

Lies, Damn Lies, and Correlations

Eric Jain

Founder & CEO

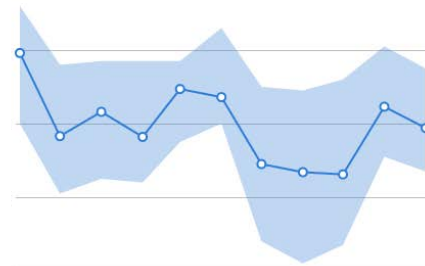
Zenobase.com

insight

motivation

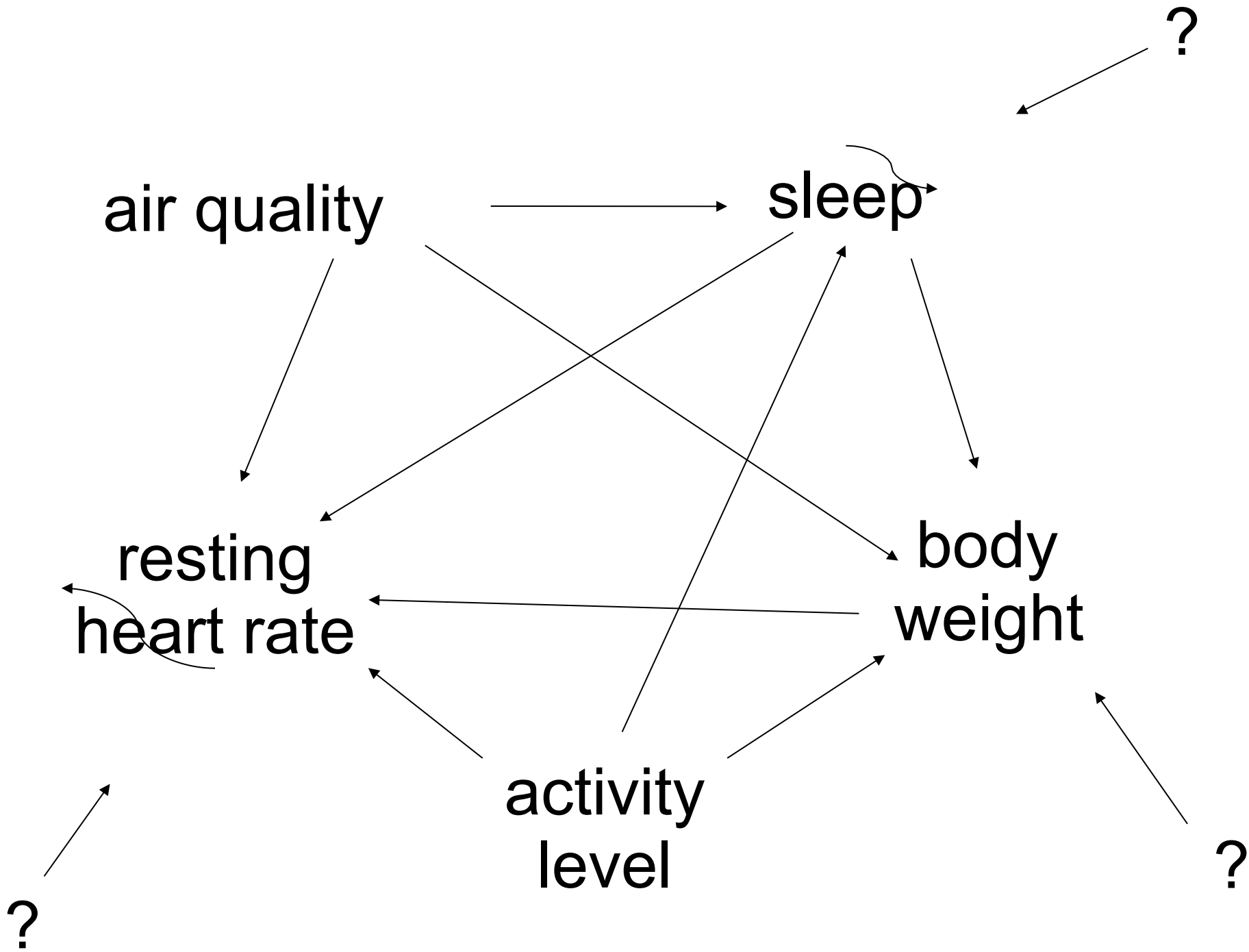
fashion

3,350,688 steps



