50,000 Observations Later

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Quantified Self Conference 2013
At that time I had made 9400+ observations of my condition and my daily living since May 2011 using our Mymee app
Now

60000+ observations
Sneezes

- 877 Sneezing observations
- 1968 individual sneezes
Sneezes

• Sneezes are discrete, easy to count
• Making observations immediately
Sneezes 2011-2013

Based on http://bl.ocks.org/mbostock/4063318
Sneezes 2011-2013

Based on http://bl.ocks.org/mbostock/3883195

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Sneeze 2011-2013

Slope indicates how fast I produce sneezes
Sneezes 2011-2013

Onsets of grass pollen seasons
Cold and flu in January 2012 did not contribute much.
2012?
2012?

[Graph showing cumulative growth from 2012 with a note indicating 915 and 46%]
Diet Summer 2012?
Diet Summer 2012

- Gluten
- Dairy
- Histamine
- Fats
- Yeast
Sleep Timings Summer 2012?
Sleep Timings Summer 2012

Hard waking up and need for naps
Sleep Timings Summer 2013?
Sleep Timings Summer 2013

Timezone change

No need for naps
Diet Summer 2013

- No Gluten
- Very low on Dairy
- Minimize Histamine
- Low on Fats
- Very low on Yeast
Looking at the body as a decision-making system
“Guidance is on internal”
“By what method?”

W. Edwards Deming
Try to find discrete phenomena to track
Develop multiple, competing models of what you are looking at
“Tickle” the system to make it reveal more about itself
Maximize learning by paying attention
Try not to get lost in the details
Look for what is constant and for what changes!
Backtrack to try to eliminate and minimize interventions
“Rinse and repeat”
Thank You

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