Concussions, headaches, naps, and the Whole30 elimination diet

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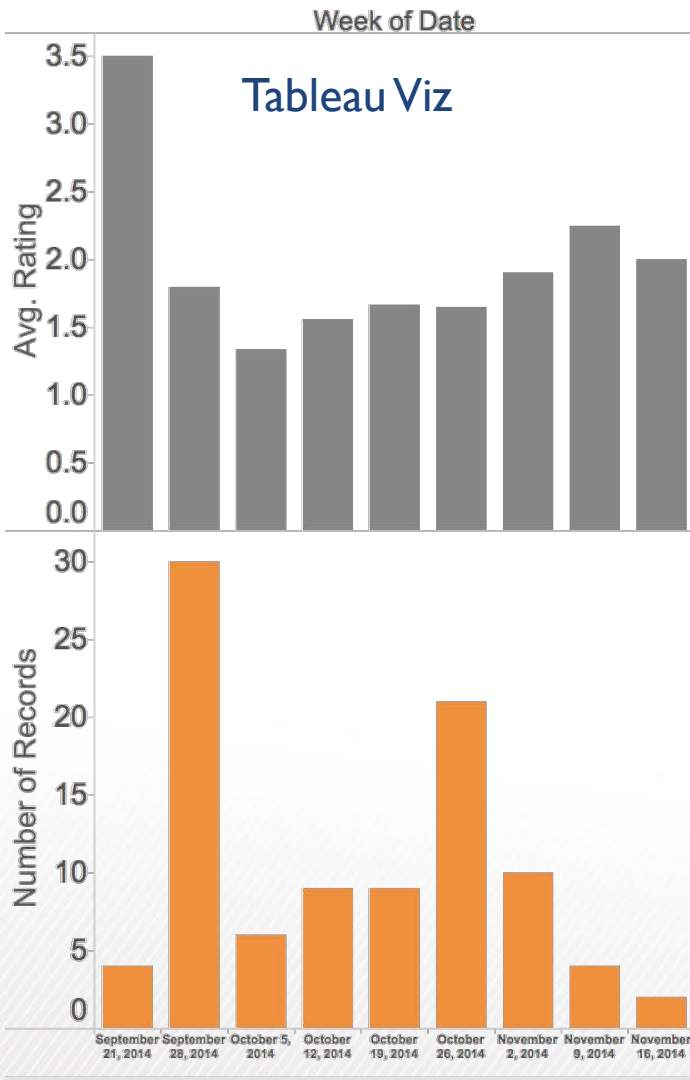
Frisbee -> Concussion -> Headaches

Tap Log App

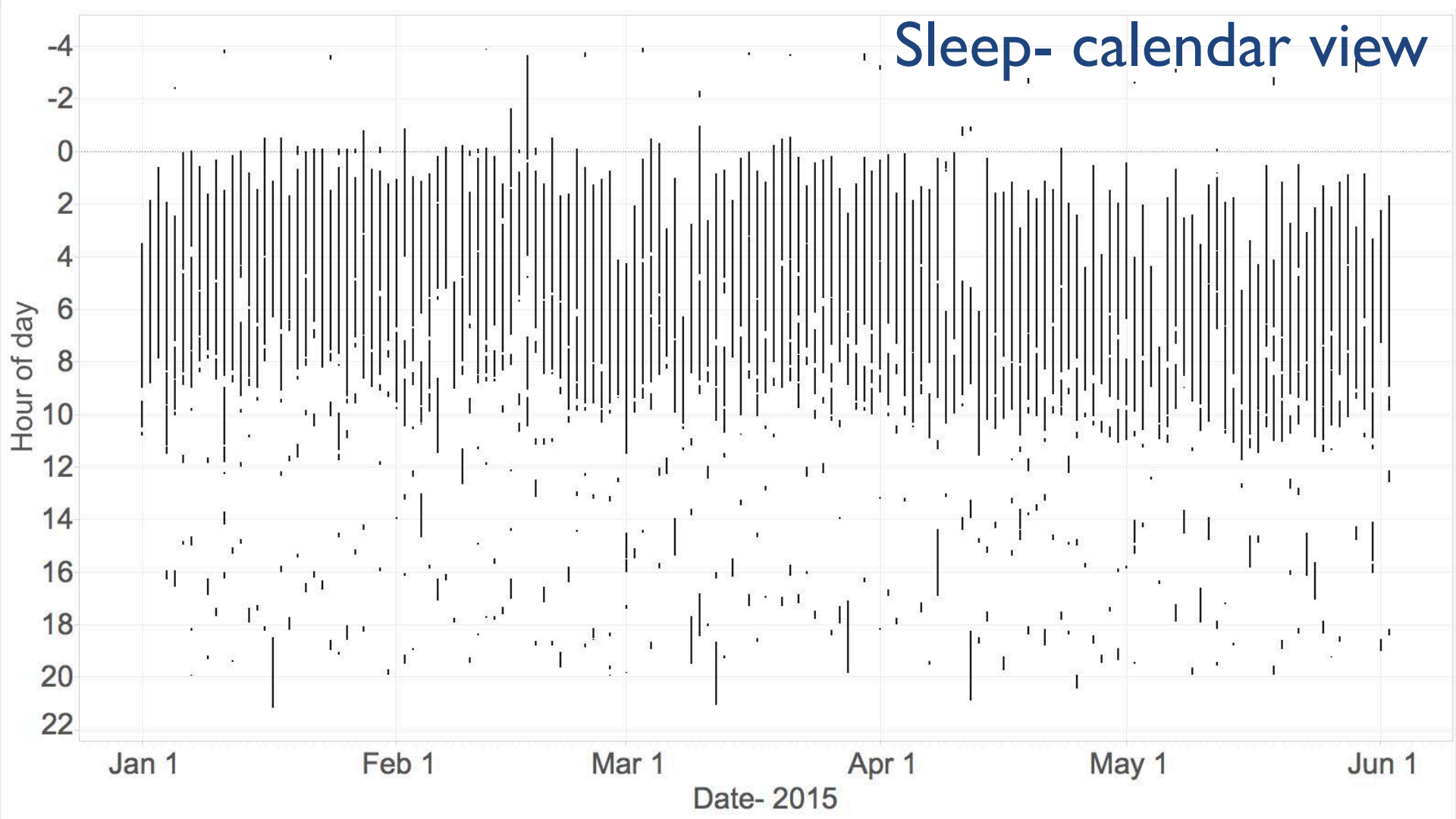
Export to CSV

Date	Rating	Note
9/27/14 1:03:00 PM	2	Top of head. Is it from the head
9/27/14 5:05:00 PM	3	Front. Sharp.
9/27/14 7:01:00 PM	4	Painful. Front. Sharp
9/27/14 9:01:00 PM	5	Front Sharp
9/28/14 5:00:00 AM	3	Sharp. StabbingTop of head fore
9/28/14 6:00:00 AM	3	Stabbing. Front forehead now
9/28/14 7:00:00 AM	4	Front Top of head. Stabbing
9/28/14 10:03:00 AM	2	1. Top of head2. Sharp but sligh
9/28/14 12:01:00 PM	3	Stabbing
9/28/14 6:00:00 PM	1	Just sleepy now. No location
9/28/14 7:03:00 PM	2	No longer stabbing. Just dull Ins
9/28/14 10:01:00 PM	Null	An aura of sleepiness.
9/29/14 3:02:00 PM	Null	Feeling fine. Just sleepy

