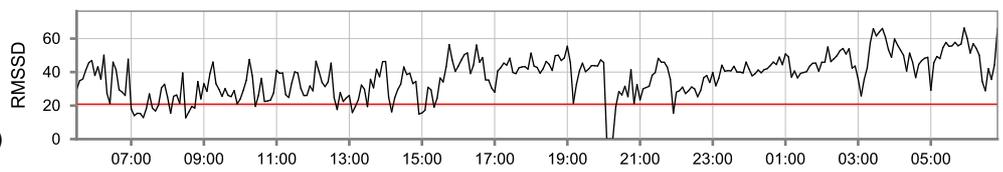
#### Day 1: 15.09.2011

Average RMSSD  
 During awake time **23**  
 During sleep time **44**  
 Relative difference **1.9 (Good)**



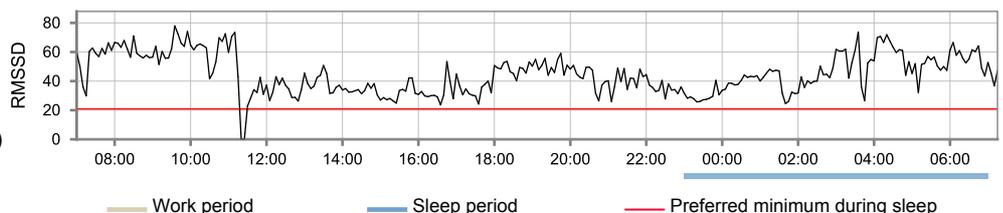
#### Day 2: 16.09.2011

Average RMSSD  
 During awake time **34**  
 During sleep time **47**  
 Relative difference **1.4 (Moderate)**



#### Day 3: 17.09.2011

Average RMSSD  
 During awake time **44**  
 During sleep time **47**  
 Relative difference **1.1 (Moderate)**



**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 21 or greater during sleep (the value is determined based age).

Provided by:

Firstbeat Lifestyle Assessment (v 6.0.2.2)  
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 More information: [www.firstbeat.fi/work-well-being](http://www.firstbeat.fi/work-well-being)

Analyzed by:

