

simply balanced

STEPS, SLEEP, STRESS & FITNESS

Quantified Self Europe | May 2014

- i. What did I do?
- ii. How did I do it?
- iii. What did I learn?

 zensorium

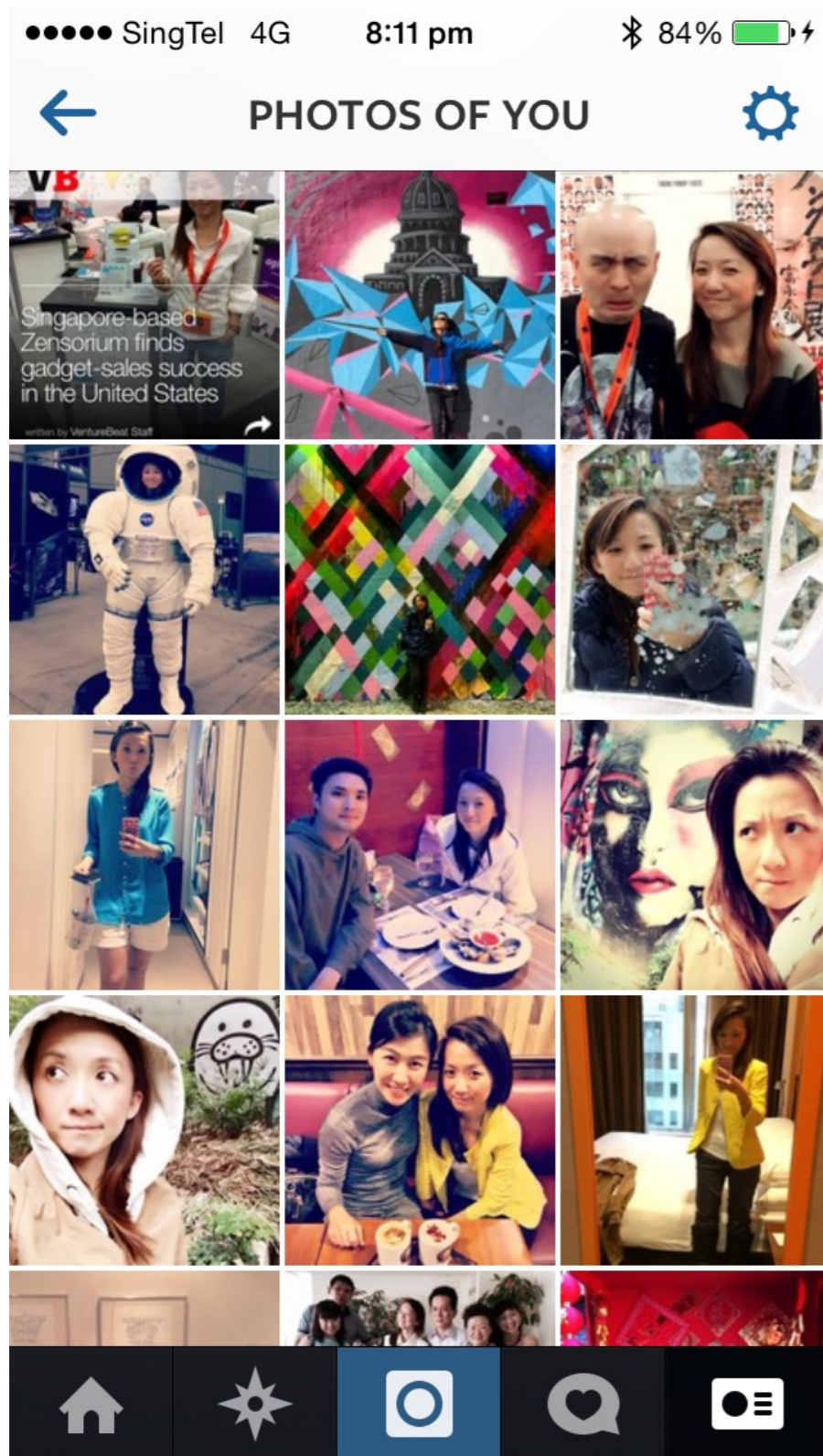
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ZEN
SOR
IUM



Computer Science in UK

- Interested in Data Analytics and Human Factor Interaction

Intellectual Property at UK IBM

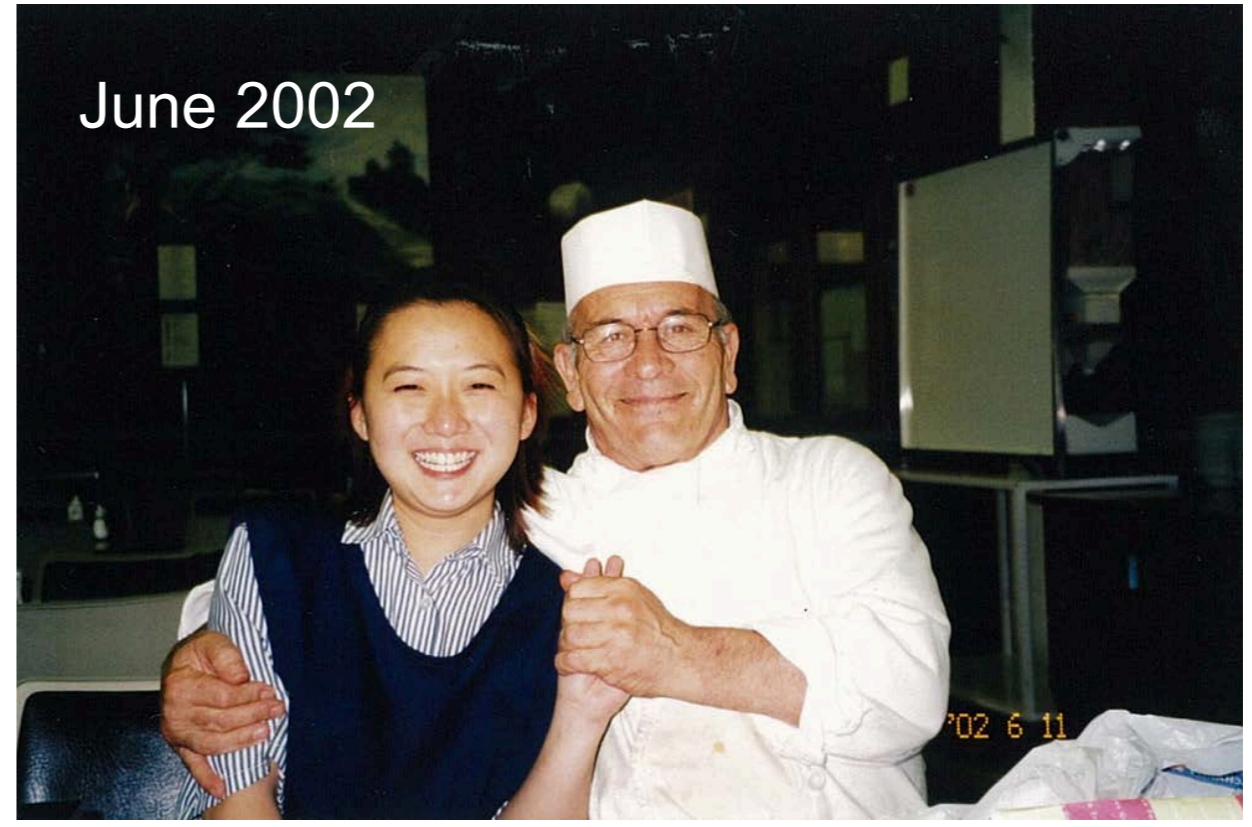
- Interested in Inventions

Business Development

- Interested in Multimedia and Creative Arts



March 2002



June 2002



August 2002



April 2003
On my way to Keukenhof!



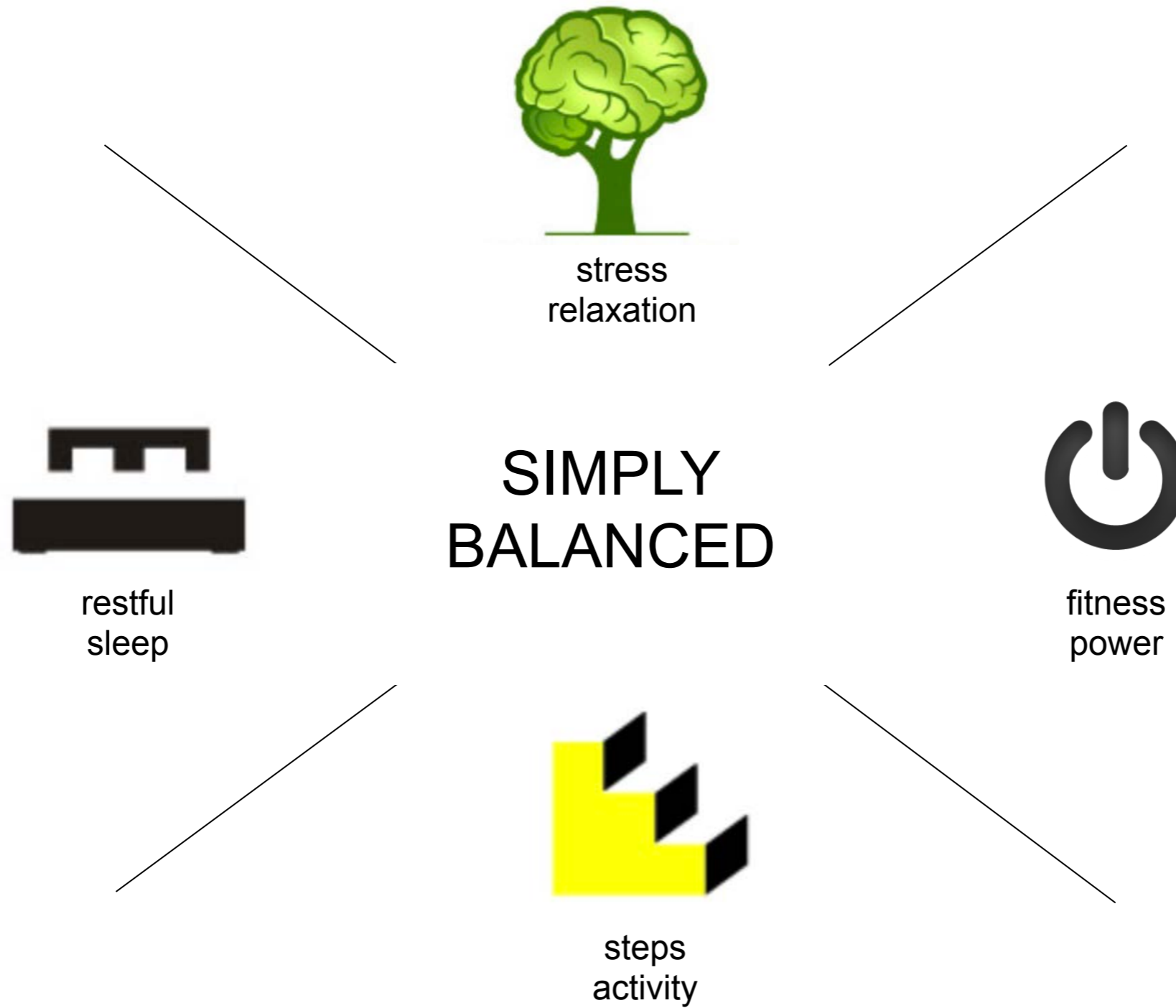
20

If you can find a better way to be happy than overeating, your body will naturally return to its balanced state.

30

Happiness is not a matter of intensity.







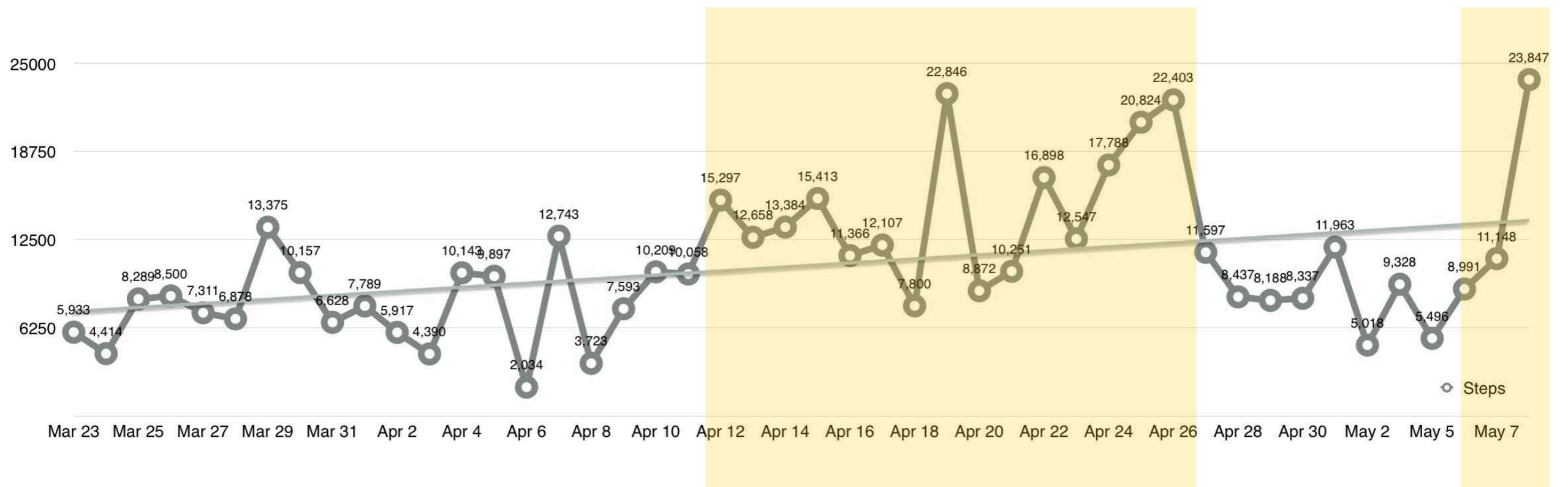
What makes us healthy



What we spend on being healthy



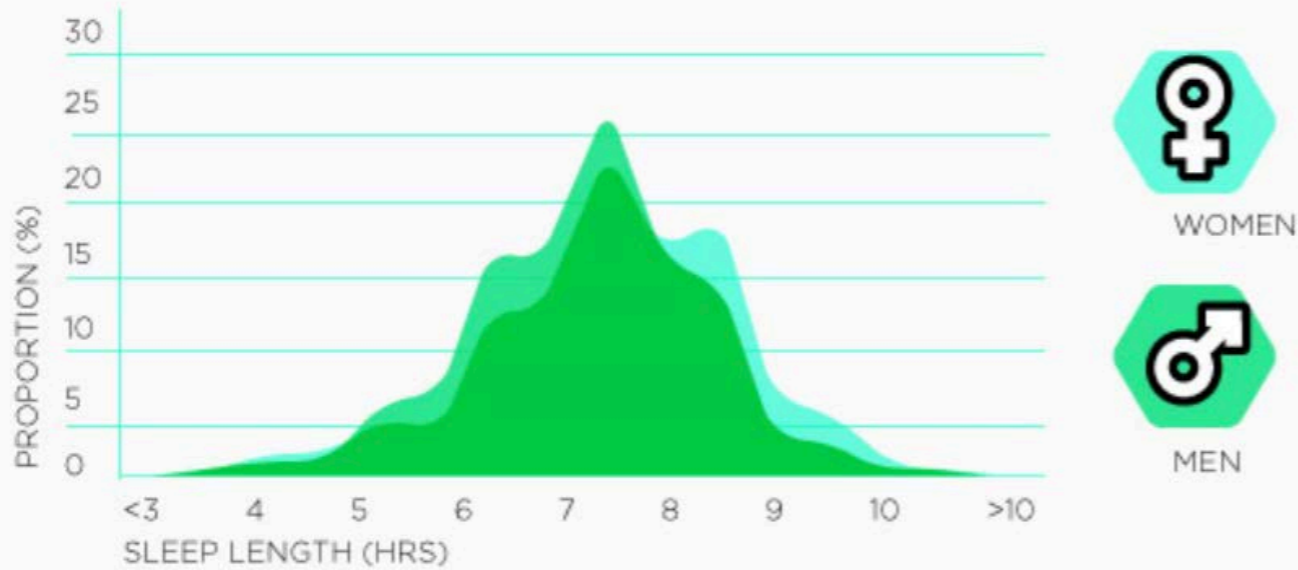
activity





60% Of Adults Are Not Getting Enough Sleep

The average American spent 7.5 hours a night in bed, but 6.1 actually asleep



rest

EFFECTS OF SLEEP DEPRIVATION

A large portion of the population is clearly impacted by a lack of sleep. This lack of sleep can do more than hinder your day to day functioning; it can also impact your health.



MEMORY LOSS



WEIGHT FLUCTUATION



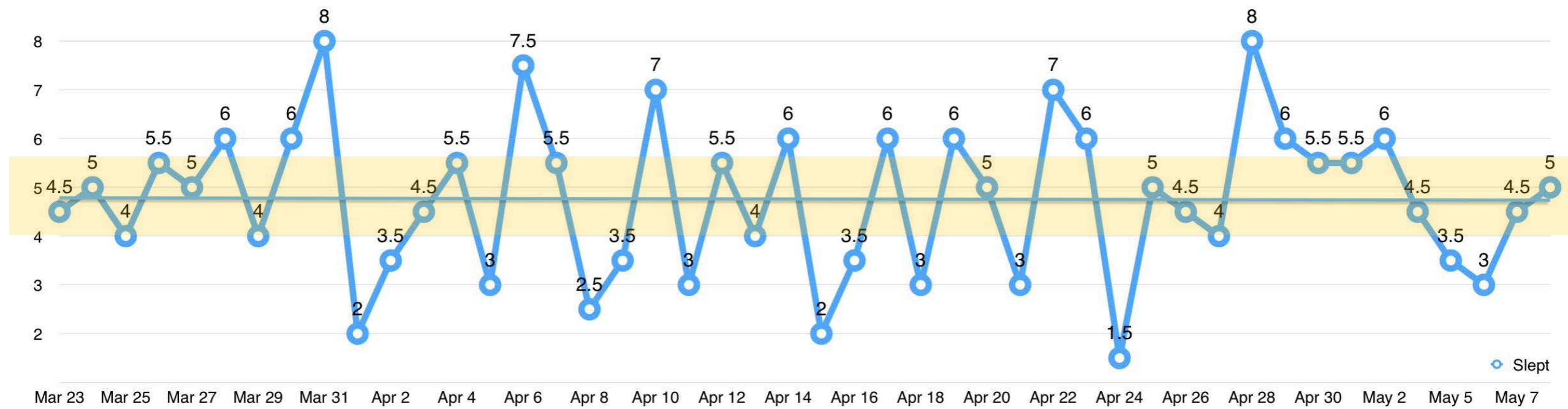
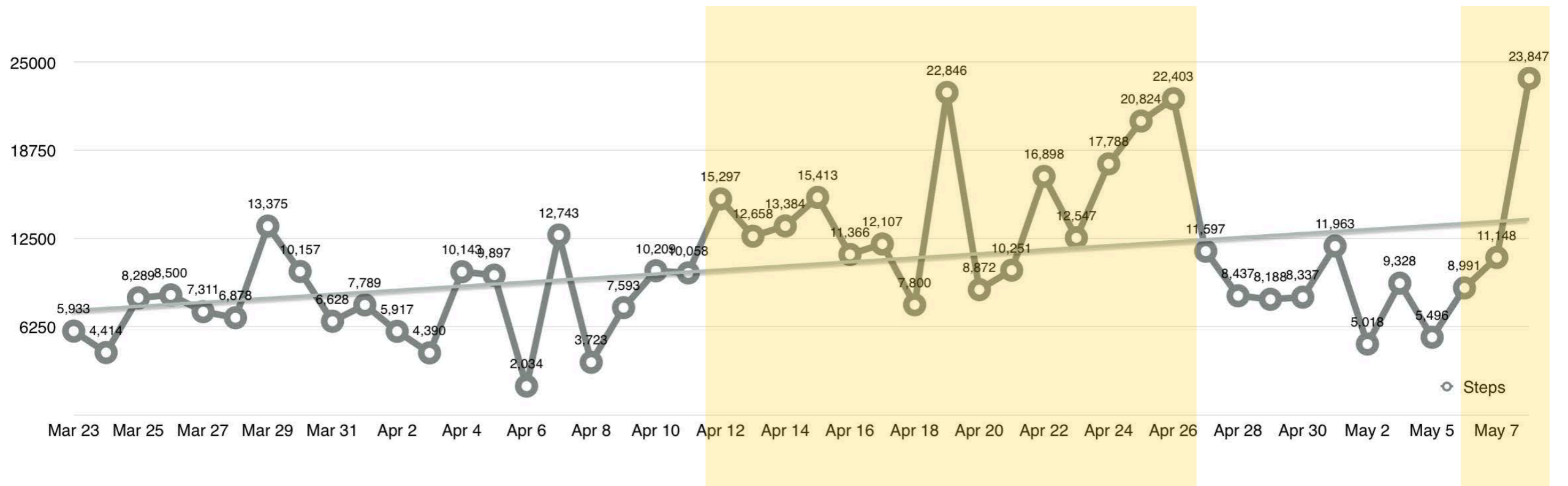
HEART DISEASE



WEAK IMMUNE SYSTEM



HIGH BLOOD PRESSURE





HEART RATE

Did you know the lower your resting heart rate is, the fitter you are? Tinké lets you accurately measure your number of heart beats per minute, in seconds.

[+ READ MORE](#)



RESPIRATORY RATE

Did you know that your fitness is related to your respiratory rate? The lower your respiratory rate at rest, the fitter you are. Tinké lets you measure the number of breaths you take per minute.

[+ READ MORE](#)

[▼ NEXT](#)



BLOOD OXYGEN LEVEL

A blood oxygen level of above 95% is essential for optimum performance in your daily activities. Fitter people have higher blood oxygen saturation levels. Tinké lets you measure the amount of oxygen carried by the red blood cells in your blood, at any given time.

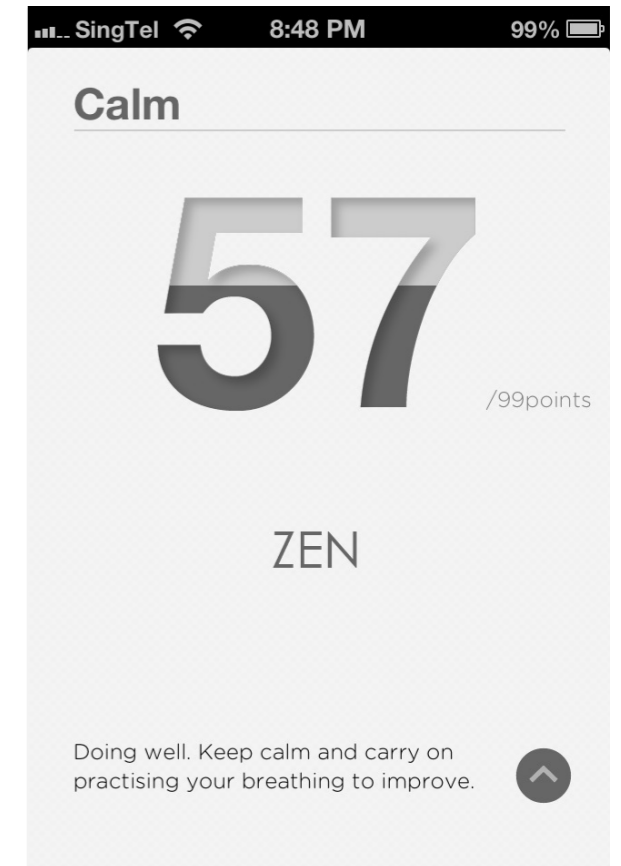
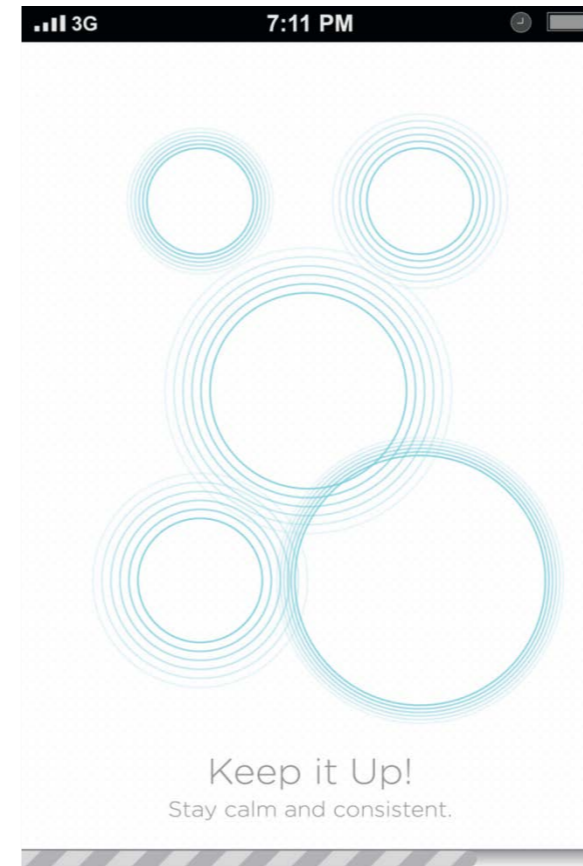
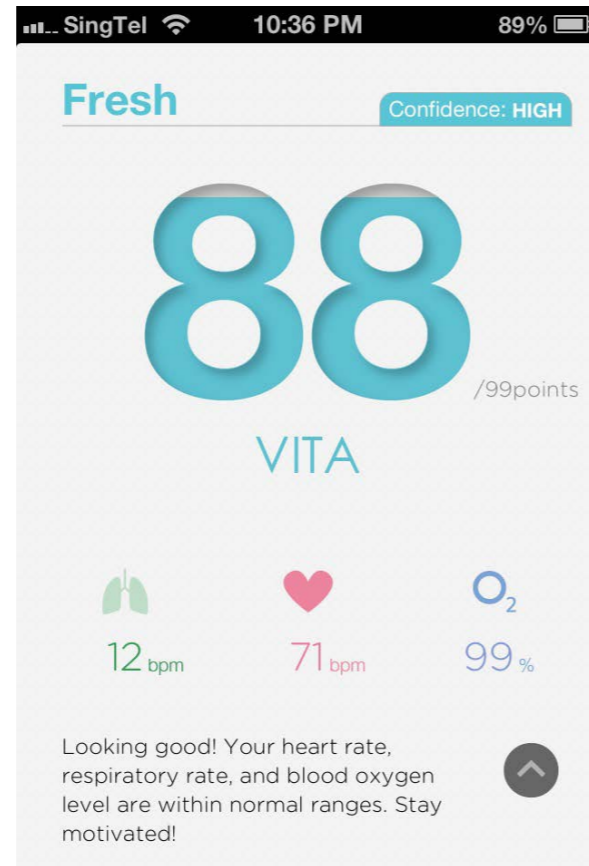
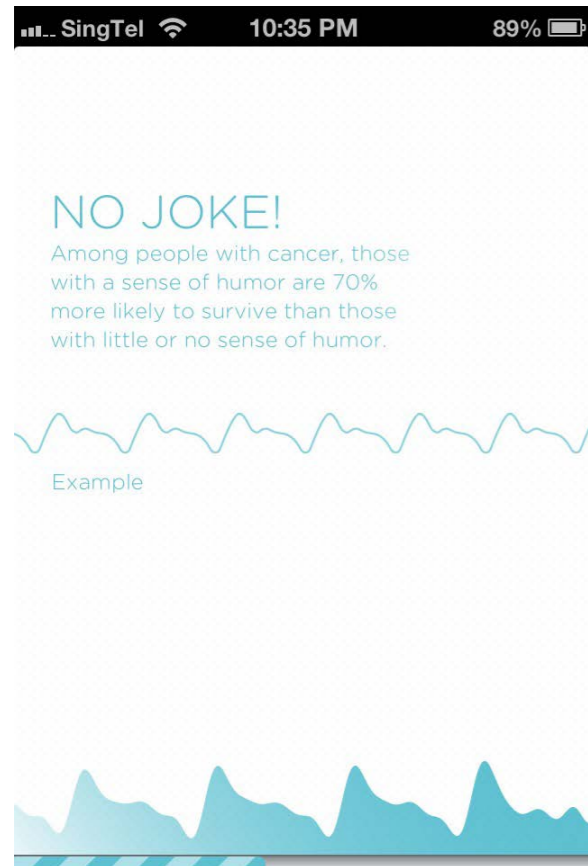
[+ READ MORE](#)