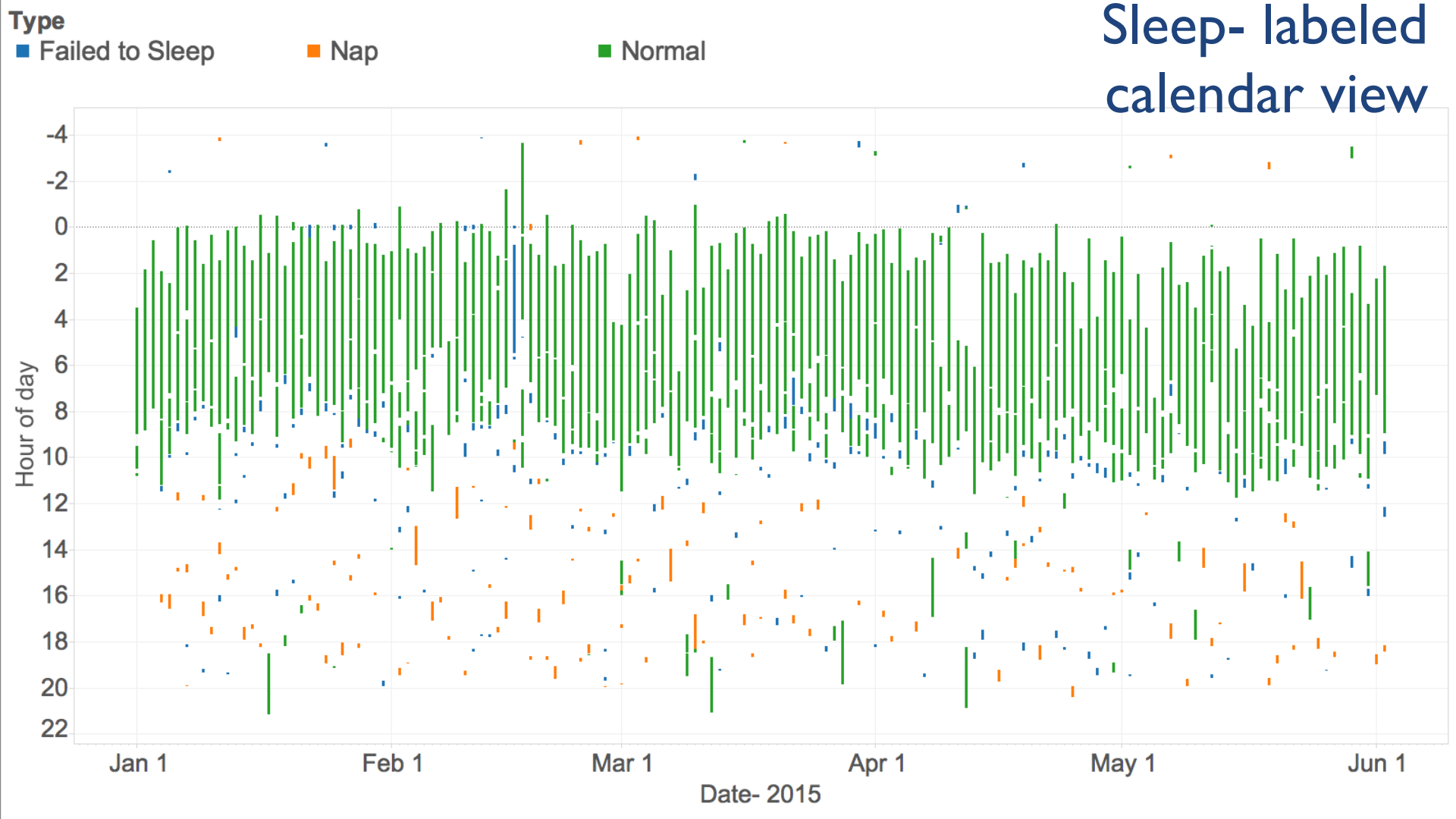
Tableau Viz



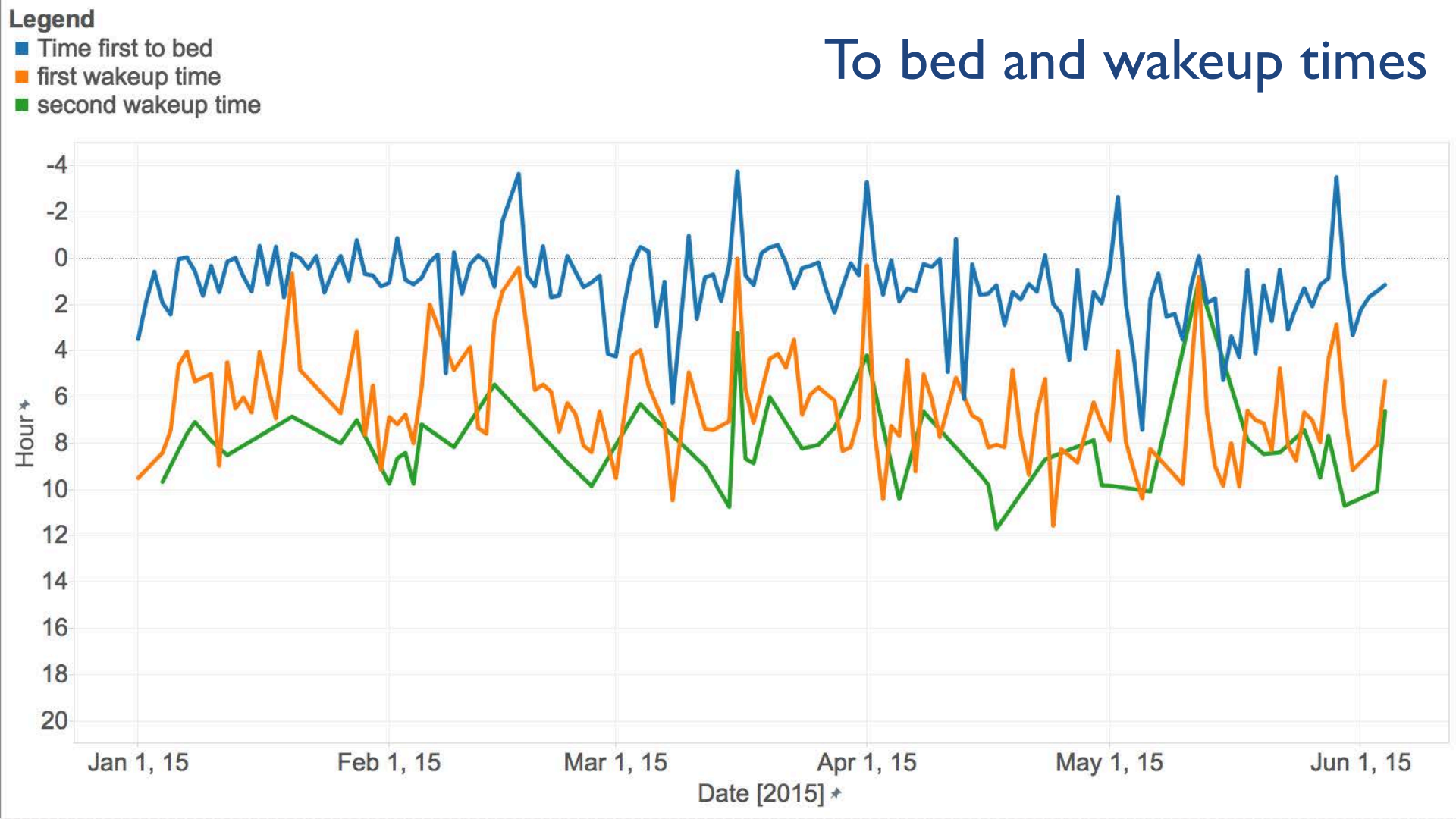
Sleep- calendar view



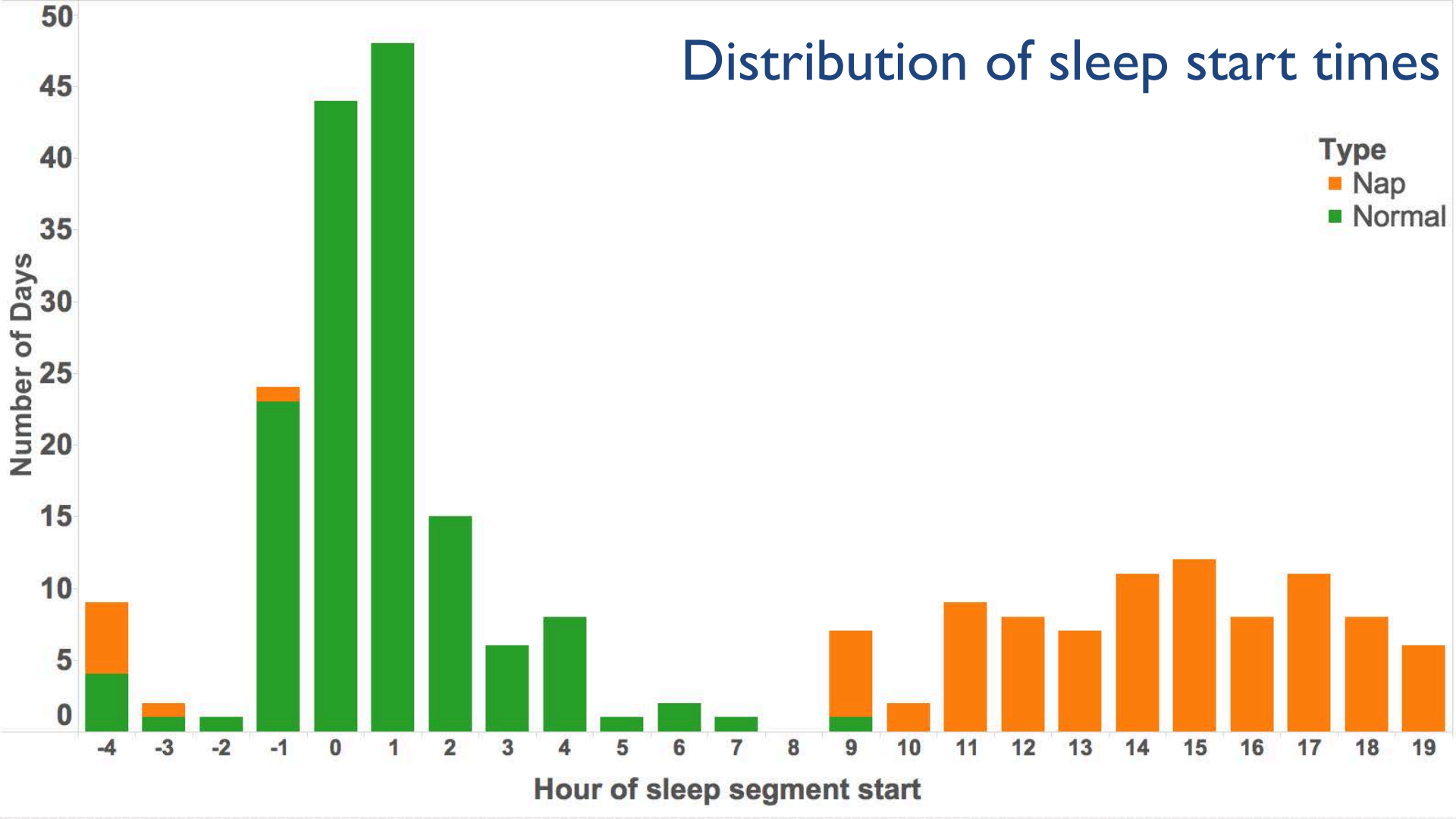
Sleep- labeled calendar view



