

Lies, Damn Lies, and Correlations

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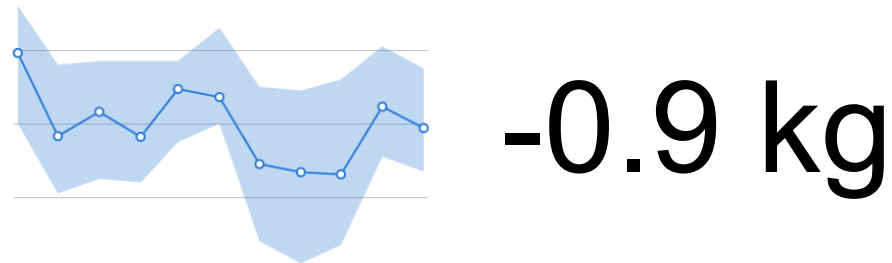


insight

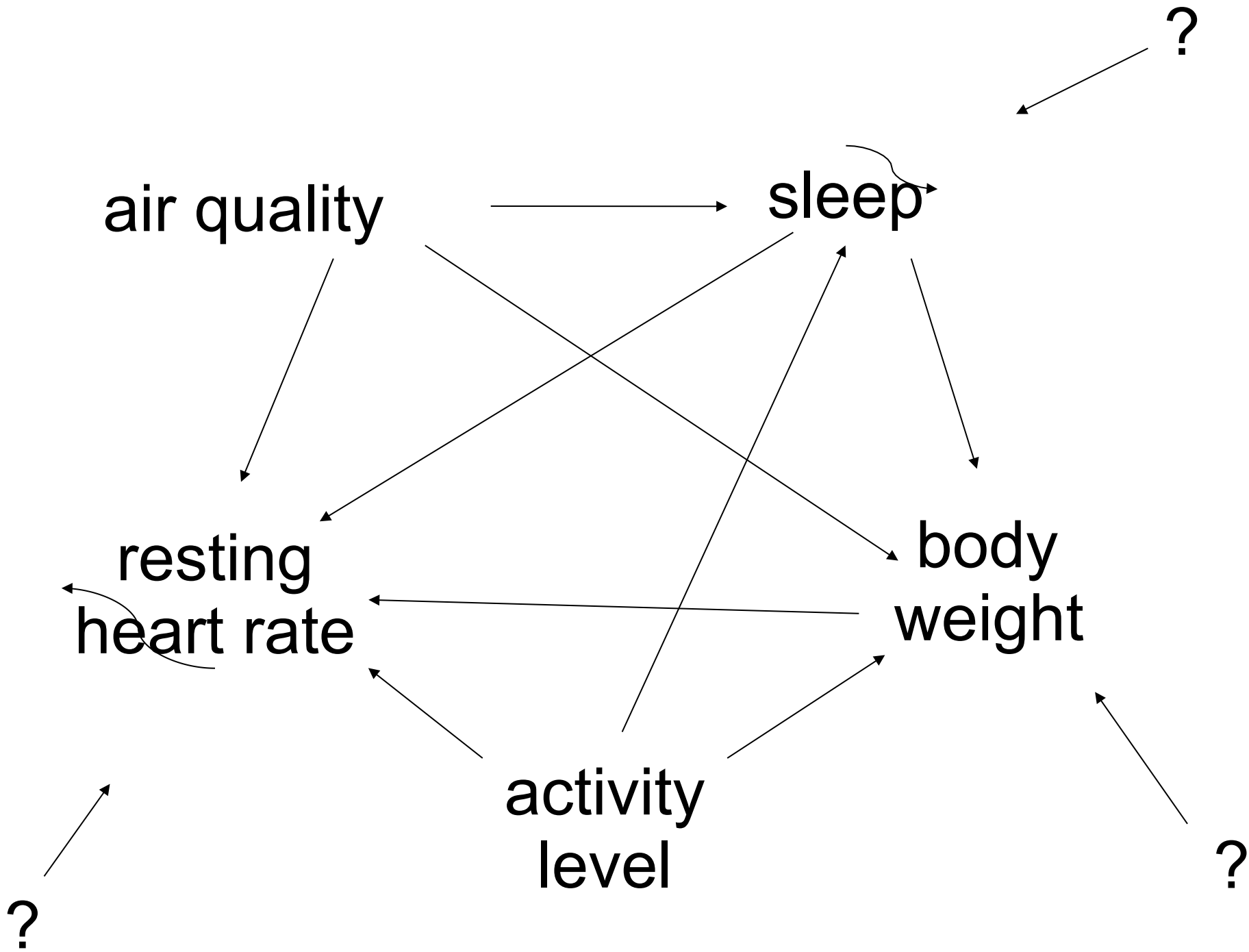
motivation