-0.9 kg

**small but significant negative correlation
between room temperature and sleep quality**



🏷️ body 🍃 71.35 kg 📅 14 hours ago

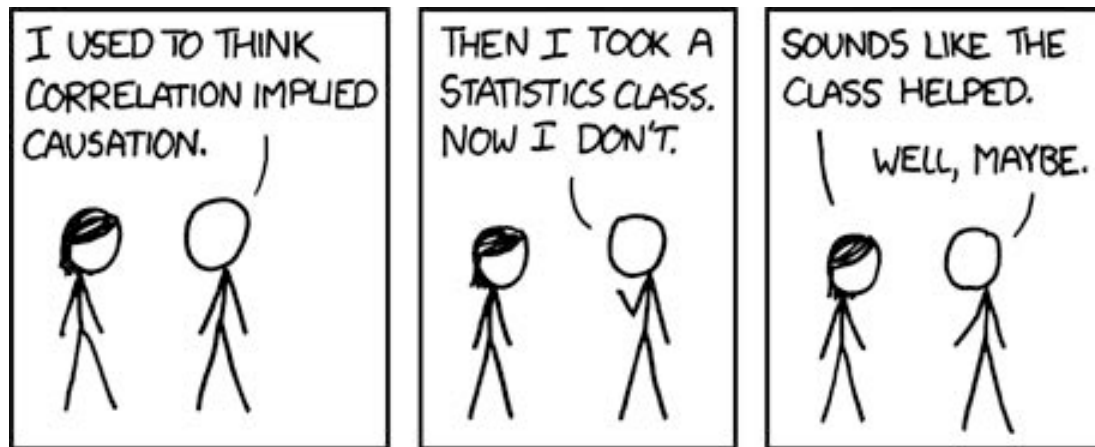
🏷️ steps 📅 a day ago 🏠 4737 🔥 -3272 cal