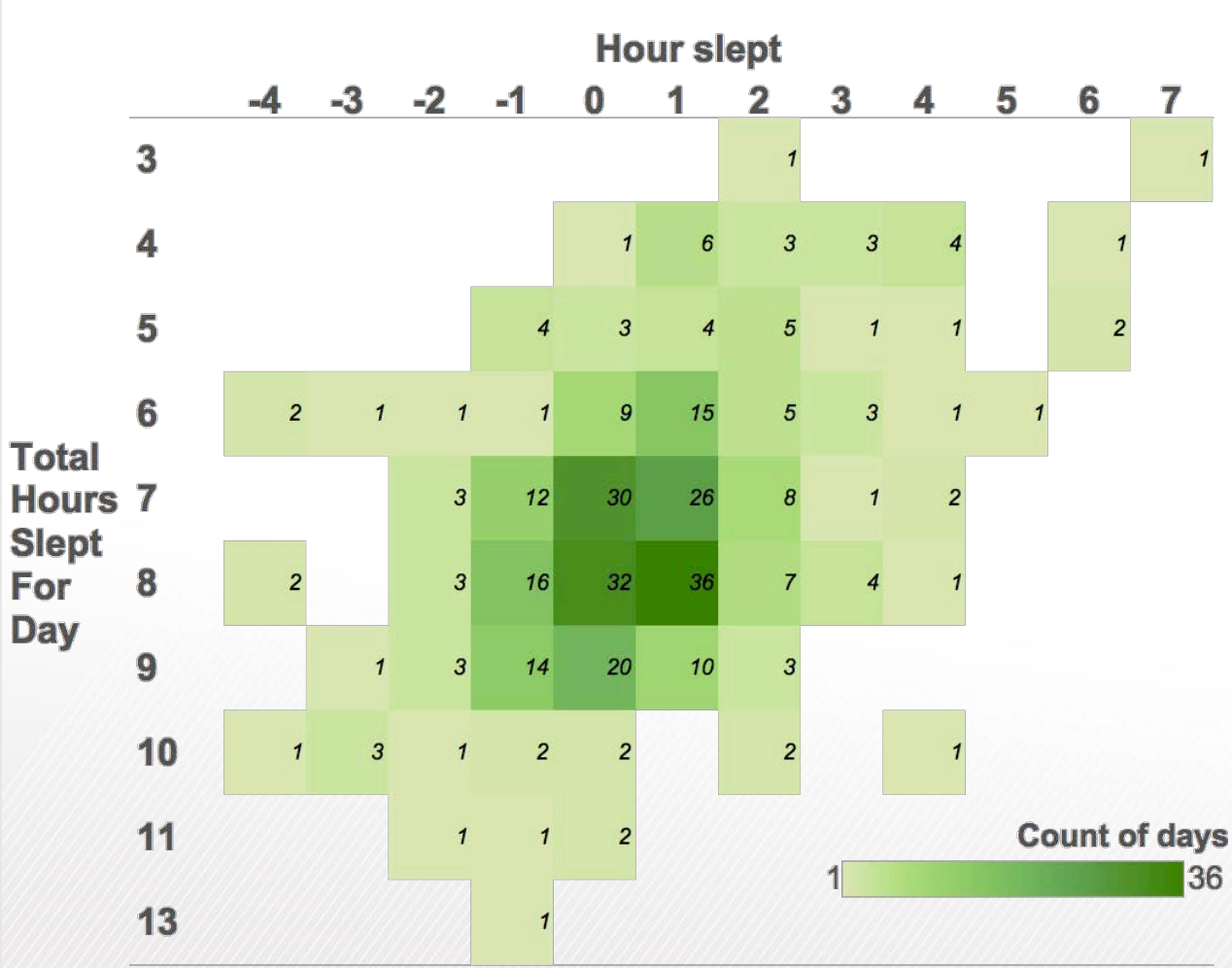
To bed and wakeup times



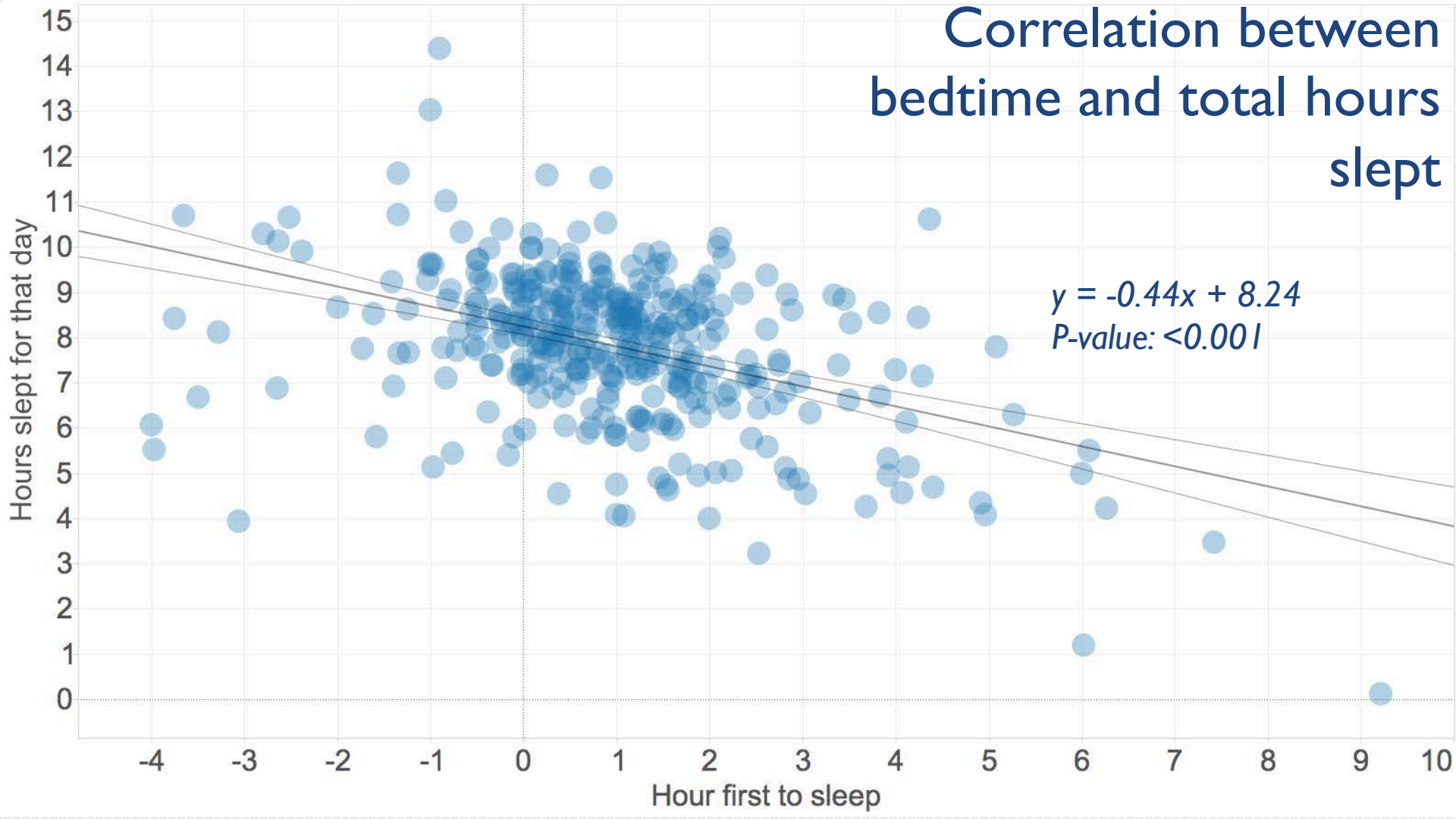
Distribution of sleep start times



Sleep start time vs total hours slept



Correlation between bedtime and total hours slept