HEART RATE VARIABILITY

Our heart does not beat at a constant rate, and the changes in the rate at which our heart beats is known as Heart Rate Variability (HRV). Tinké measures for your HRV to give an indication of your level of relaxation.

[+ READ MORE](#)



VITA for Fitness Measurement

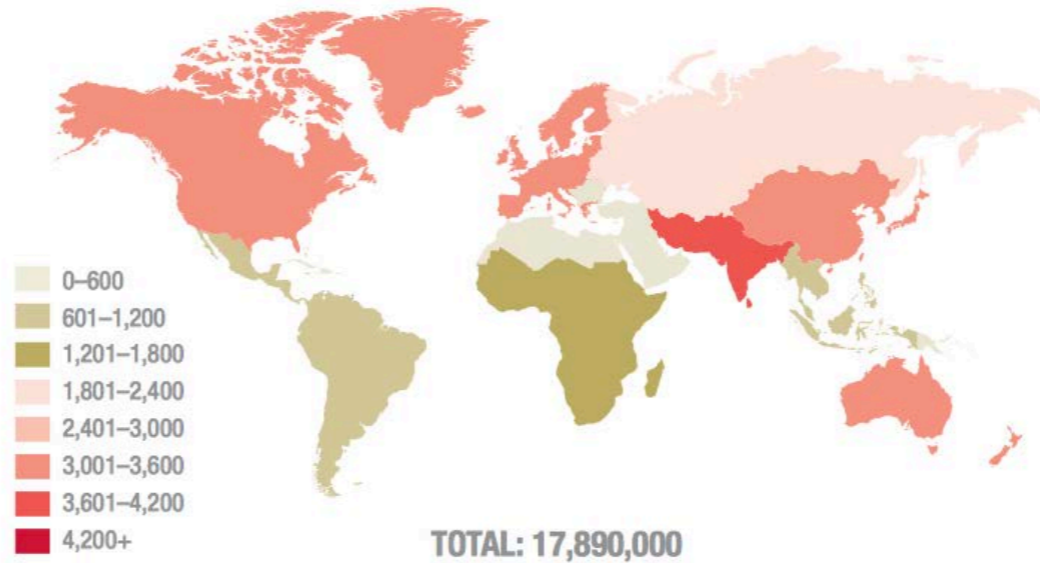
ZEN for Stress Measurement



CARDIOVASCULAR DEATHS BY REGION

SOURCE: WHO, projections of mortality burden of disease, 2004-2030;
http://www.who.int/healthinfo/global_burden_disease/projections/en/index.html

(in thousands)



Love your heart, stay healthy

heart disease is responsible for nearly half of all deaths in Europe every year!

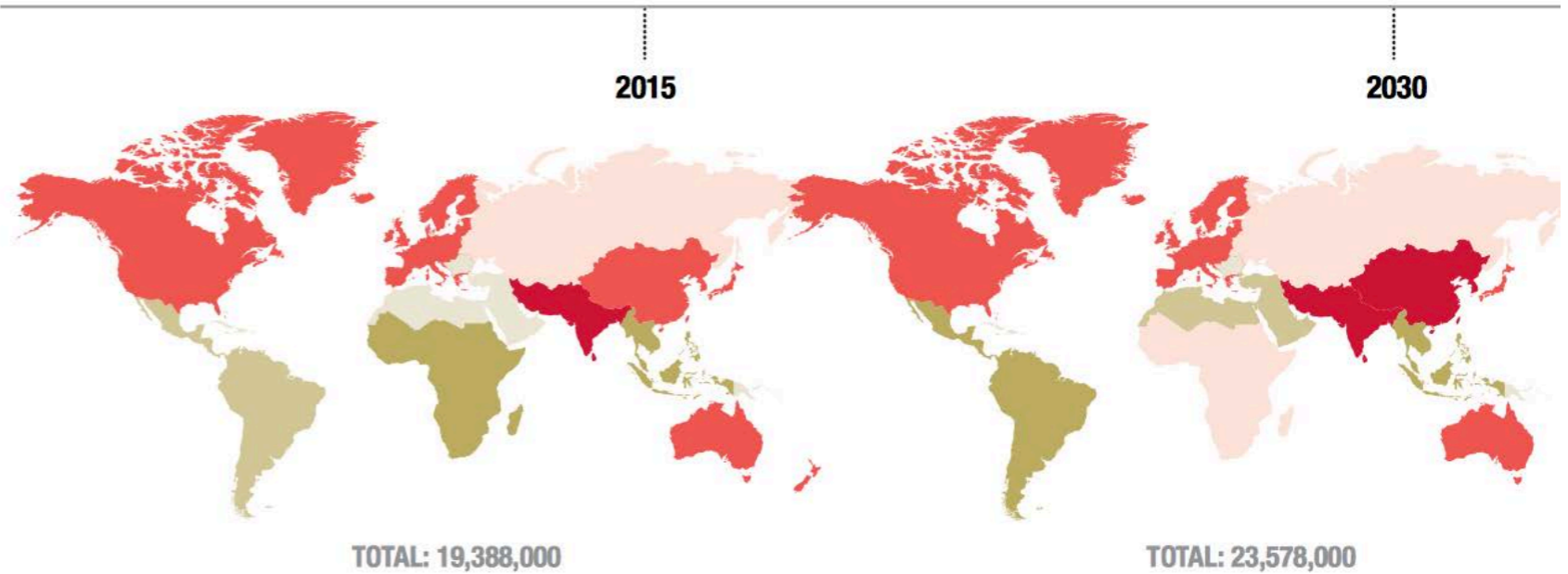
don't smoke! by the time you finish reading this 6 people will have died from tobacco use!

eat that apple! 20% of heart diseases worldwide are the result of a diet poor in fruit and vegetables!

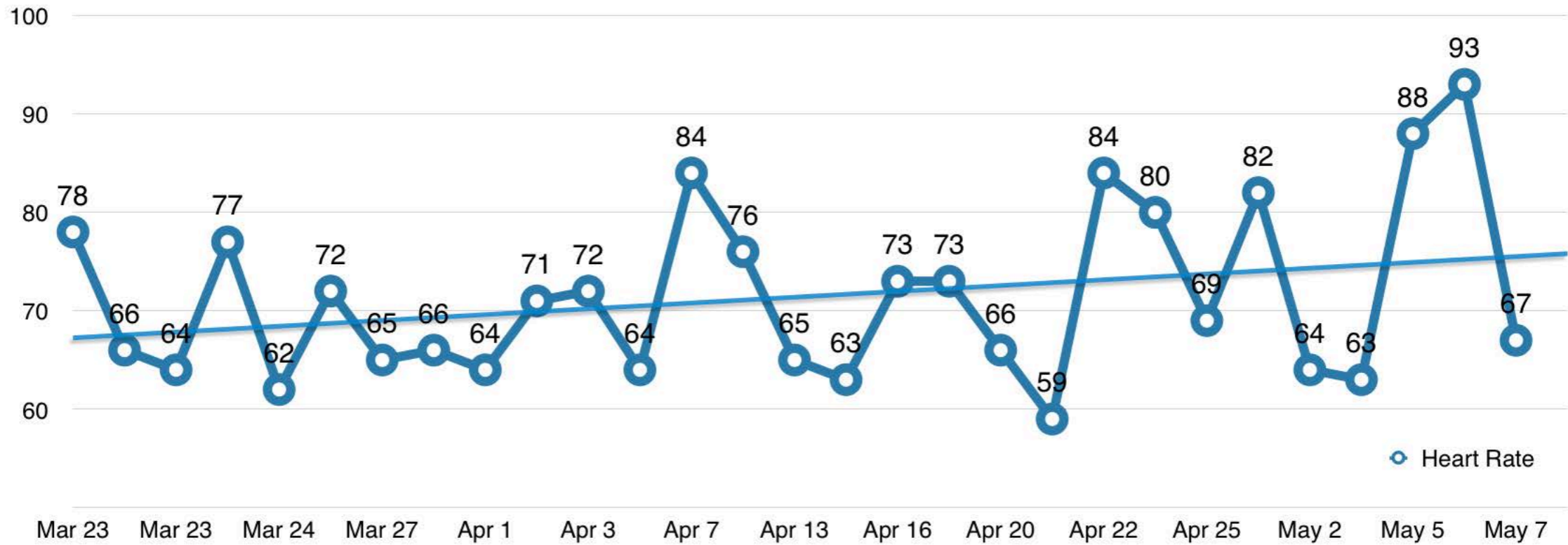
move move move! going from inactive to moderately active will cut your chances of getting heart disease by 50%!