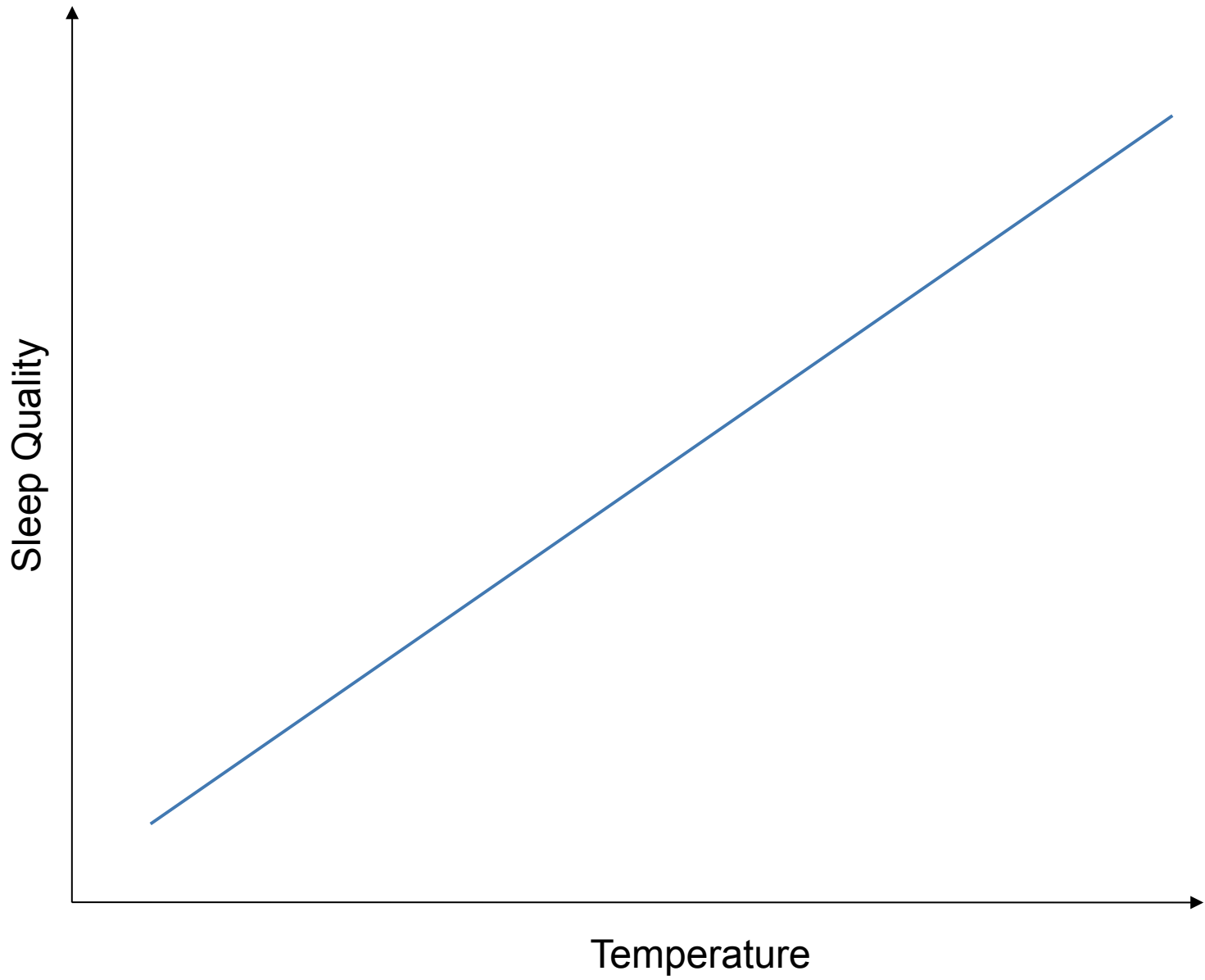
 sleep  a day ago  8h 41min ★★★★★

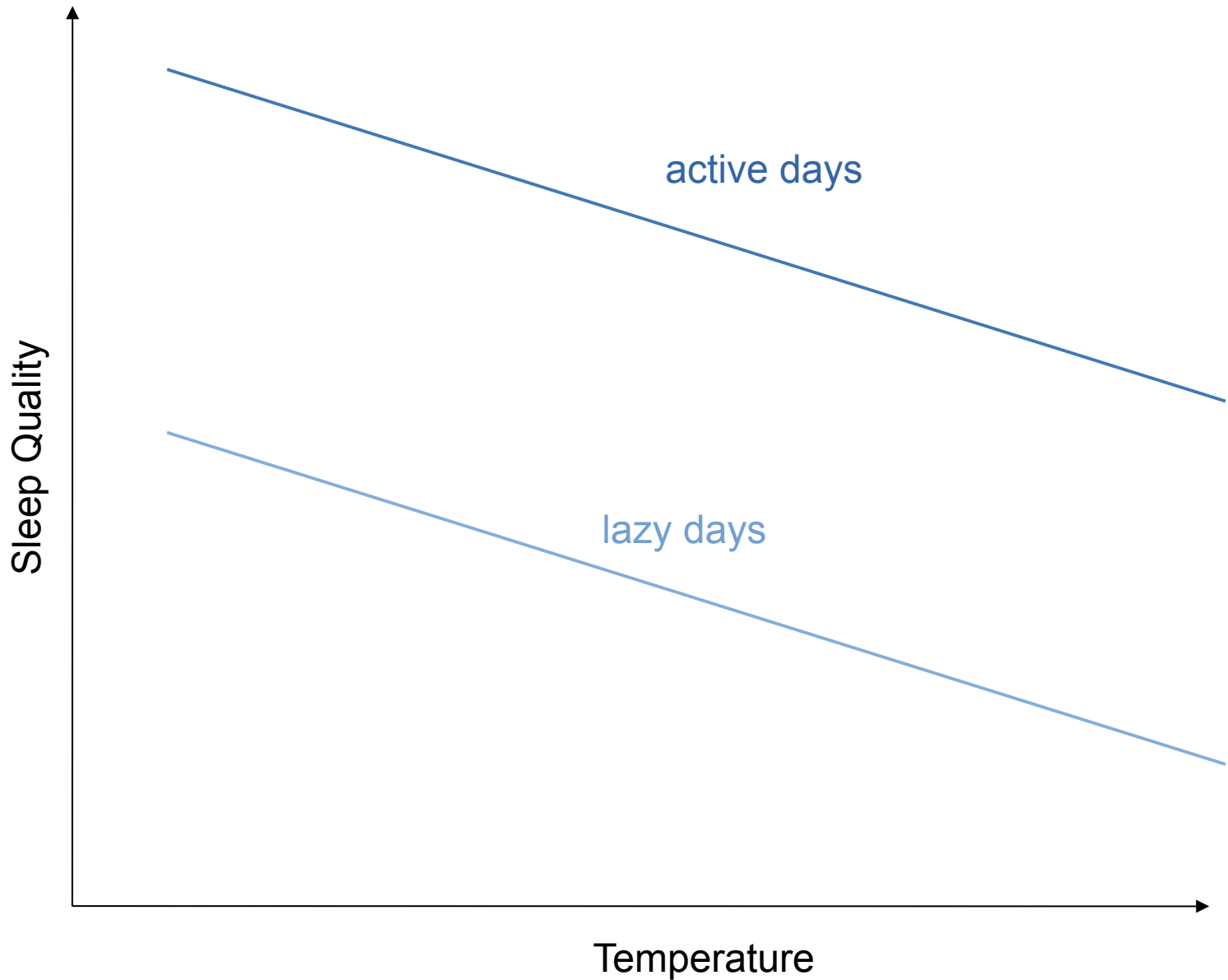
 heart rate  15 hours ago  5min  56 bpm     

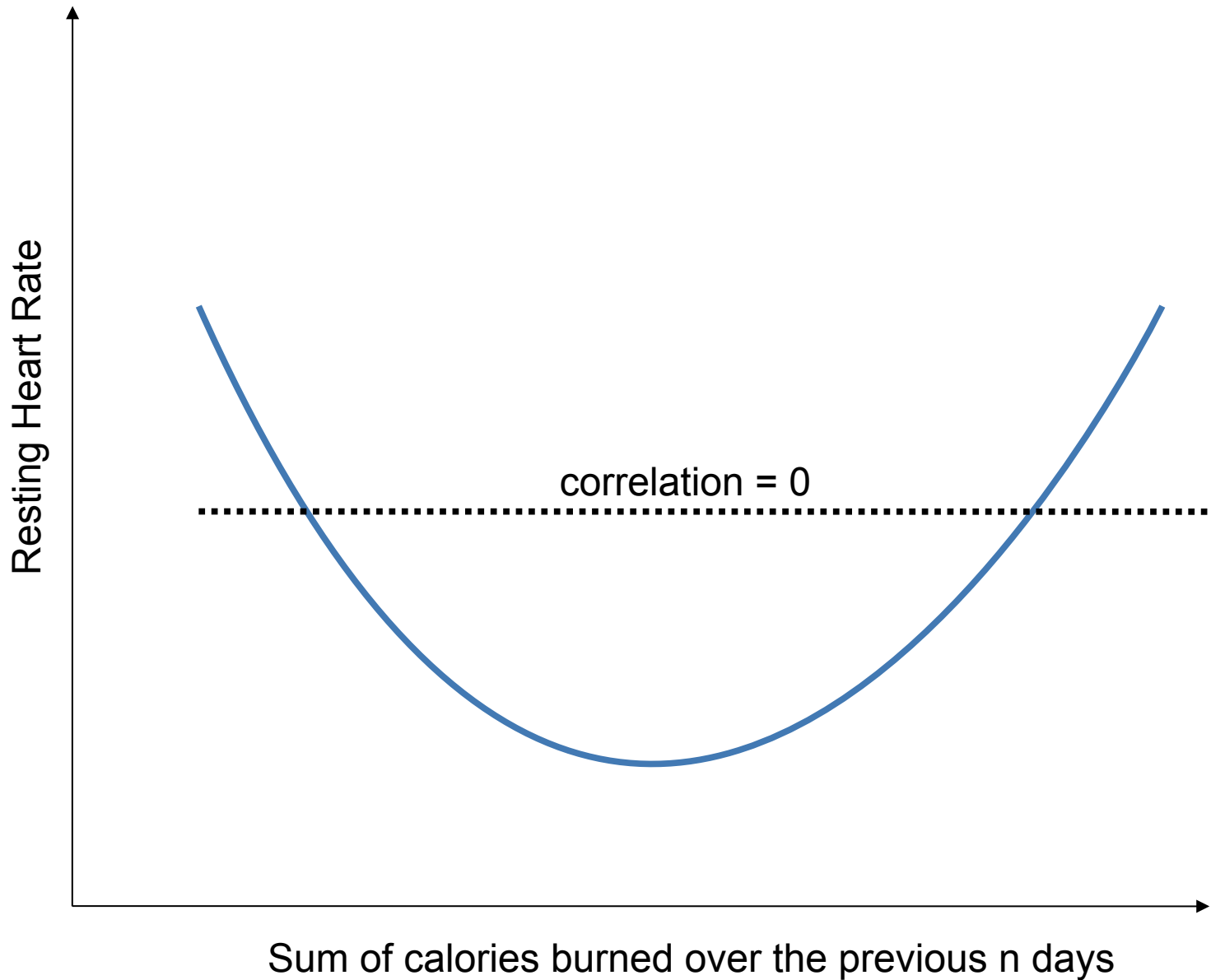