The most important metric: quality of day

5- perfect day. Feel great. No energy/headache problems

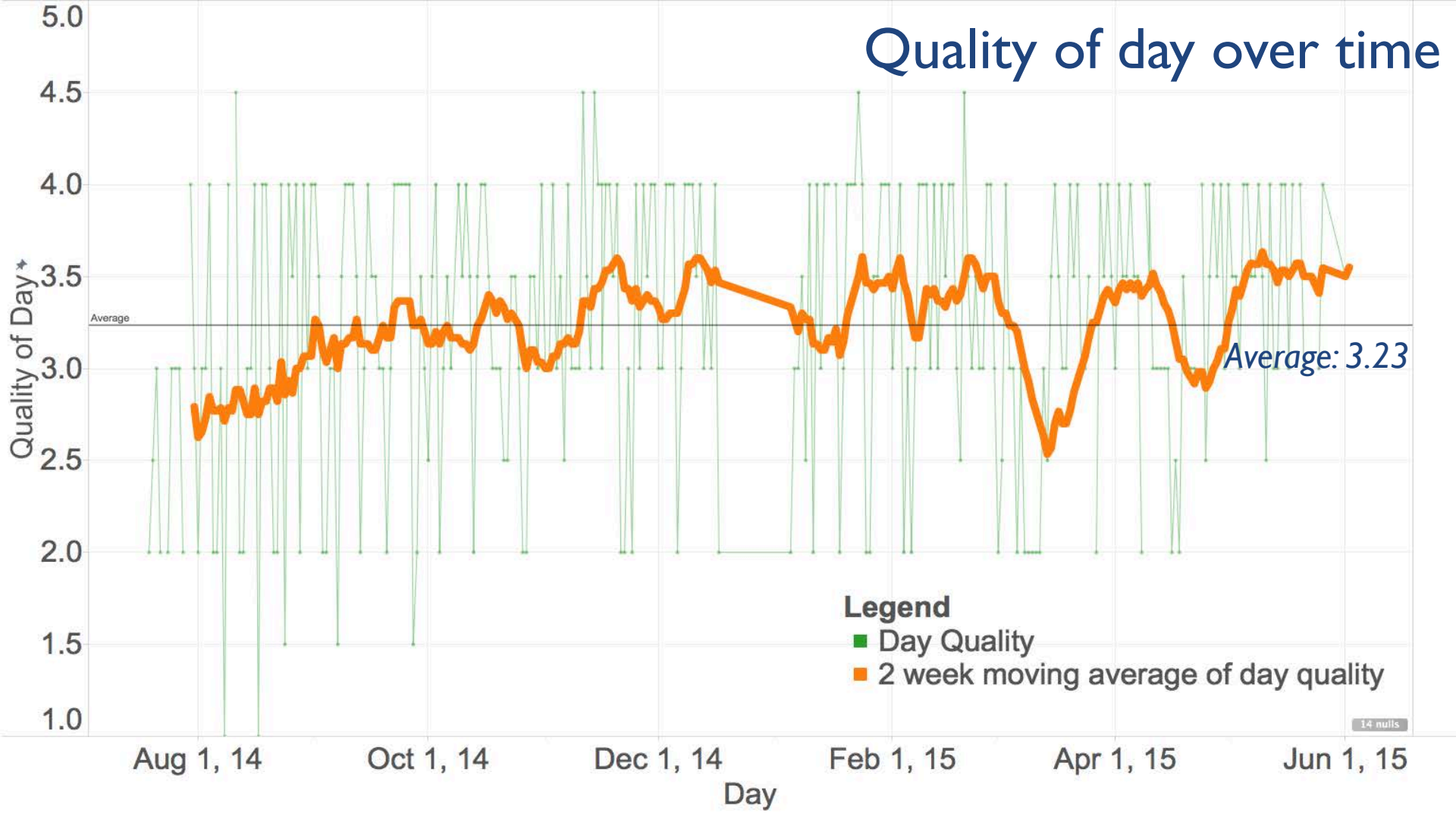
4- minor sleepiness. Affects ~1-2 hours of the day