HEALTHY SOCIETY OF CALIFORNIA
 (1) CVD is responsible for 46% of all deaths in Europe every year - European Heart Network, 2008
 (2) Worldwide, one person dies every six seconds as a result of tobacco use - World Health Organization, 2011
 (3) World Health Organization, 2004
 (4) Cochrane 2012; CDC 2012; World of Water Kalkbrenner and Jonathan Myers / Exercise and Physical Activity: Clinical Outcomes and Applications

fitness

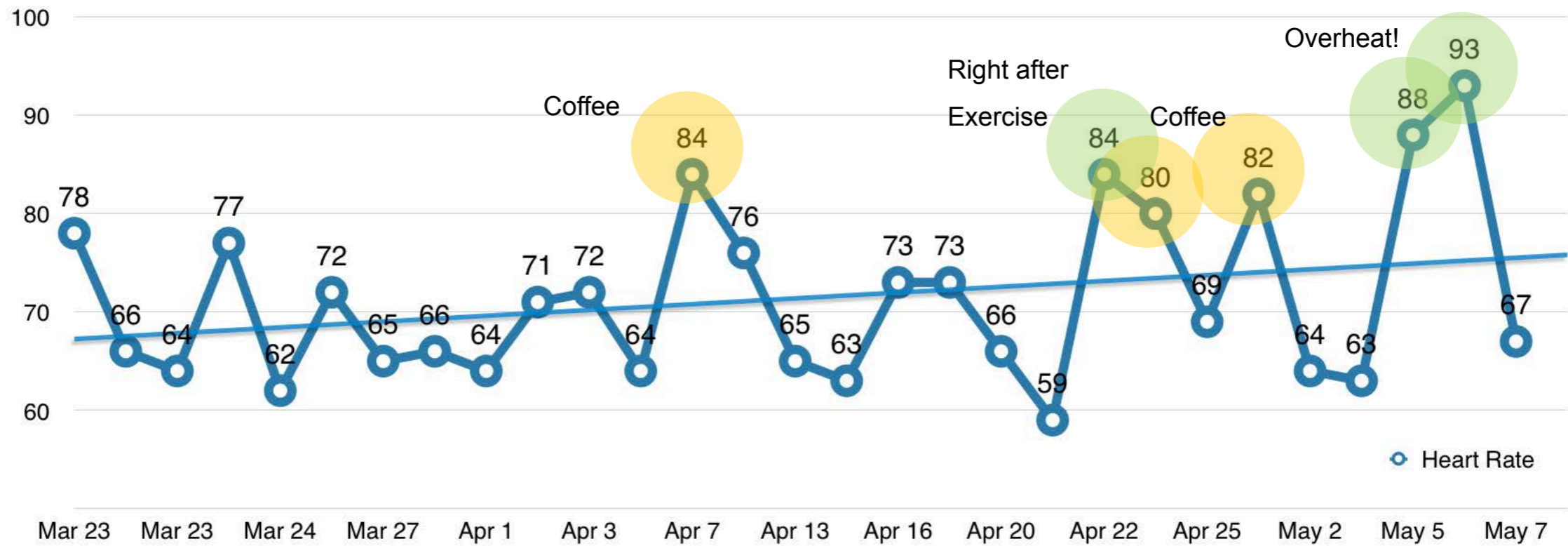


SCIENTIFIC AMERICAN Pathways www.sa-pathways.com / a custom collaboration with QUINTILES



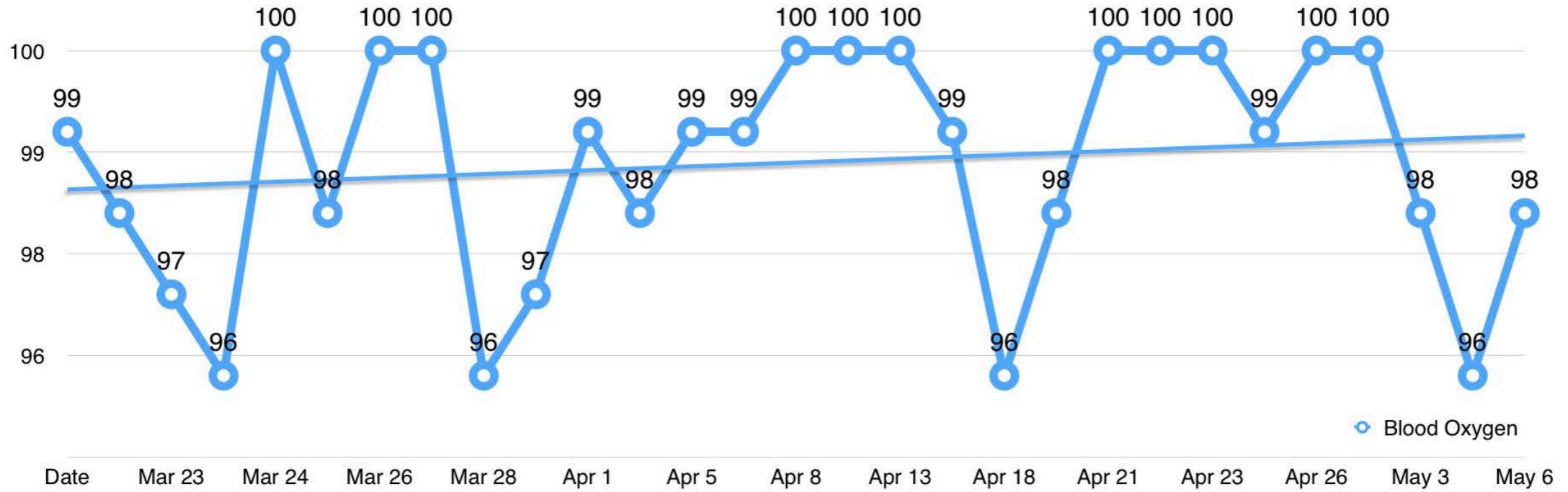
MENS RESTING HEART RATE CHART						
AGE	18 -25	26 -35	36 -45	46 - 55	56 -65	65+
ATHLETE	49-55	49-54	50-56	50-57	51-56	50-55
EXCEL'T	56-61	55-61	57-62	58-63	57-61	56-61
GOOD	62-65	62-65	63-66	64-67	62-67	62-65
ABOVE AV	66-69	66-70	67-70	68-71	68-71	66-69
AVERAGE	70-73	71-74	71-75	72-76	72-75	70-73
BELOW AV	74-81	75-81	76-82	77-83	76-81	74-79
POOR	82+	82+	83+	84+	82+	80+

WOMENS RESTING HEART RATE CHART						
AGE	18 -25	26 -35	36 -45	46 - 55	56 -65	65+
ATHLETE	54-60	54-59	54-59	54-60	54-59	54-59
EXCEL'T	61-65	60-64	60-64	61-65	60-64	60-64
GOOD	66-69	65-68	65-69	66-69	65-68	65-68
ABOVE AV	70-73	69-72	70-73	70-73	69-73	69-72
AVERAGE	74-78	73-76	74-78	74-77	74-77	73-76
BELOW AV	79-84	77-82	79-84	78-83	78-83	77-84
POOR	85+	83+	85+	84+	84+	84+



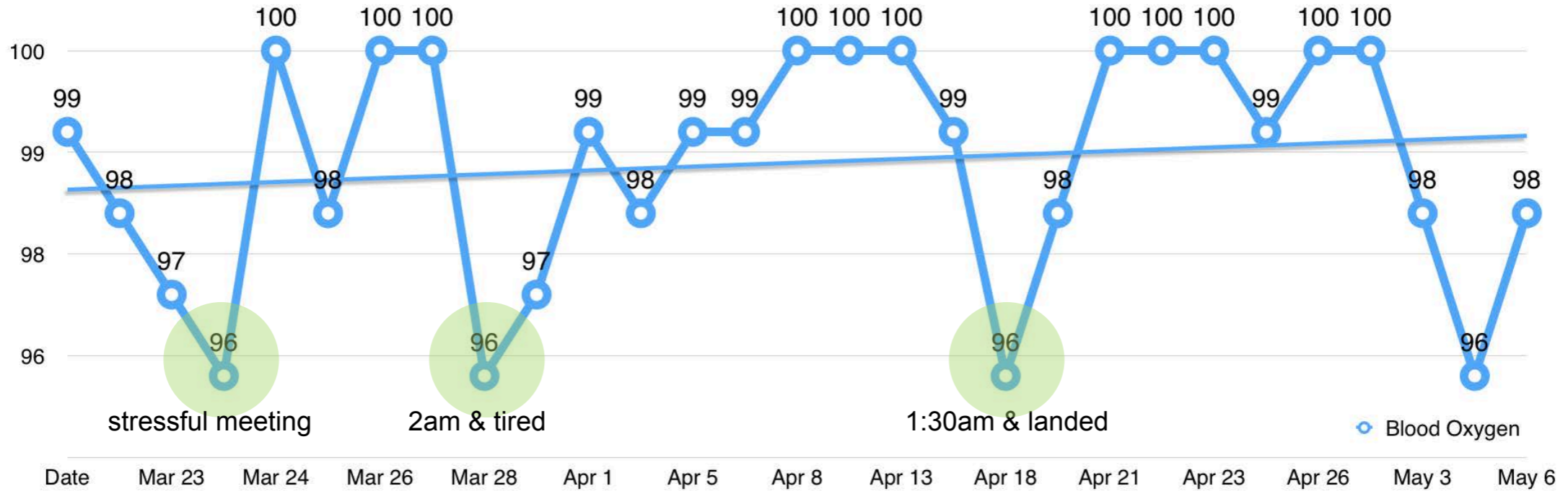
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POOR	85+	83+	85+	84+	84+	84+



When your lungs are healthy and working well, you **breathe in air and your body gets the oxygen it needs to keep everything working.** Your blood cells are able to pick up the oxygen and carry enough to handle your body's needs. This is your oxygen level.

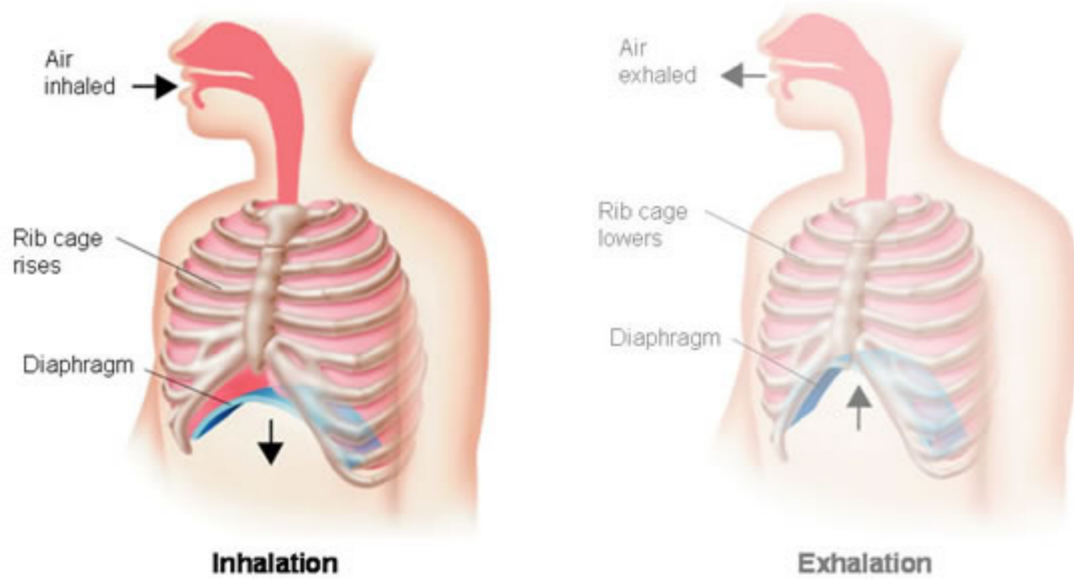
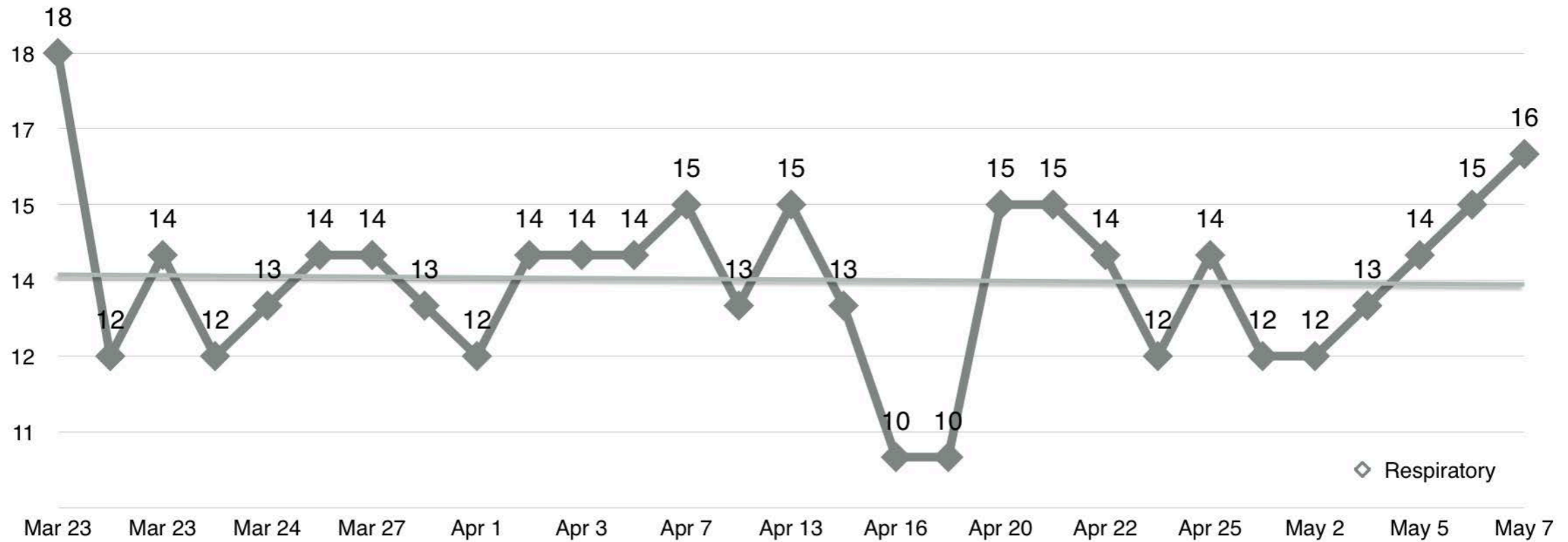