📍 Bedroom 🌧️ 58% 📶 1011.7 hPa 🔊 41 dB

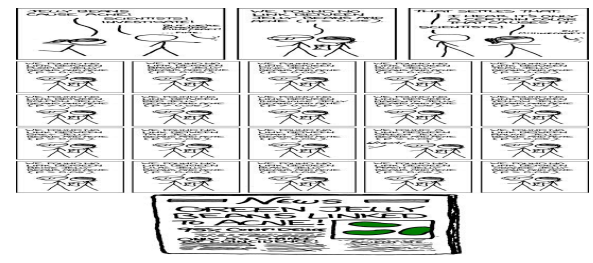
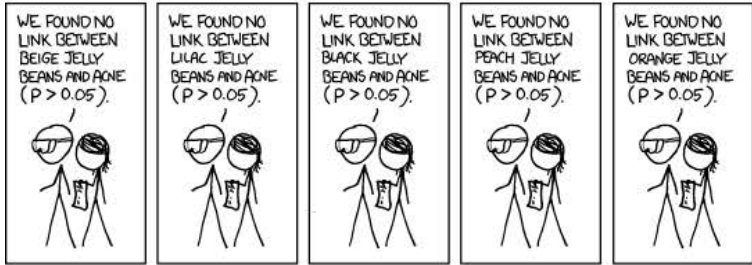
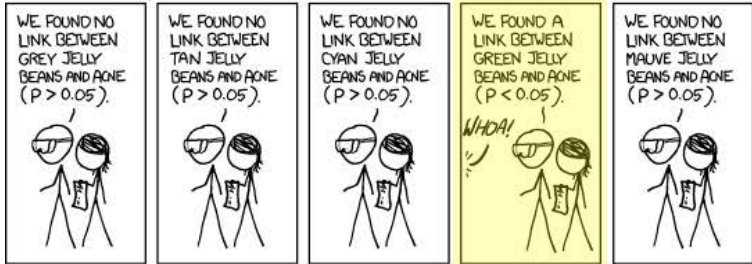
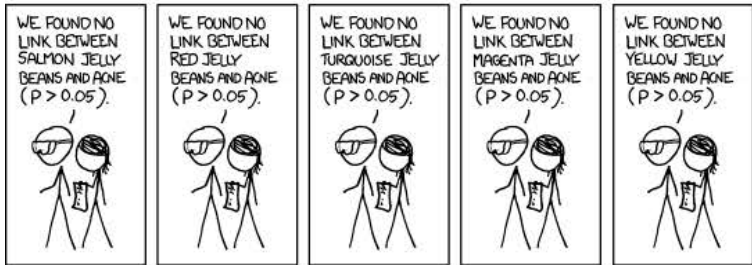