3- light headache and/or heavy sleepiness. Disrupts half of day

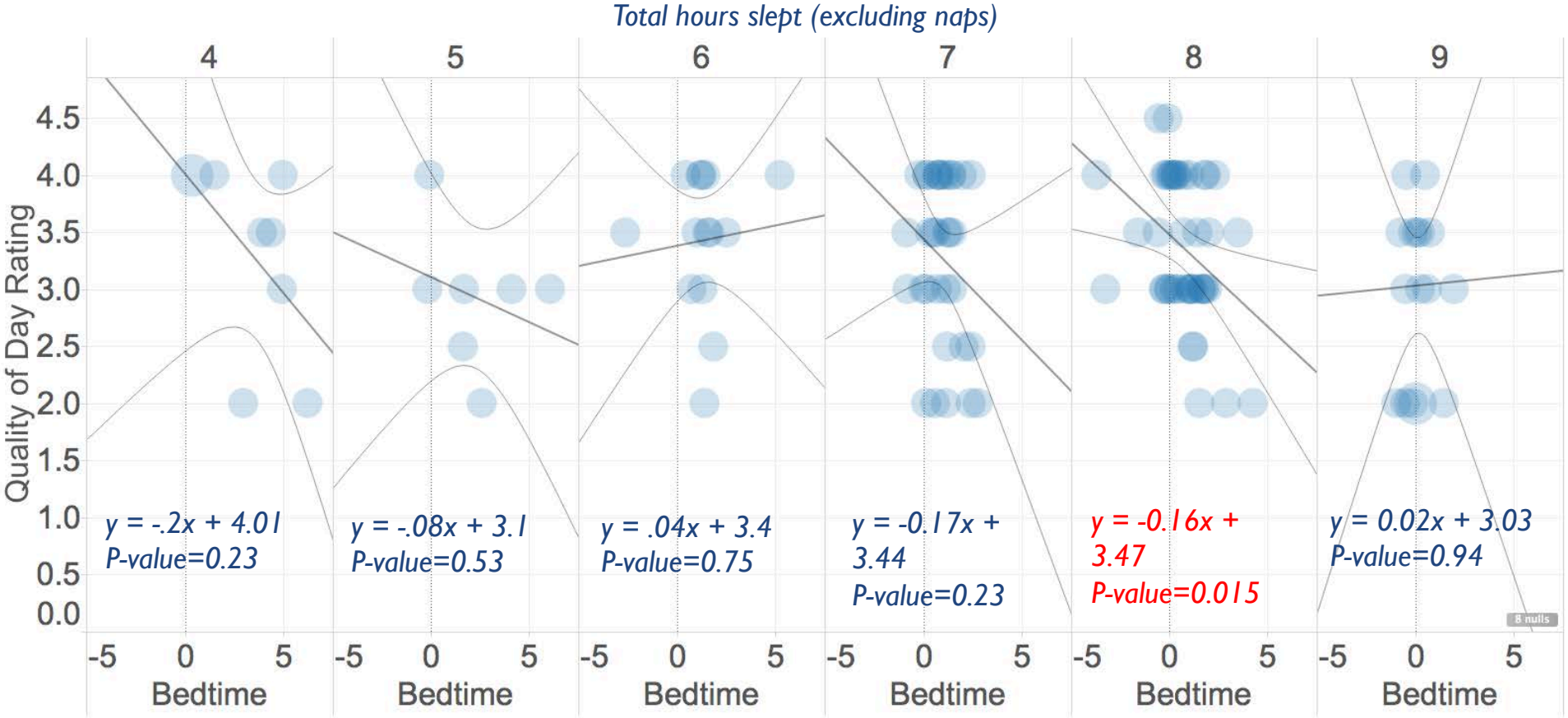
2- migraine and/or heavy sleepiness. Disrupts most of day

1- worst day ever!