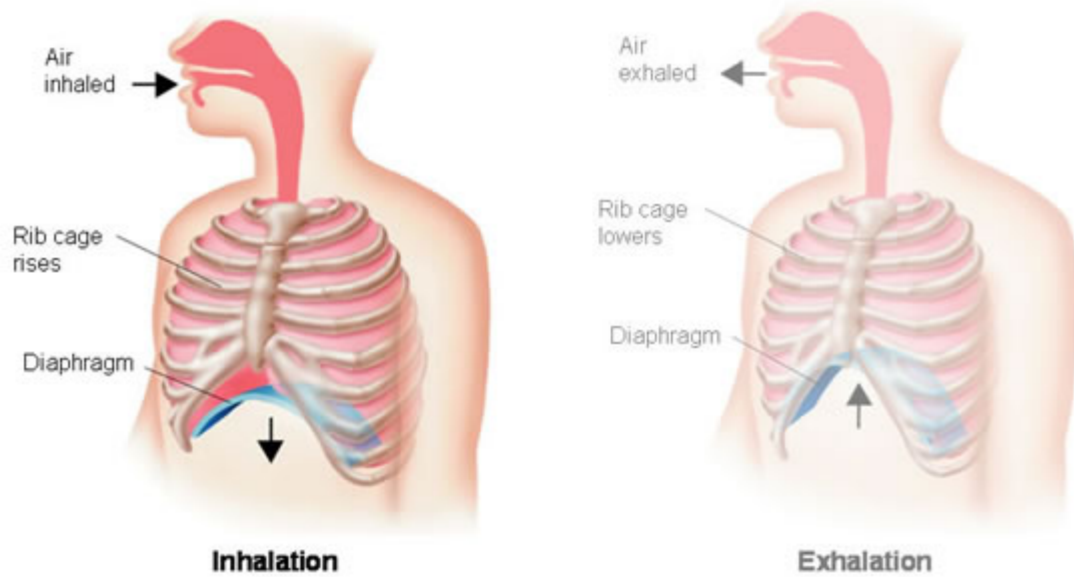
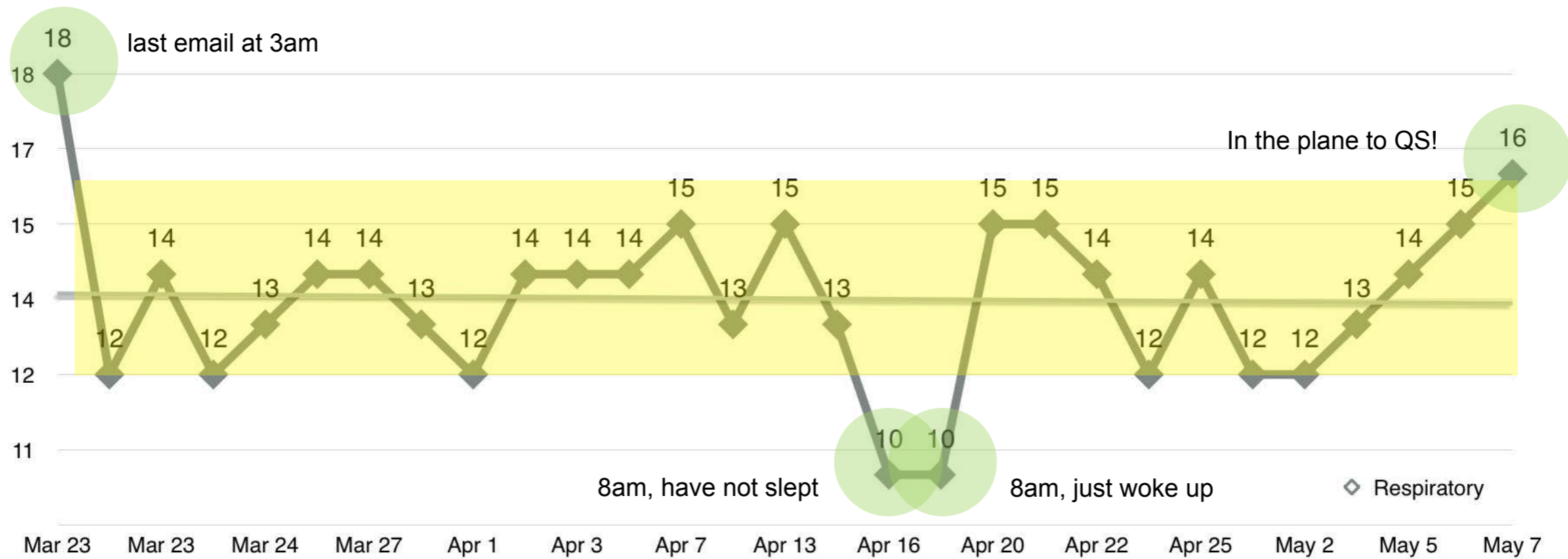
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Because all of your body's cells need oxygen to work and live, low oxygen can affect almost every part of your body. **Low oxygen is very hard on cells of your heart and brain,** and other body cells that are always working and not able to repair themselves.

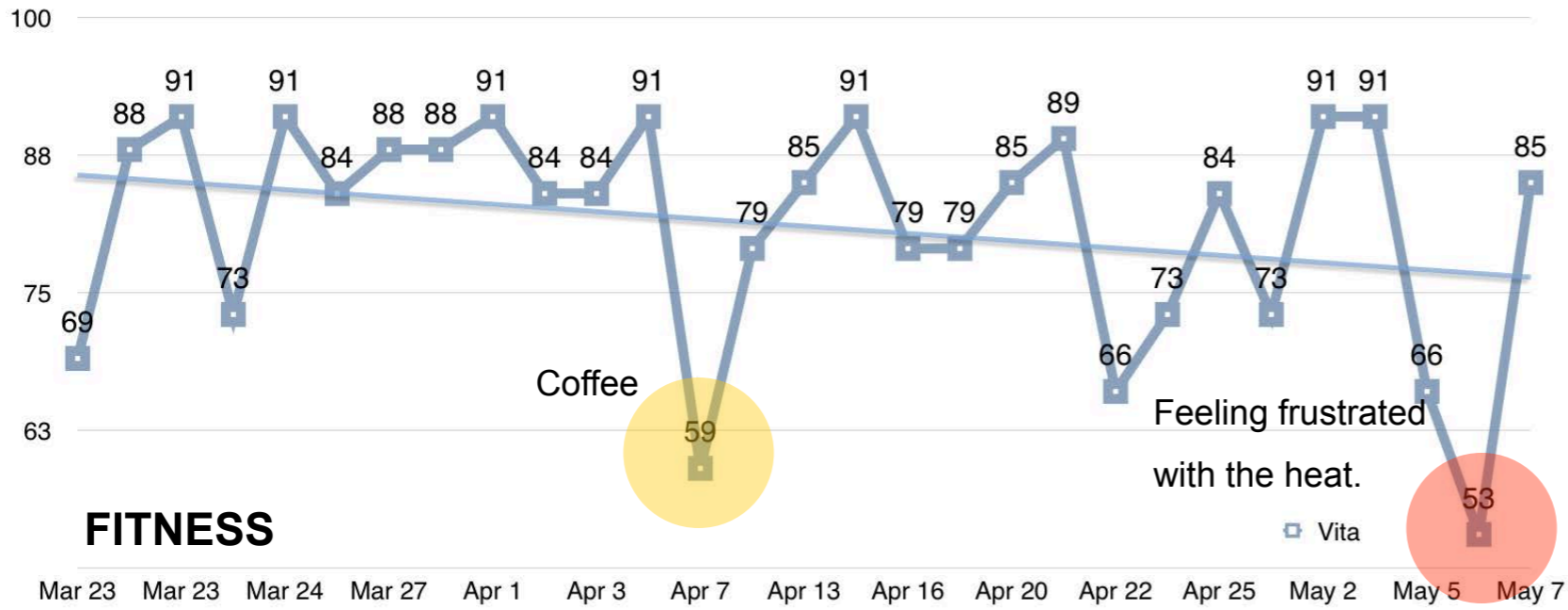




The respiration rate is the number of breaths a person takes per minute, usually measured when a person is at rest. **Respiration rates may increase with fever, illness, and with other medical conditions (lung, heart).** Normal respiration rates for an adult person at rest range from 12 to 16 breaths per minute.



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SingTel 4G 10:37 pm 81%

List Daily Monthly

23 Mar 2014

Vita Score	Time	Description
VITA 69	2.46am	Wrote a work thank you email. Hyped...
ZEN 86	2.51am	Did cycle 2 to calm myself down..
VITA 88	12.18pm	Lazing the Sunday morning in. Ju...
VITA 91	10.28pm	After the beach, dinner and doing not...

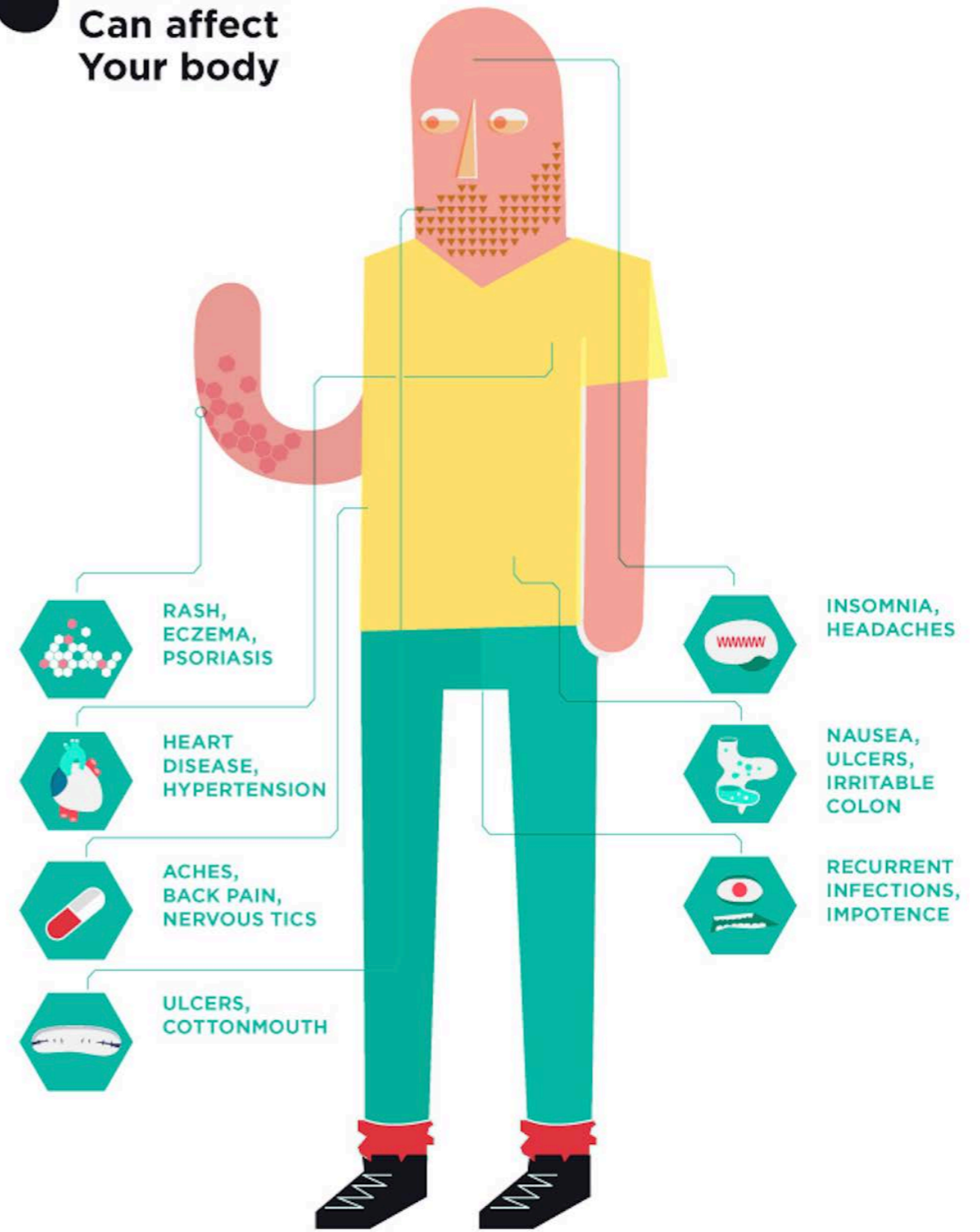
24 Mar 2014

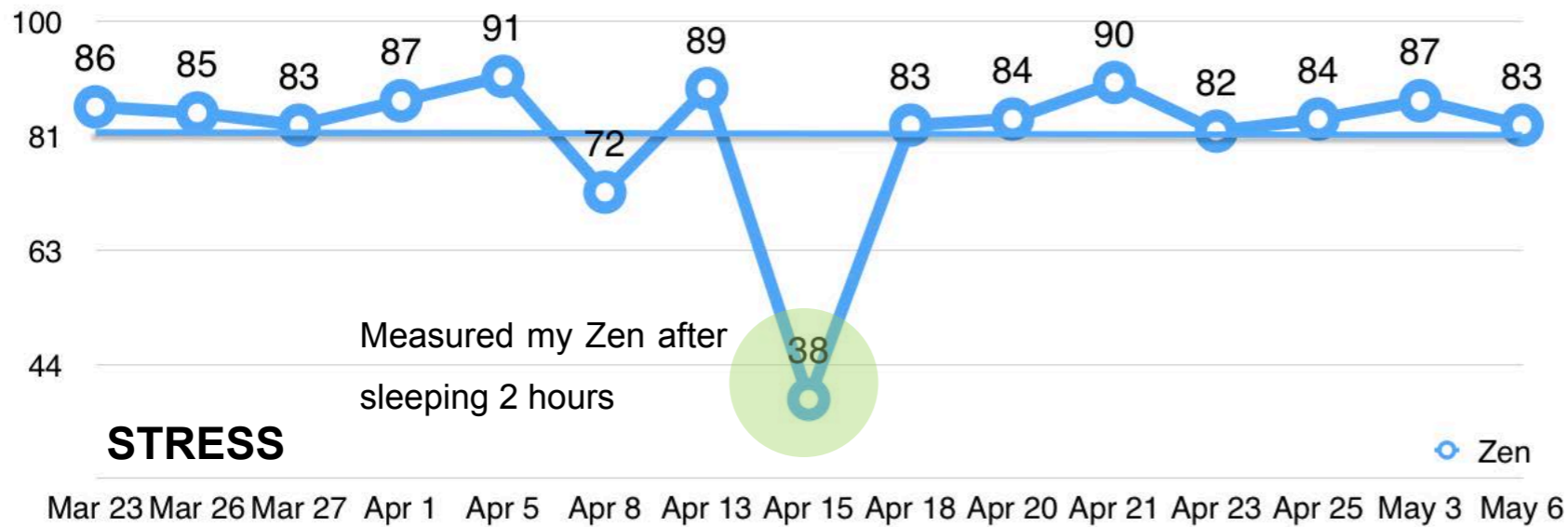
Vita Score	Time	Description
VITA 73	1.54pm	Just stepped into office after mtg disty.
VITA 91	8.13pm	Level-Up! Peace and quietness in o...