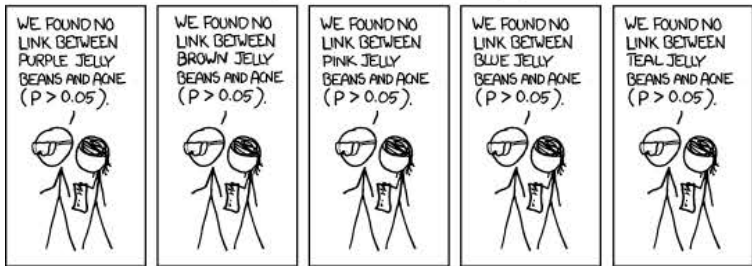
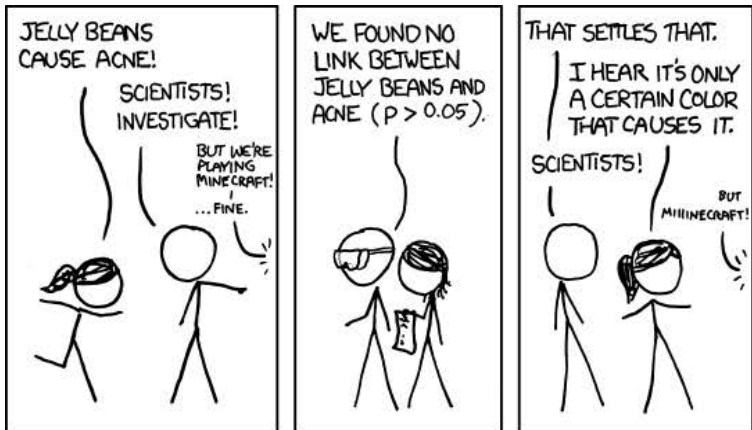
📍 [-122.361, 47.627](#) 📅 12 hours ago 🔥 22.1 C ★★★★★











body temperature?

light?

blood tests?