fashion

3,350,688 steps



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



 body  71.35 kg  14 hours ago

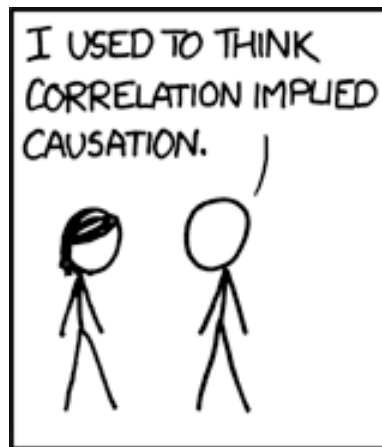
🏷️ steps 📅 a day ago 📊 4737 🔥 -3272 cal

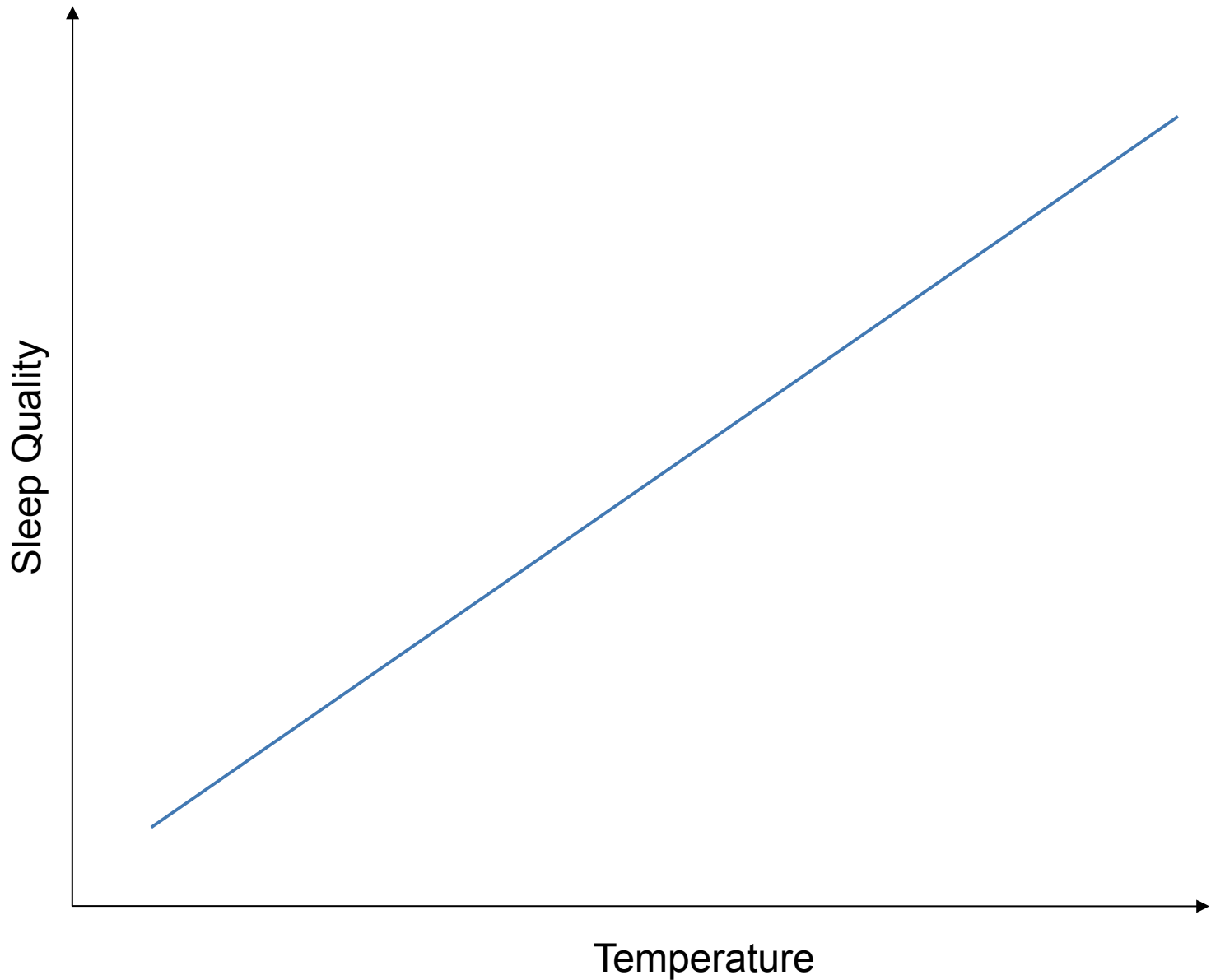
 sleep  a day ago  8h 41min ★★★★★

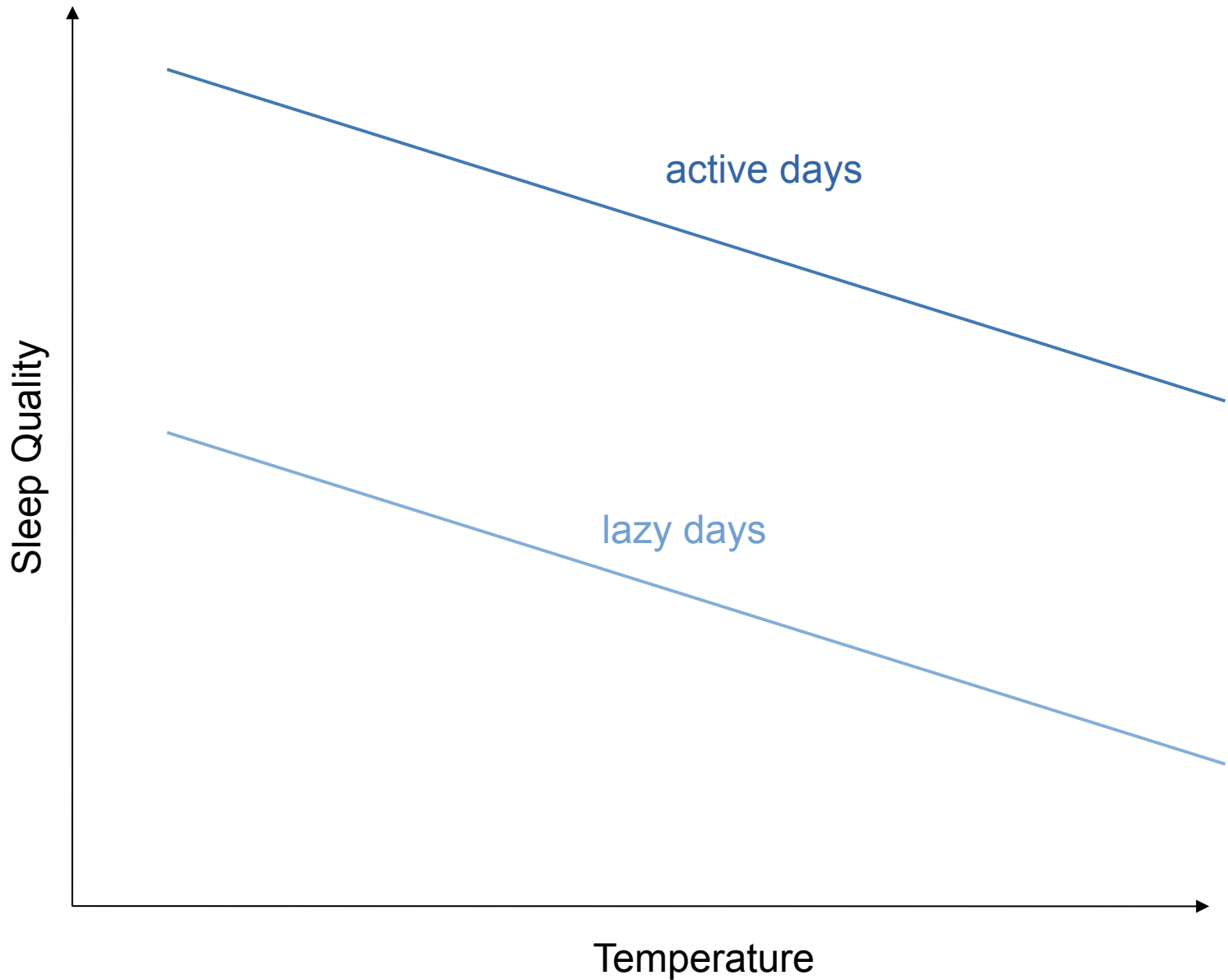
 heart rate  15 hours ago  5min  56 bpm     

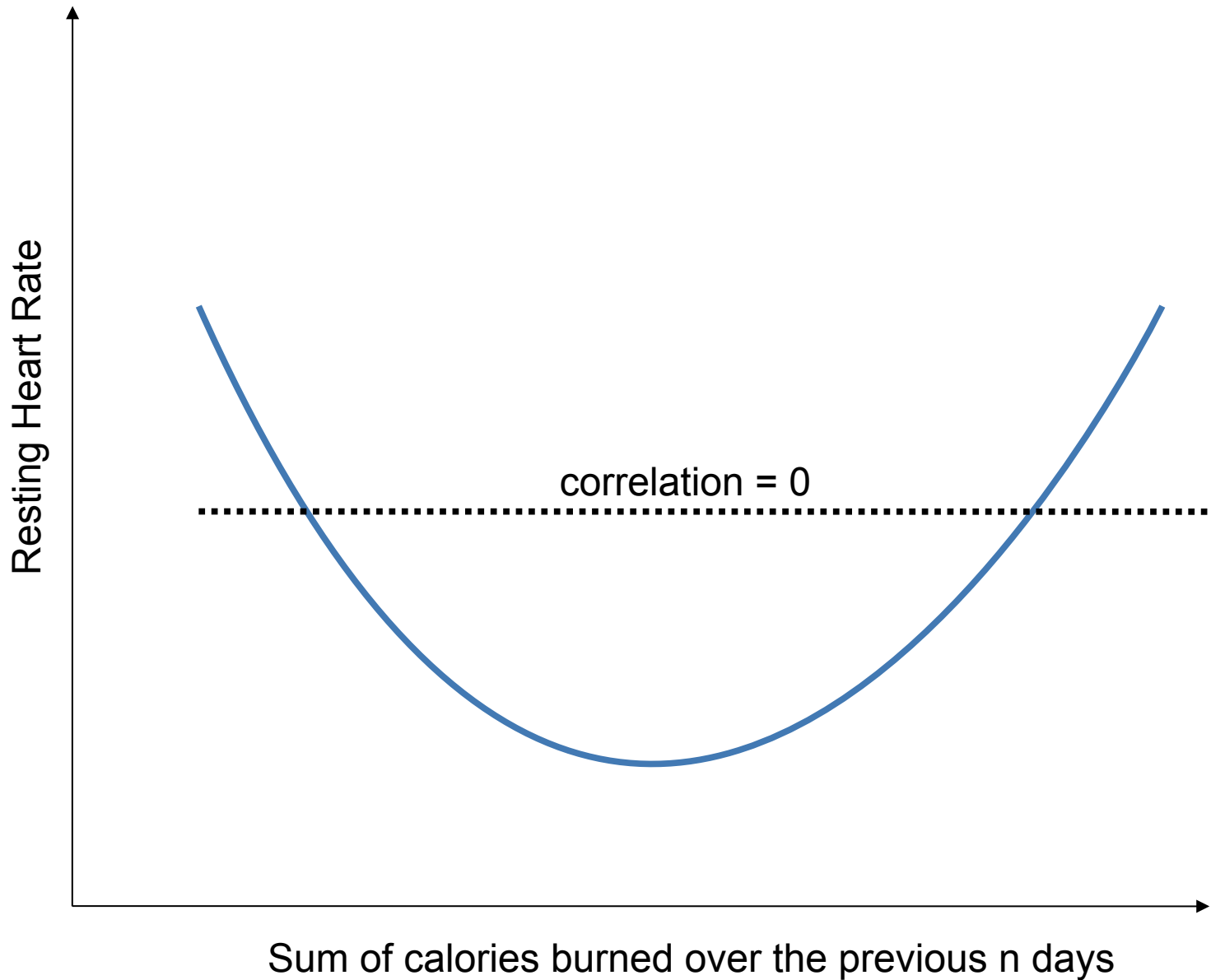