26 Juliana



● **How stress
Can affect
Your body**





SingTel 4G 10:37 pm 81%

List Daily Monthly

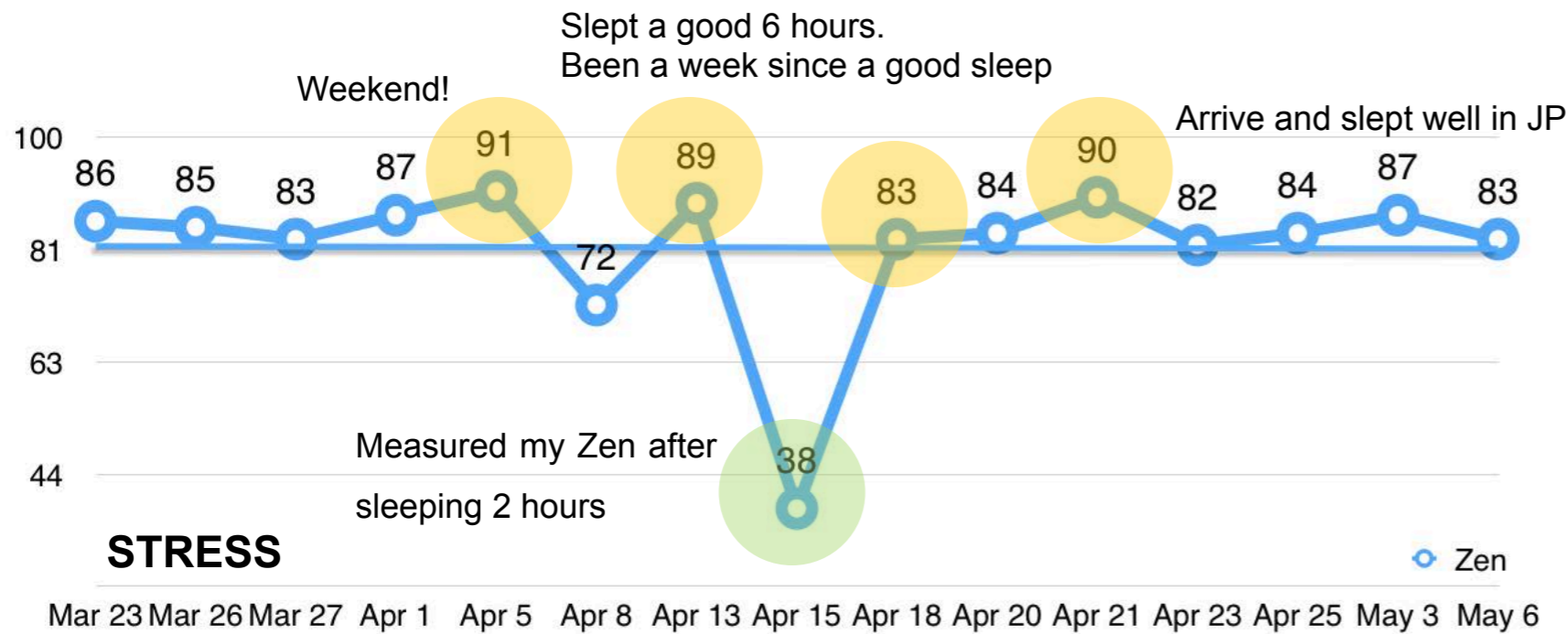
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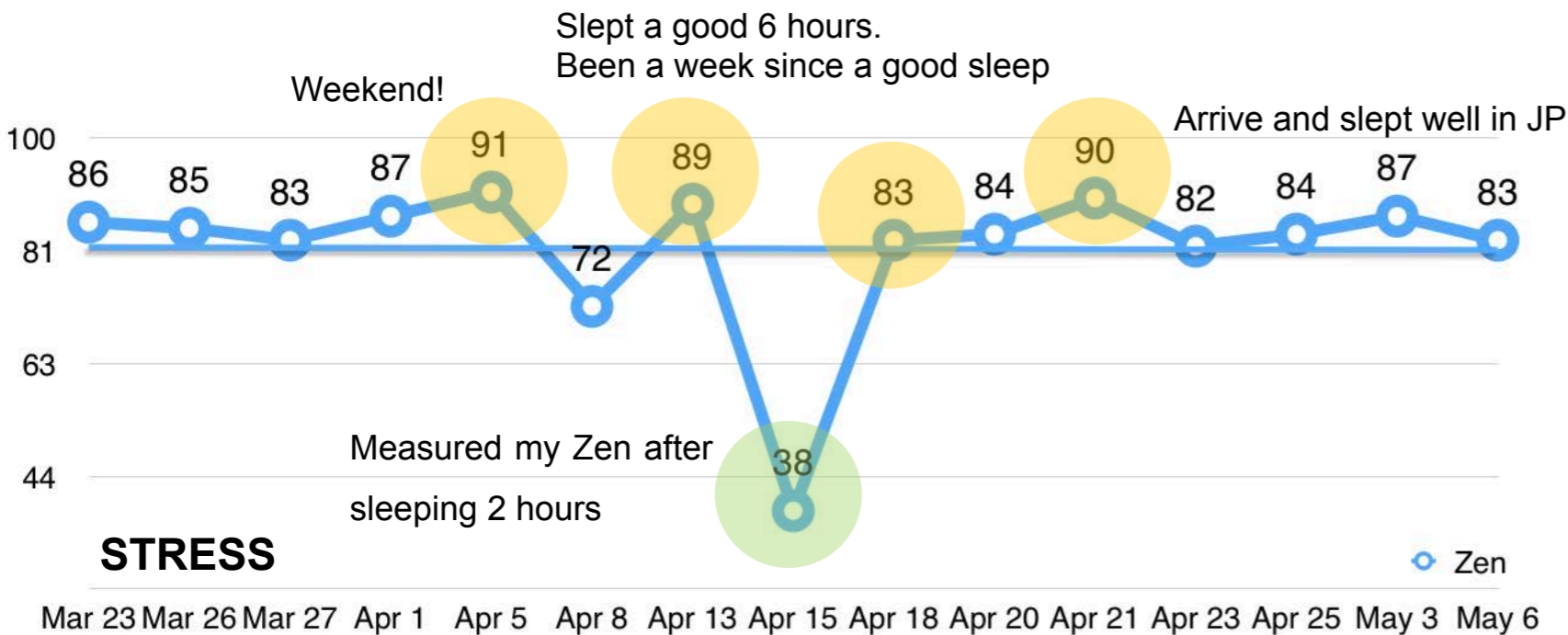
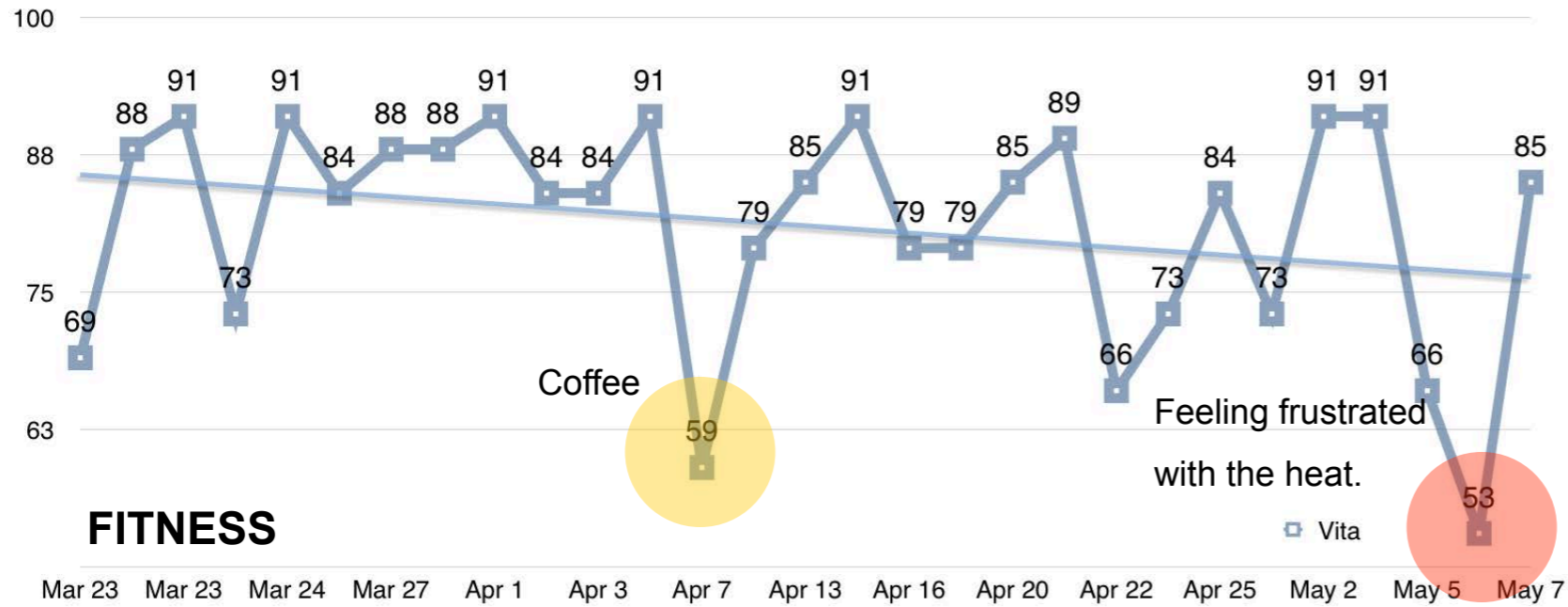
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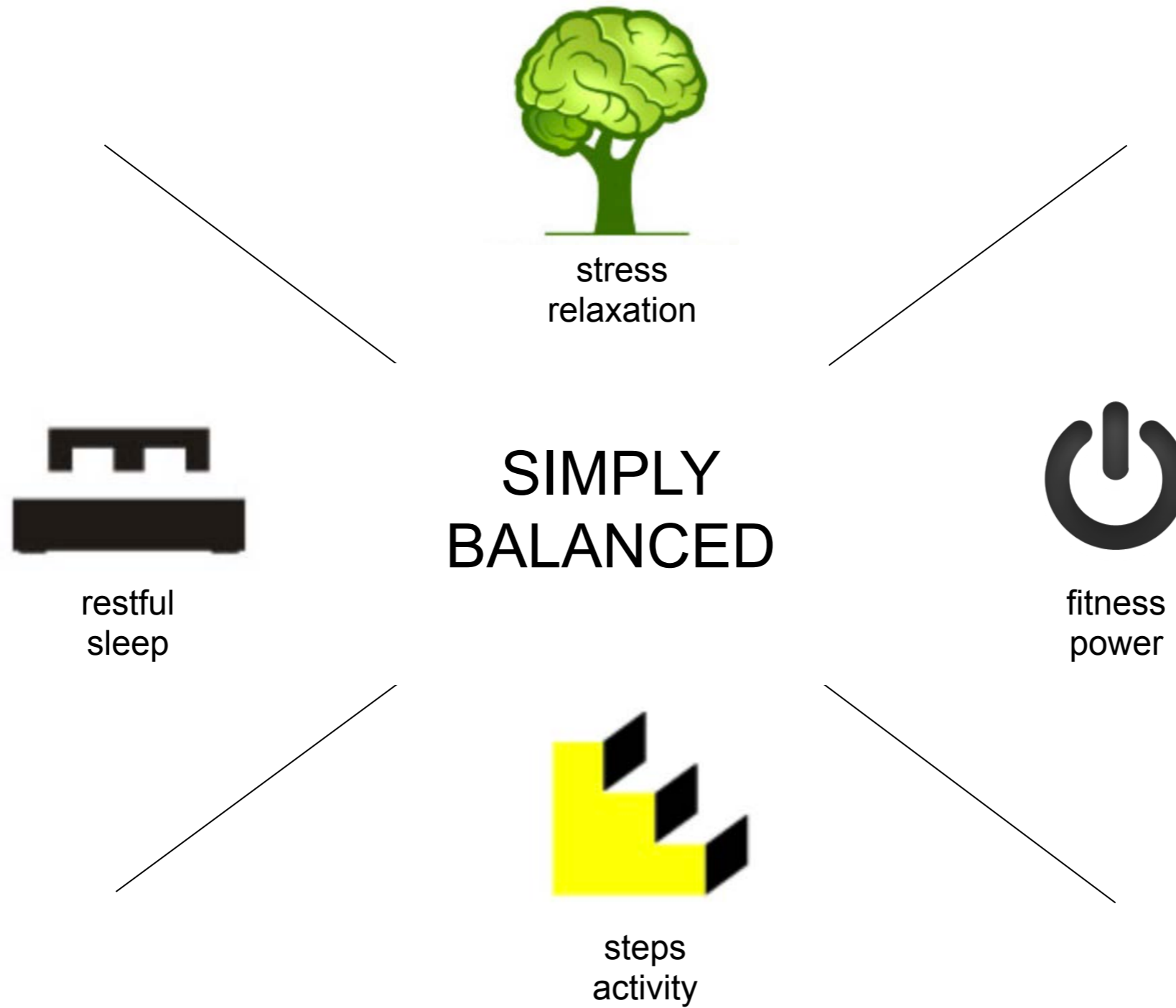