Quality of day over time

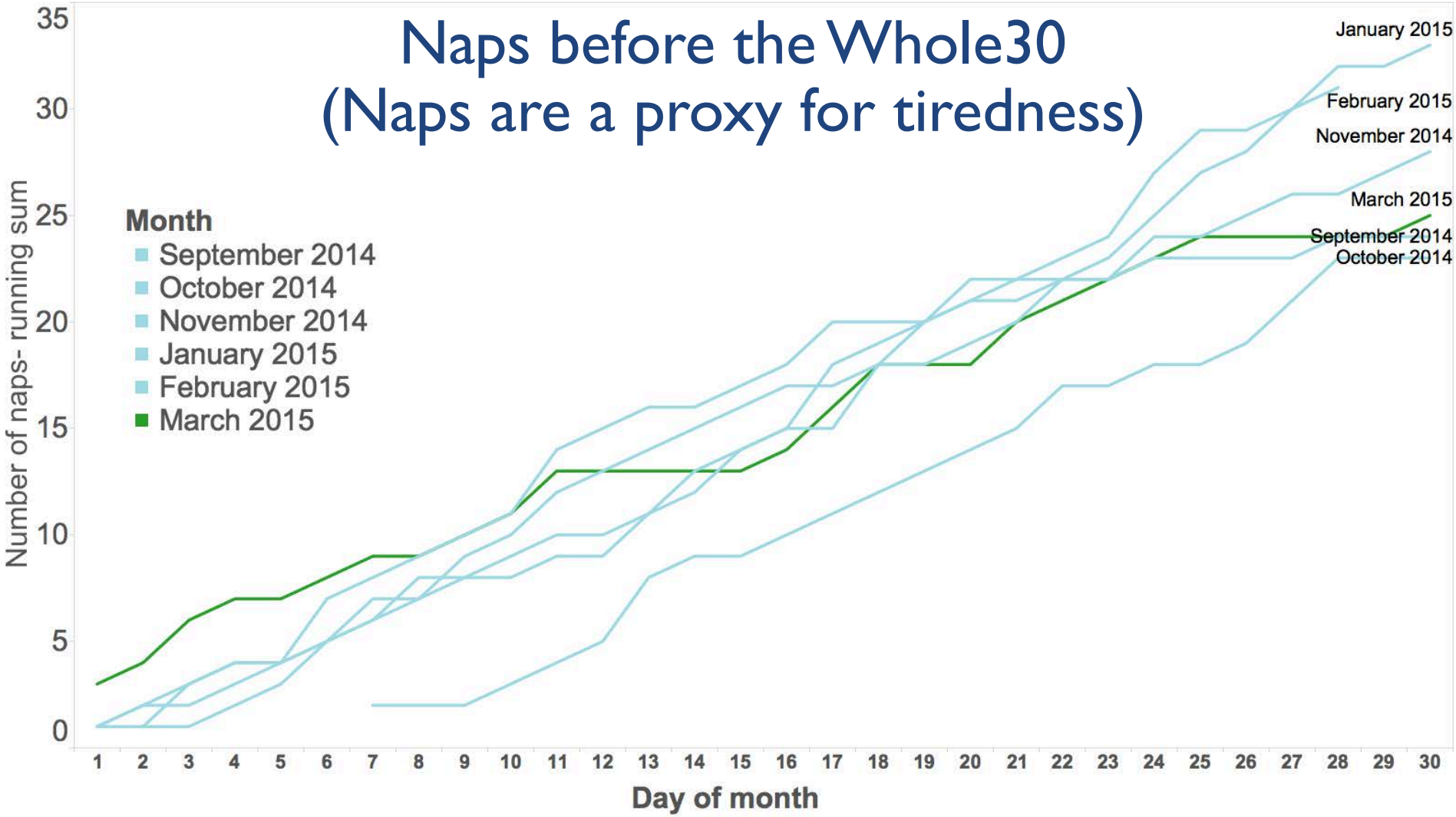


Bedtime affects quality of day, but only if I sleep ~8 hours

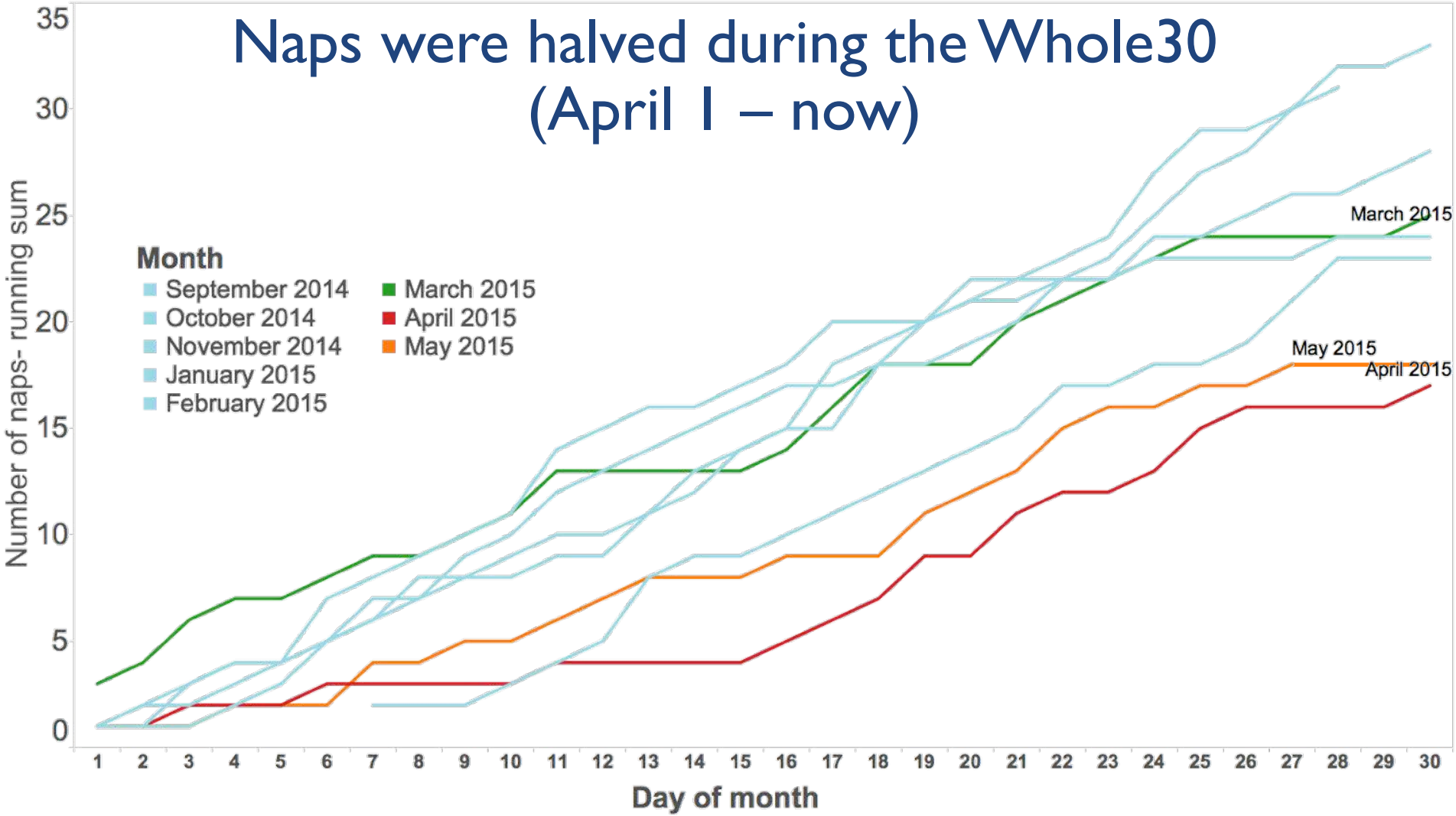


Intervention- Whole30

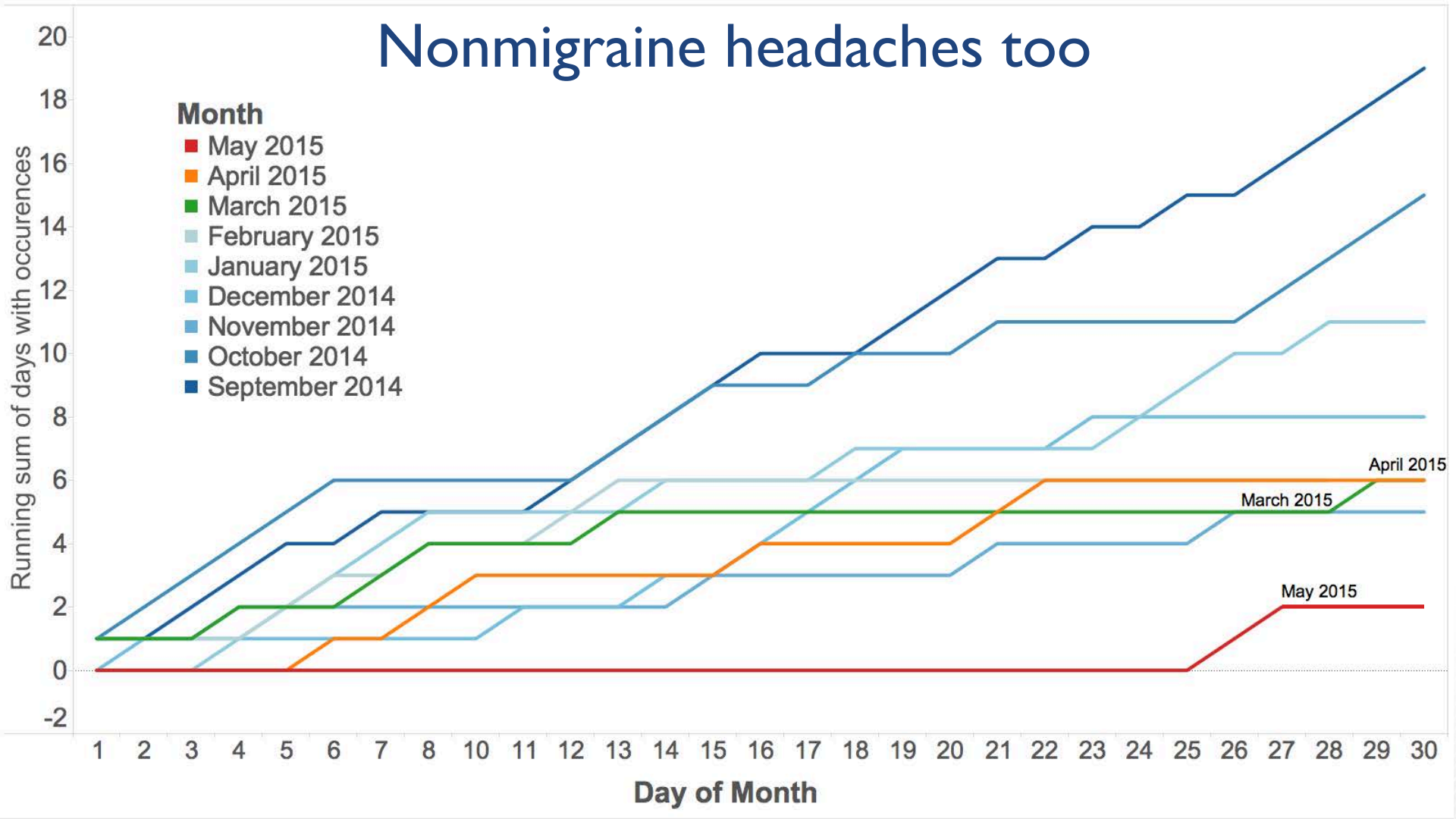
Naps before the Whole30
(Naps are a proxy for tiredness)



