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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#zensorium2012
youtube.com/zensorium2012
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!
If you can find a better way to be happy than overeating, your body will naturally return to its balanced state.

Happiness is not a matter of intensity.
WHAT DID I USE? / 2 KEY DEVICES
HOW DID I DO IT / 4 ASPECTS

SIMPLY BALANCED

- stress relaxation
- restful sleep
- fitness power
- steps activity

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What makes us healthy

- Genetics 20%
- Environment 20%
- Healthy Behaviors 50%
- Access to Care 10%

What we spend on being healthy

- Medical Services 88%
- Healthy Behaviors 4%
- Other 8%
60% Of Adults Are Not Getting Enough Sleep

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

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
ACTIVE & SLEEP / WHAT ARE THE TALES?
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

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
NO JOKE!
Among people with cancer, those with a sense of humor are 70% more likely to survive than those with little or no sense of humor.

Example

VITA for Fitness Measurement

ZEN for Stress Measurement
HEART RATE / WHAT’S MY RESTING?

**MENS RESTING HEART RATE CHART**

<table>
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<tr>
<th>AGE</th>
<th>18-25</th>
<th>26-35</th>
<th>36-45</th>
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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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FITNESS & STRESS / WHAT ARE THE TALES?

Coffee

Feeling frustrated with the heat.

FITNESS

List

Daily

Monthly

23 Mar 2014

2.46am

Wrote a work thank you email. Hyped...

VITA 69

2.51am

Did cycle 2 to calm myself down.

ZEN 86

12:18pm

Lazing the Sunday morning in. Ju...

VITA 88

10:28pm

After the beach, dinner and doing not...

VITA 91

24 Mar 2014

1:54pm

Just stepped into office after mtg disty.

VITA 73

8:13pm

Level-Up! Peace and quietness in o...

VITA 91

Juliana
STRESS / SIGNS TO LOOK OUT

How stress can affect your body:

- Rash, eczema, psoriasis
- Heart disease, hypertension
- Aches, back pain, nervous tics
- Ulcers, cottonmouth
- Insomnia, headaches
- Nausea, ulcers, irritable colon
- Recurrent infections, impotence
FITNESS & STRESS / WHAT ARE THE TALES?

Measured my Zen after sleeping 2 hours

STRESS

Mar 23 Mar 26 Mar 27 Apr 1 Apr 5 Apr 8 Apr 13 Apr 15 Apr 18 Apr 20 Apr 21 Apr 23 Apr 25 May 3 May 6
**FITNESS & STRESS / WHAT ARE THE TALES?**

**STRESS**

- Measured my Zen after sleeping 2 hours
- Slept a good 6 hours. Been a week since a good sleep
- Weekend!
- Arrive and slept well in JP

**List**

- Mar 23
- Mar 26
- Mar 27
- Apr 1
- Apr 5
- Apr 8
- Apr 13
- Apr 15
- Apr 18
- Apr 20
- Apr 21
- Apr 23
- Apr 25
- May 3
- May 6

**Daily**

- Mar 23
  - 2.46am: Wrote a work thank you email. Hyped...
  - 2.51am: Did cycle 2 to calm myself down...
- Mar 24
  - 12.18pm: Lazing the Sunday morning in. Ju...
  - 10.28pm: After the beach, dinner and doing not...
- Mar 25
  - 1.54pm: Just stepped into office after mtg disty.
  - 8.13pm: Level-Up! Peace and quietness in o...

**Monthly**

- Mar 2014
  - 86
  - 85
  - 83
  - 87
  - 91
  - 89
  - 83
  - 84
  - 90
  - 82
  - 84
  - 87
  - 83
  - 72
  - 38
FITNESS & STRESS / WHAT ARE THE TALES?

Slept a good 6 hours. Been a week since a good sleep

Arrive and slept well in JP

Slept a good 6 hours. Been a week since a good sleep

Feeling frustrated with the heat.

Measured my Zen after sleeping 2 hours

Coffee

FITNESS

Mar 23 Mar 23 Mar 24 Mar 27 Apr 1 Apr 3 Apr 7 Apr 13 Apr 16 Apr 20 Apr 22 Apr 25 May 2 May 5 May 7

STRESS

Mar 23 Mar 26 Mar 27 Apr 1 Apr 5 Apr 8 Apr 13 Apr 15 Apr 18 Apr 20 Apr 21 Apr 23 Apr 25 May 3 May 6

24 Mar 2014

2.46am 2.51am 12:18pm 10:28pm

Wrote a work thank you email. Hyped...

Did cycle 2 to calm my self down..

Lazing the Sunday morning in. Ju...

After the beach, dinner and doing not...

1.54pm 8.13pm

Just stepped into office after mtg disty.

Level-Up! Peace and quietness in o...
WHAT DID I LEARN? / SIMPLY BALANCED

SIMPLY BALANCED

stress relaxation

restful sleep

fitness power

steps activity

fitness
power

relaxation

steps
activity

restful
sleep
WHAT DID I LEARN? / SIMPLY BALANCED

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

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WHAT DID I LEARN? / SIMPLY BALANCED

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

Sleep may affect Stress (Orange)
WHAT DID I LEARN? / SIMPLY BALANCED

Sleep may affect Stress (Orange)

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

Stress affects Fitness (TREND-LINE)

More Steps X= Fitter (TREND-LINE)
WHAT DID I LEARN? / WORKING ON...

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:

- 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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