🏠 Bedroom 🌧️ 58% 📏 1011.7 hPa 🔊 41 dB

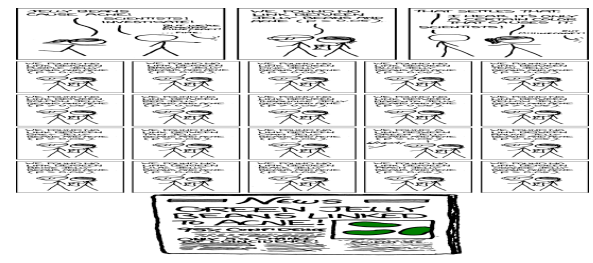
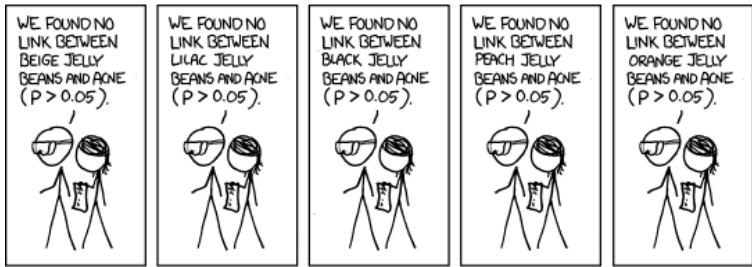
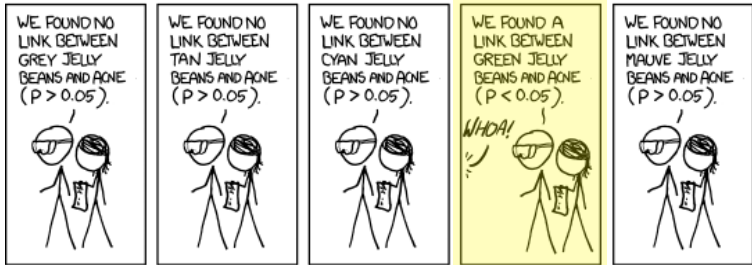
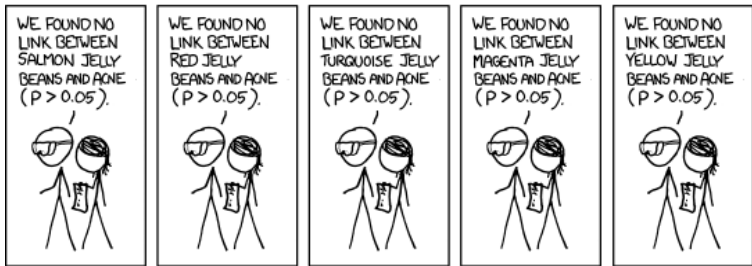