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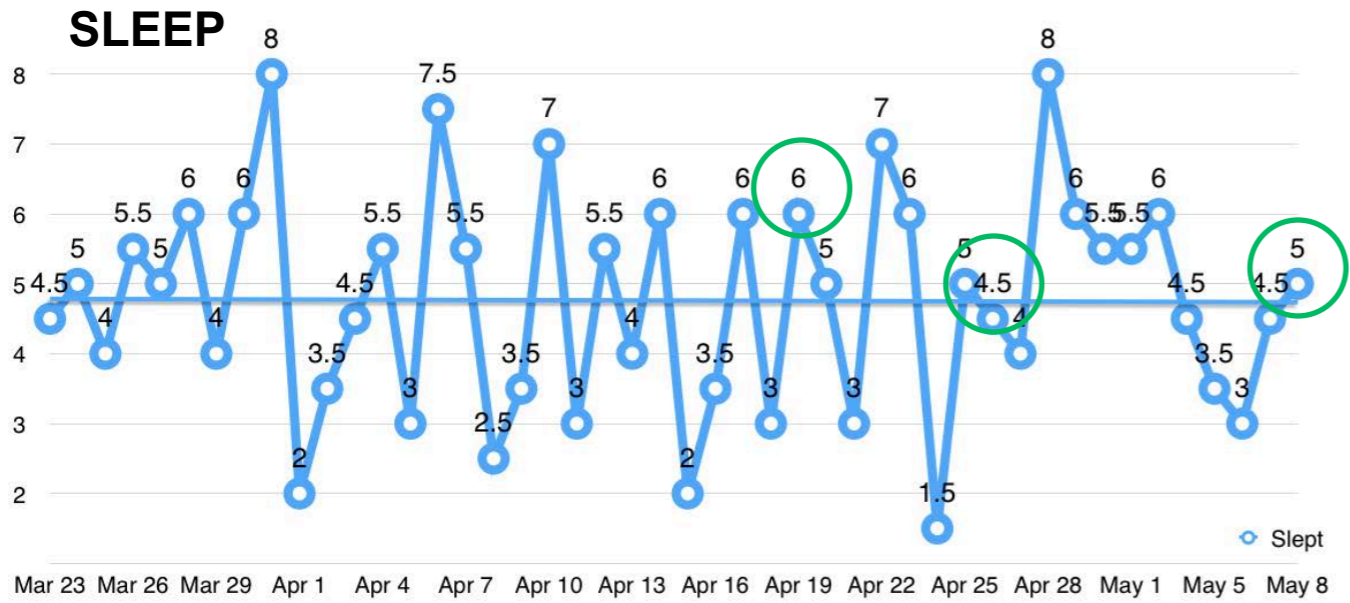
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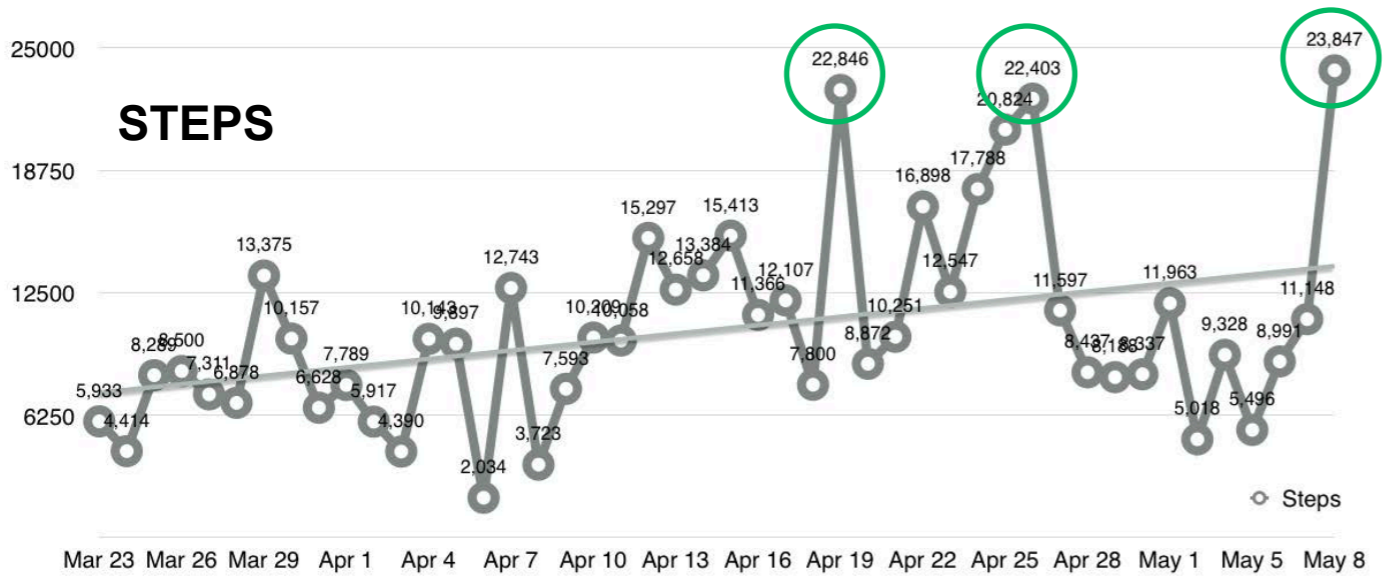
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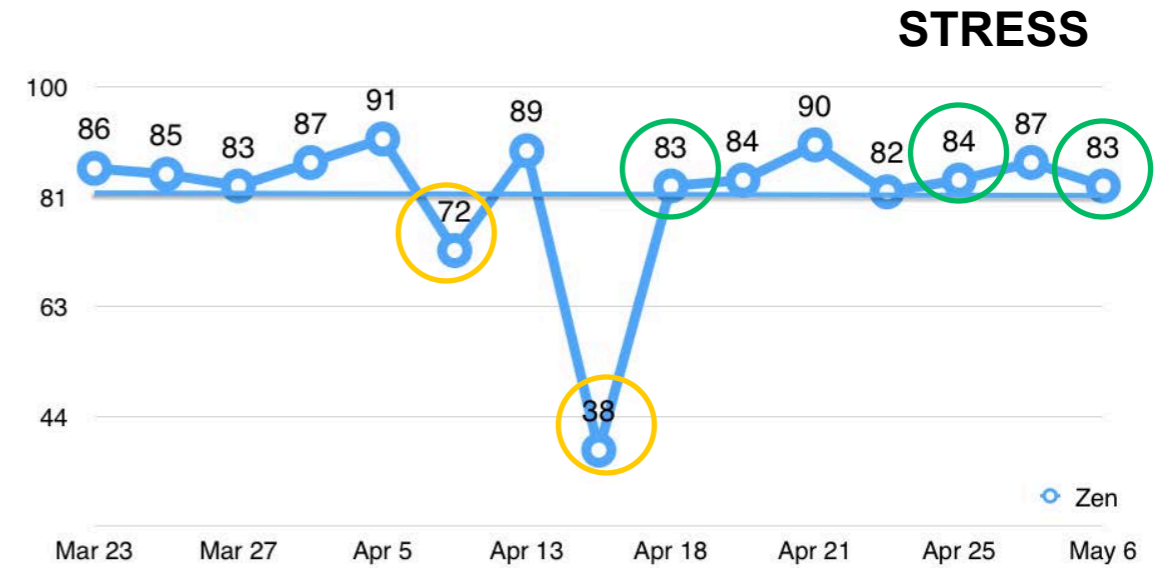
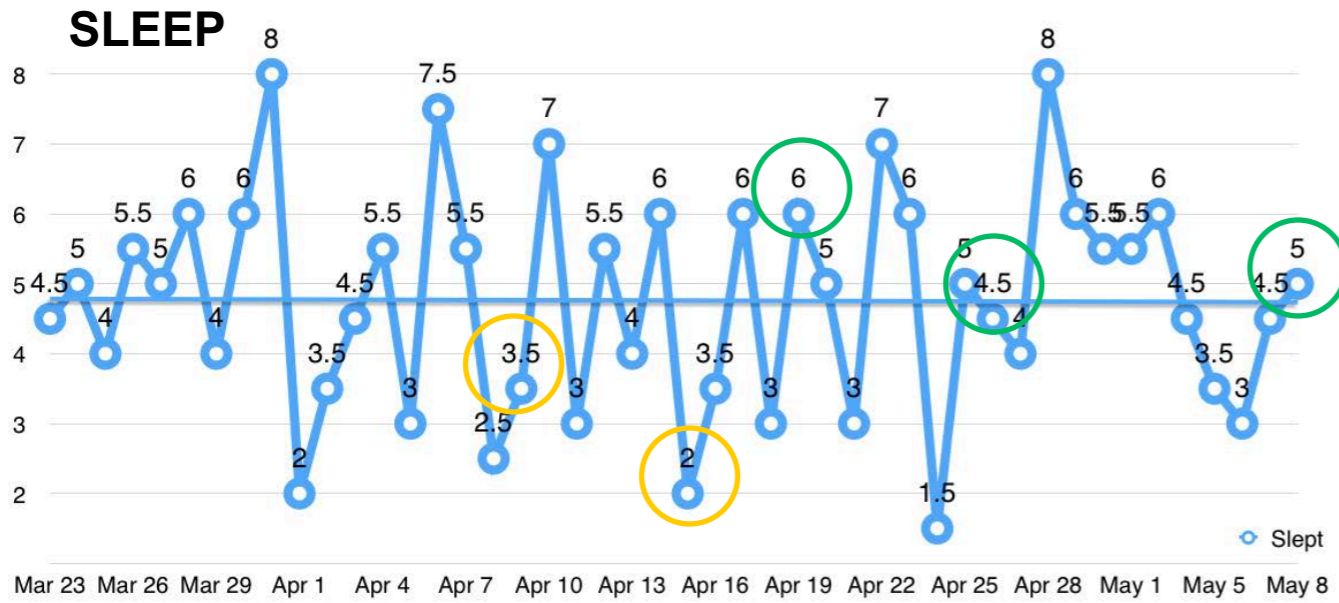


More Steps (Green) X= Better Sleep (Green)?