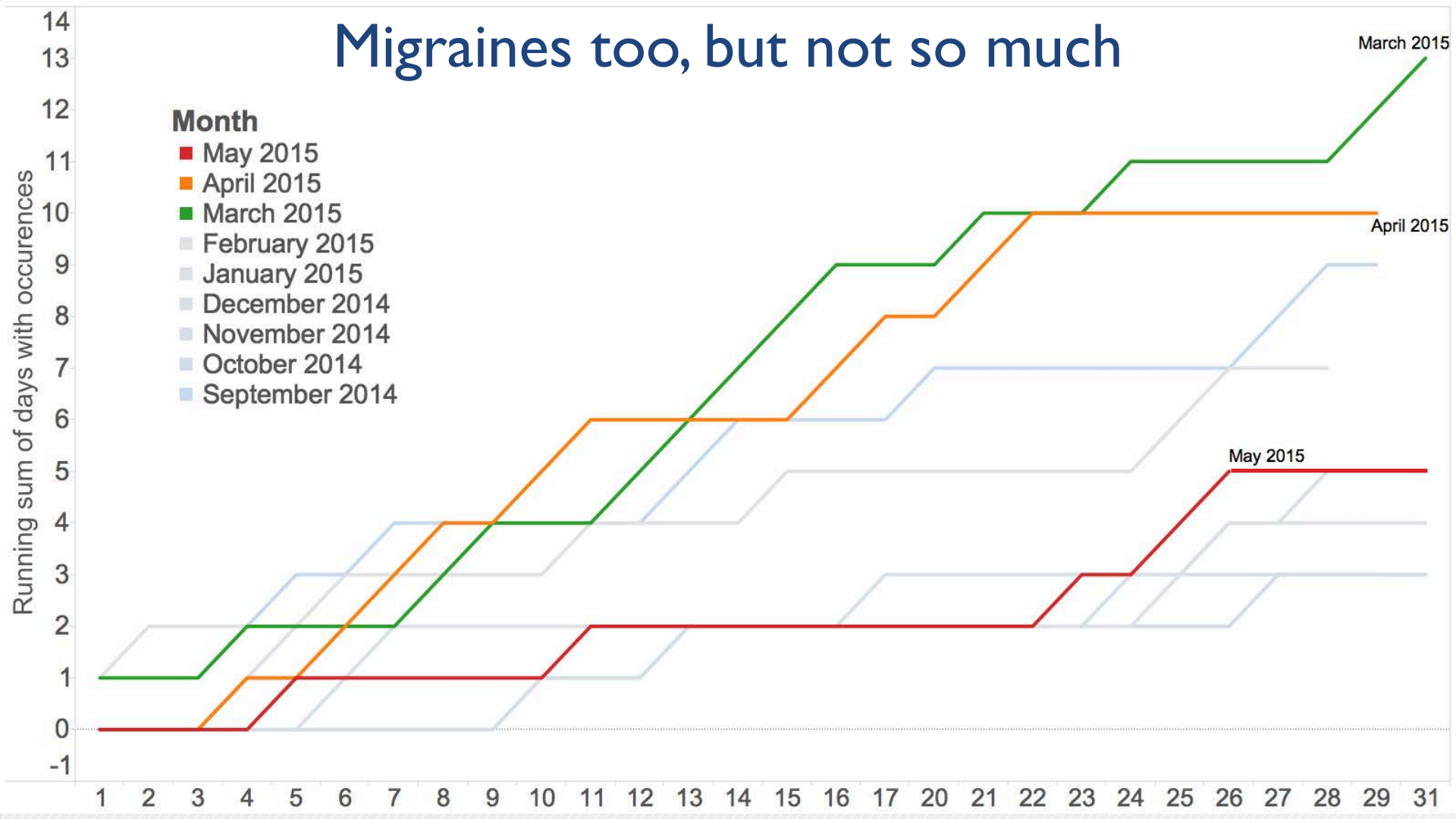
Naps were halved during the Whole30 (April 1 – now)



Nonmigraine headaches too



Migraines too, but not so much



1. Manual tracking can be awesome!

Allows me to collect nap information, which I later found to be one of the most useful metrics

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Allows for subjective scales that measure "quality"

1. Manual tracking can be awesome!

Allowed me to collect nap information, which I later found to be one of the most useful metrics

Allows for subjective scales

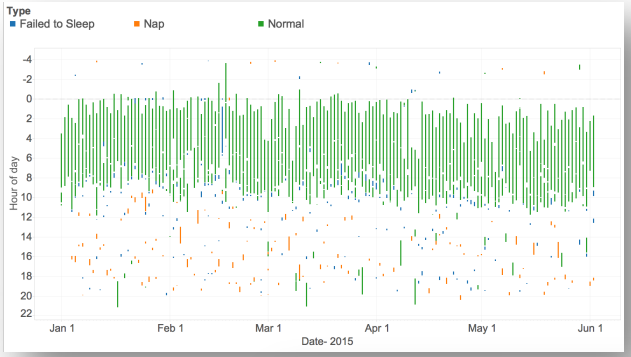
Can be tedious, but can also lead to mindfulness

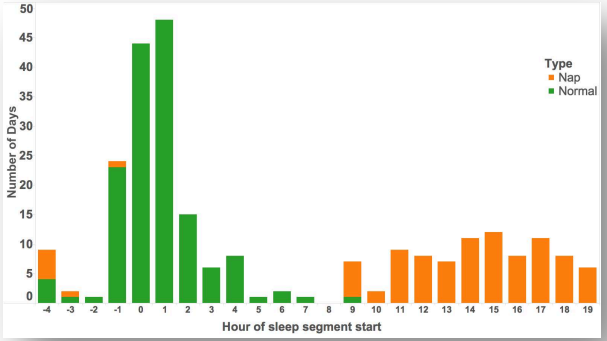
2. Tools are important

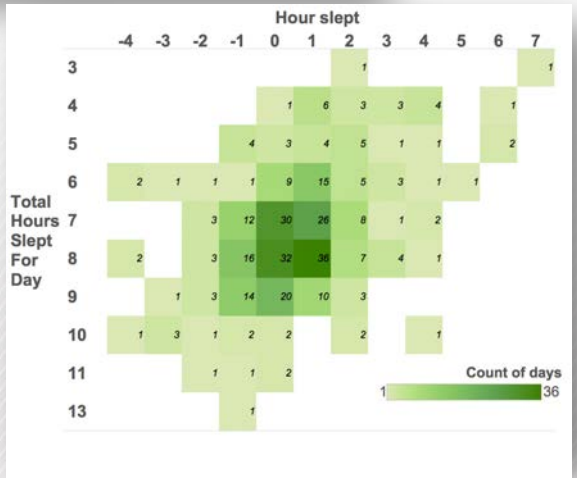
Save the scripting and programming for ETL/data prep