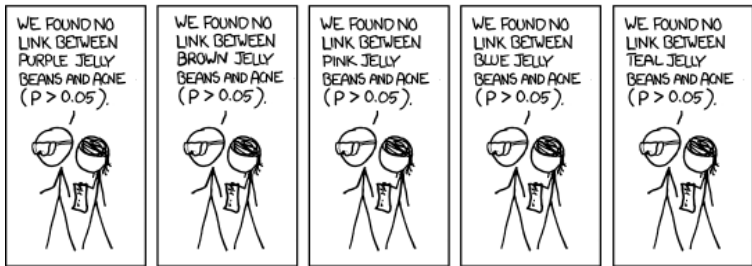
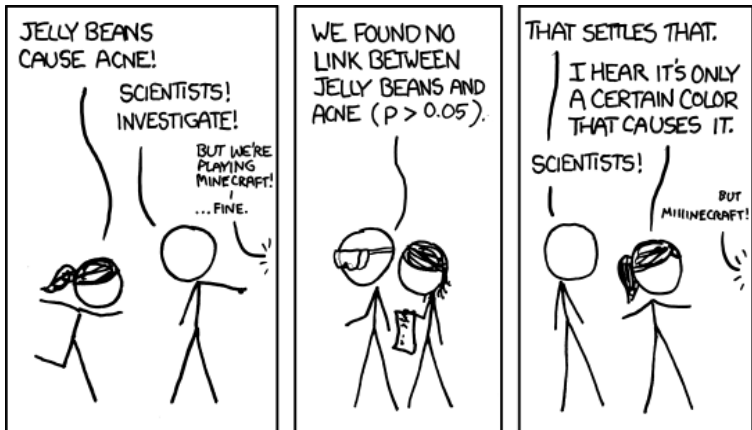
📍 [-122.361, 47.627](#) 📅 [12 hours ago](#) 🔥 22.1 C ★★★★★











body temperature?

light?

blood tests?