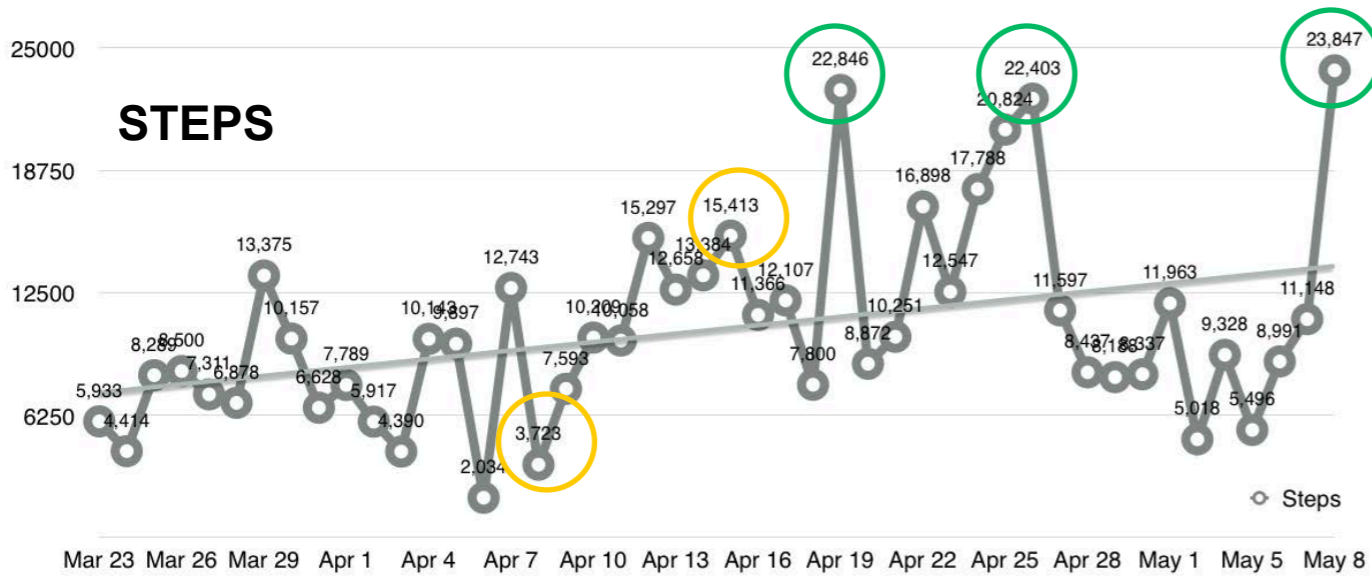




Sleep may affect Stress (Orange)

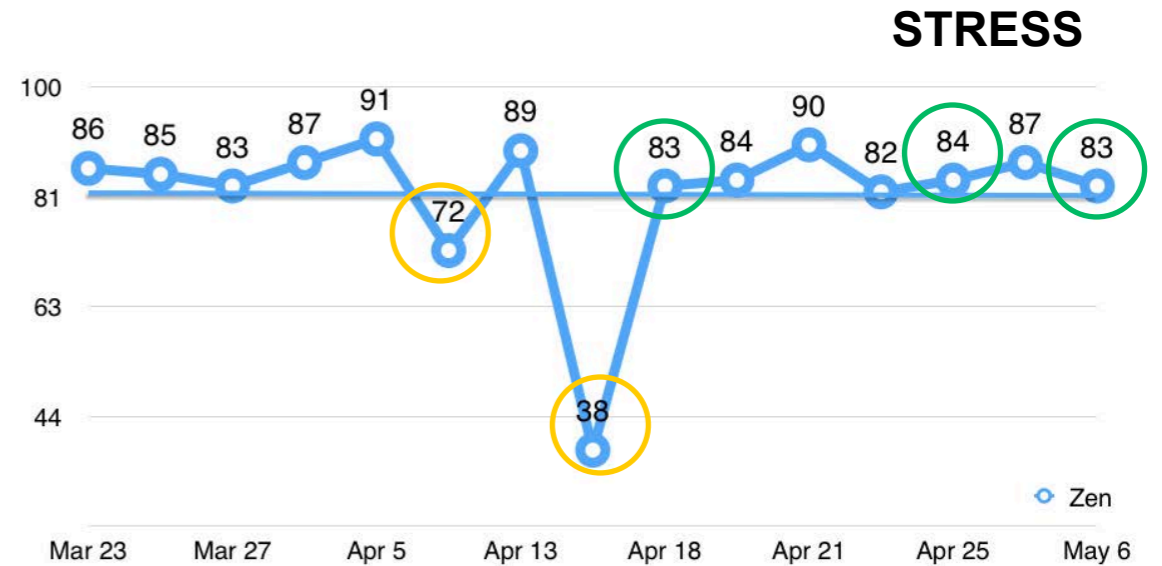
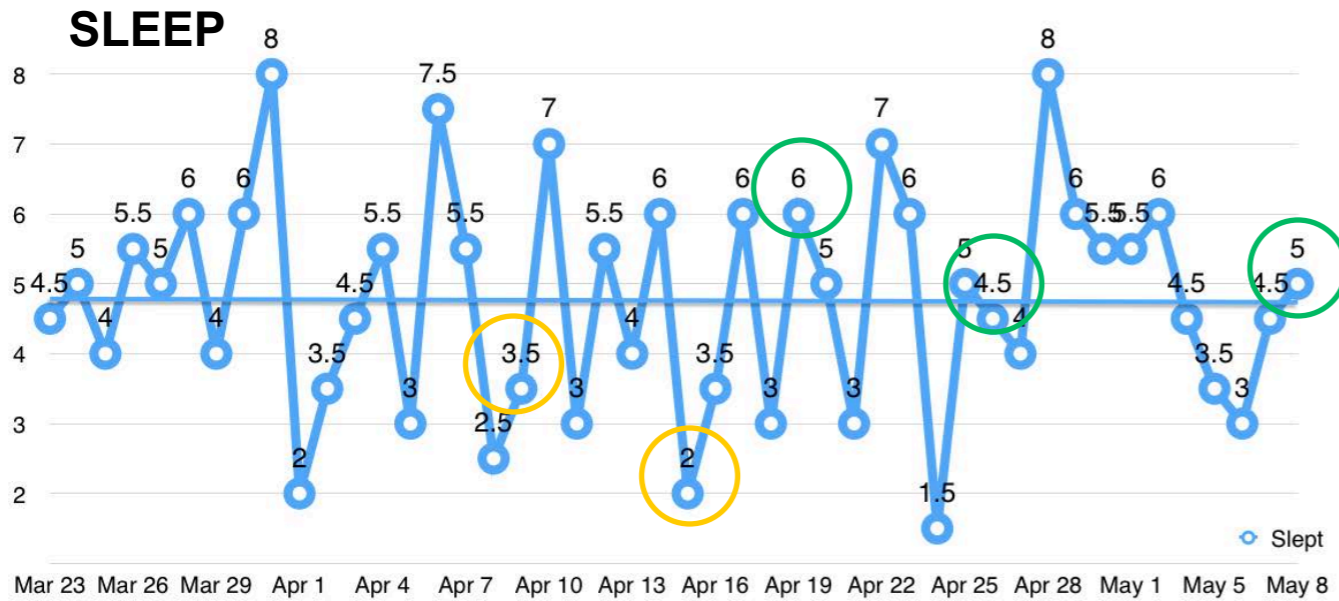


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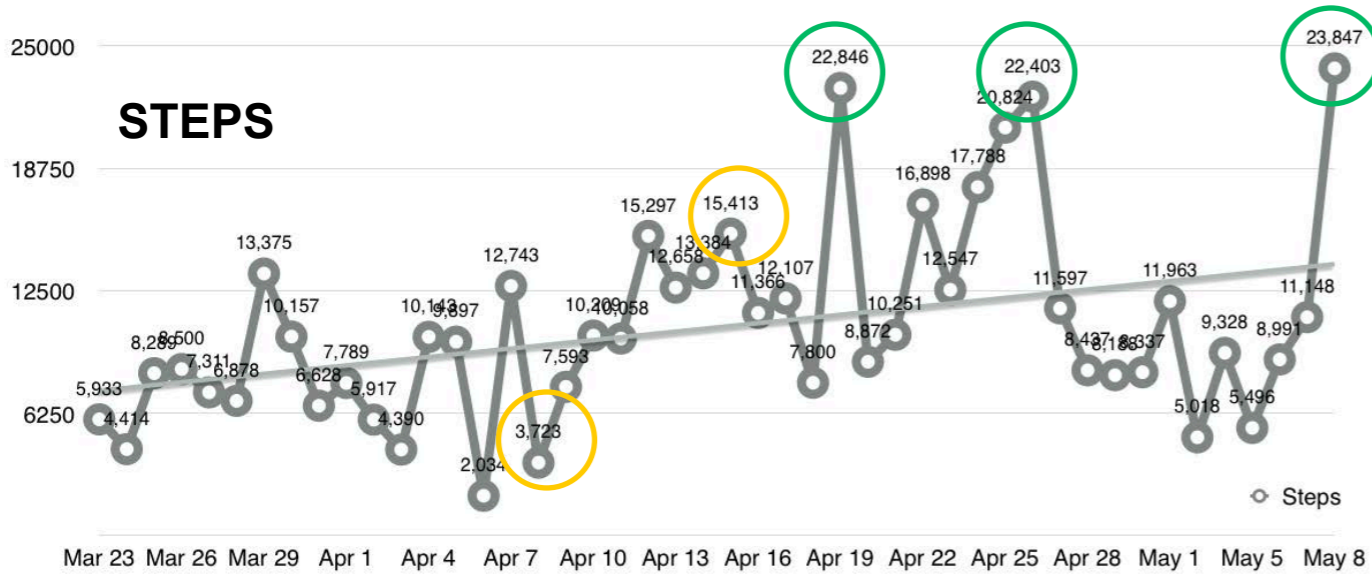




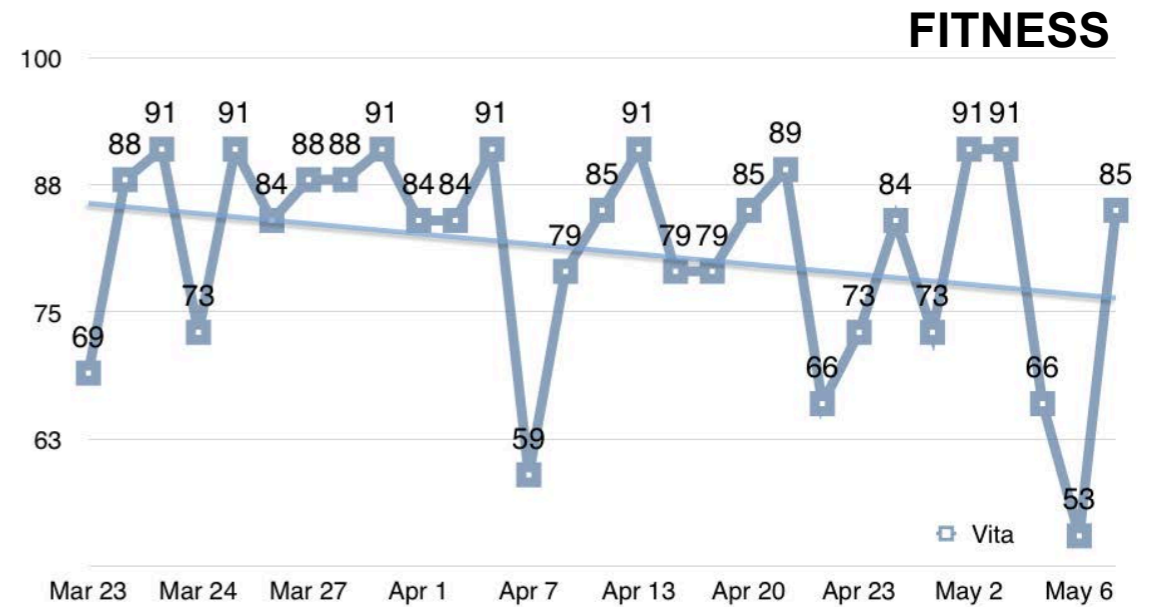
Sleep may affect Stress (Orange)



More Steps (Green) X= Better Sleep (Green)?



Stress affects Fitness (TREND-LINE)



More Steps X= Fitter (TREND-LINE)



AIM FOR AT LEAST **2 HOURS AND 30 MINUTES** OF MODERATE-INTENSITY AEROBIC ACTIVITY EACH WEEK



TRY THIS RIGHT NOW

IN ONE STUDY, PRACTICING MEDITATION DAILY FOR 8 WEEKS REDUCED STRESS IN SENIOR MED STUDENTS BY 20%



BREATHE COMFORTABLY

ACKNOWLEDGE EACH THOUGHT AND LET IT FLOAT PAST YOU

DO IT FOR 10 MINUTES

THREE THINGS TO DO (10 MINUTES EACH) = 30 MINUTES OF PHYSICAL ACTIVITY

WHEN DOING AEROBIC ACTIVITY, DO IT FOR AT LEAST 10 MINUTES AT A TIME.



TAKE A WALK AROUND THE BLOCK



DANCE TO THREE OF YOUR FAVORITE SONGS



GO FOR A BIKE RIDE

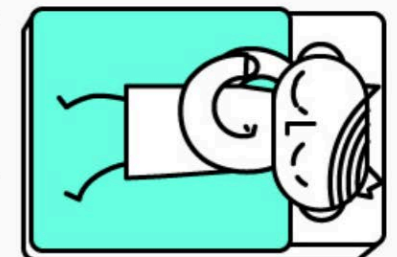
If sleeping more isn't an option, take a nap!

Cognitive Functionality increases by 40% after a 20 Minute Nap

A 20 minute nap 8 hours after you wake up will boost your stamina more than sleeping an extra 20 minutes in the morning

A 30-minute siesta three times a week lowers heart-related death risk by 37%

A 20 minute nap is more effective than 200mg of caffeine



thank you.

Juliana Chua | Zensorium

- i. What did I do?
- ii. How did I do it?
- iii. What did I learn?



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