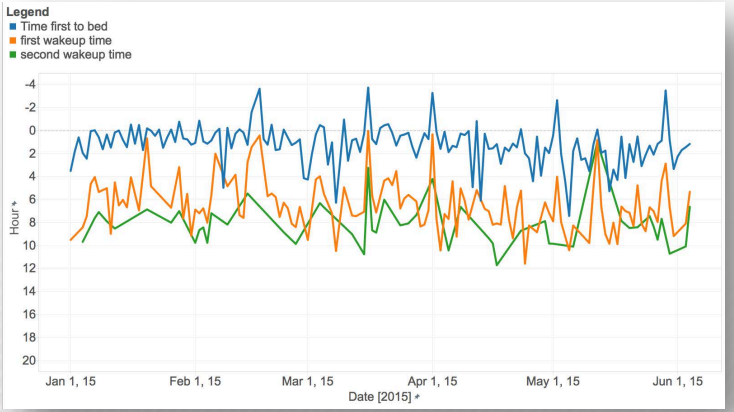
There are many easy to use plotting tools out there

Ex: Tableau → ~5min spent per plot!



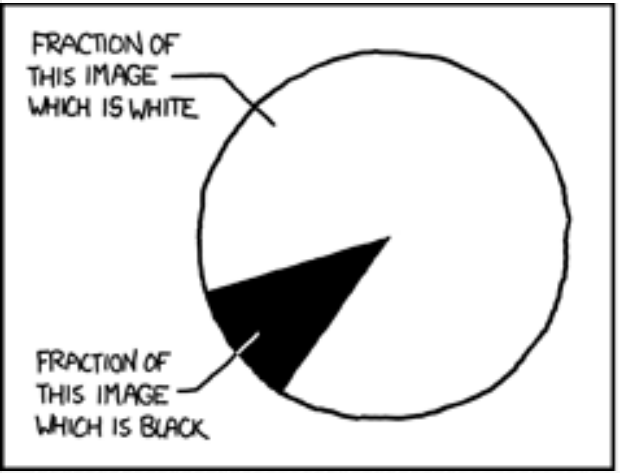


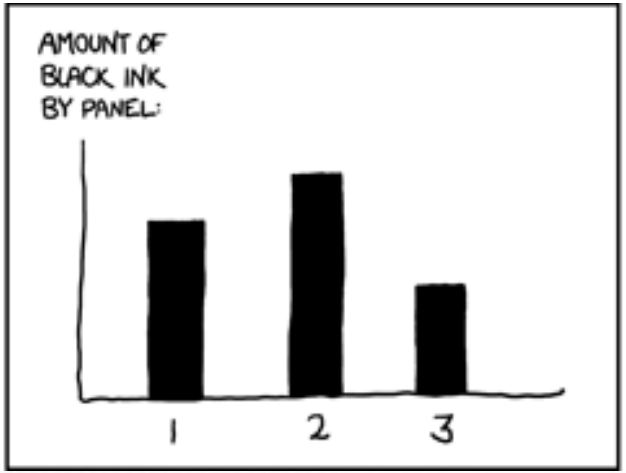


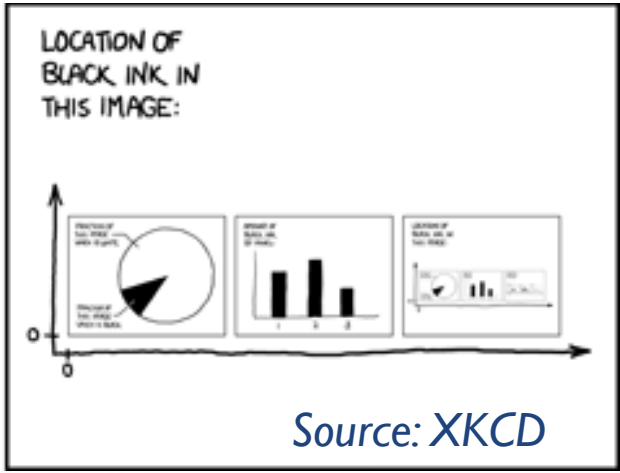


3. Real insights takes a while…

Until then, you're stuck with the obvious….







Source: XKCD

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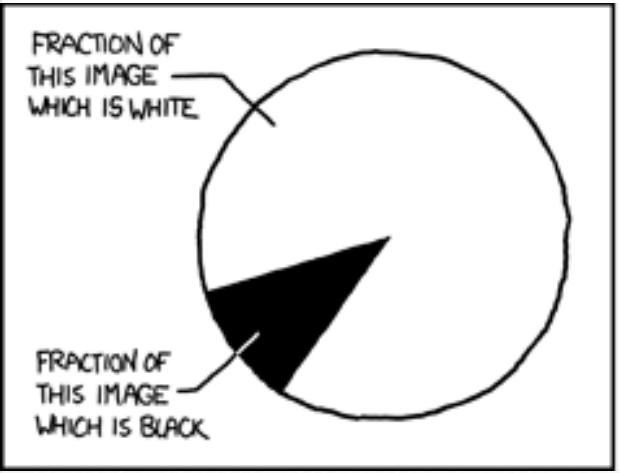

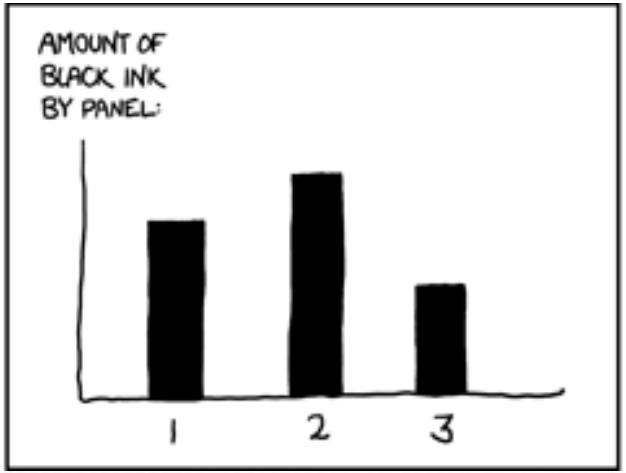

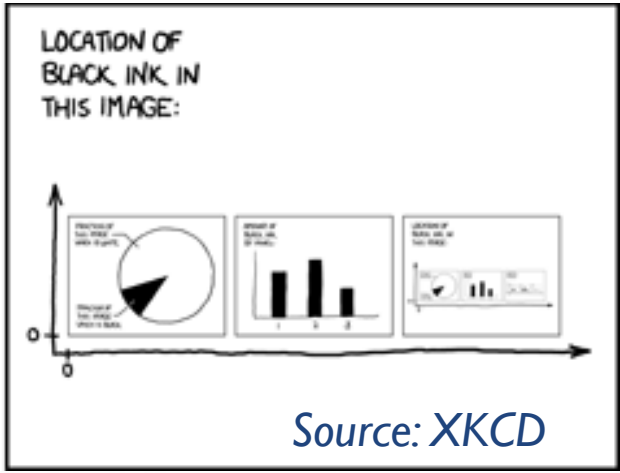

Source: XKCD

Tableau Office Hour- tomorrow @noon

Bring your csv/excel data files!