Hal, Cancel my 10 O’Clock

Paul LaFontaine
Hal, optimize for my Quantified Self & my Working Self...
I want a raise!

Negotiate When Energy Is High
My Heart Rate Variability Baseline

Time Of Day

Trendline

rMSSD Average

Waking  |  Mid-Morning  |  Afternoon  |  Before Bed

40  |  50  |  60  |  70  |  80

Graph showing rMSSD averages throughout the day.
My Alertness Log Baseline

![Graph showing alertness levels throughout the day. The x-axis represents time of day from 6AM to 6PM, and the y-axis represents alertness levels from 1 to 5. There is a trendline indicating a decrease in alertness from morning to evening.]
Combined HRV & Alertness Baselines

Time Of Day

Energy

Expected

Mid Morning
What did I do?

Measured my energy four times a day during major food & exercise changes.
#1 Transition: Going Ketogenic
Sugar Burner to Fat Burner

March = 204 lbs (92.5 kg)  August = 189lbs (85.7 kg)
#2 Transition: Aerobic Threshold
Aerobic Training Progress

Distance At Fixed Heart Rate & Time

Progressive Workouts

Distance

- 1.5
- 1.7
- 1.9
- 2.1
- 2.3
Testing The Assumed Curve

Time Of Day

Energy

Waking
Mid Morning
After Lunch
Late Afternoon
Hal, I just started a new experiment so schedule my negotiations at...
How did I do it?

Took HRV & energy readings four times a day
Two Experiments Over Four Months

**June to July**
Ketosis & HRV

**July to Aug**
Exercise & Energy Levels
Measured Heart Rate Variability

Data Set
2.5 months of data
30 day transition
45 day after transition
Alertness Using DIY Tracker

Ease of Use
- Set alarm 8 times
- Google Forms
- Icon home screen
Randomized My Exercise

Eliminated Choice

- “Feel Like It”
- **RANDBETWEEN**
- Follow each day
Discarded Reading If Conditions Off

**CONDITIONS**

- Follow Instruction
- 7+ HRS SLEEP
- <3 ALCOHOL
- % GRAMS FAT

Excluding if not meet 2 or more

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What did I learn?

Major physical transitions tend to hit my energy levels at 10am.
Verified I Was Entering Ketosis

Mmol Ketones

DAY 14 To 30

Ketosis
Morning HRV Lower Than Baseline

Day 14 To 30

\[ p = .009 \]
Keto Transition (First 30 Days)

Day Part

- Waking: $P = .13$
- Mid Morning: $P = .036$
- After Lunch: $P = .21$
- Late Afternoon: $P = .36$

rMSSD Average
After Keto Transition (30 days +)

- Mid Morning: Waking
- After Lunch
- Late Afternoon

P = .25
P = .26
P = .33
P = .38
What Happen With Aerobic Work

Waking
Mid Morning
After Lunch
Late Afternoon

Alertness

Time Of Day

Workout
Daily Exercise Impact

![Graph showing the impact of daily exercise on alertness at different times of the day]

- **Waking:** Alertness increased by 0.10, with a P-value of 0.36.
- **Mid Morning:** Alertness increased by 0.03, with a P-value of 0.36.
- **After Lunch:** Alertness increased by 0.78, with a P-value of 0.36.
- **Late Afternoon:** Alertness increased by 0.36, with a P-value of 0.36.

The graph illustrates the impact of workouts at different times of the day on alertness, with significance levels indicating the effect size and statistical significance.
During Experiment, Afternoon Best

I want a raise!
Hal, I just zapped my brain with TDCS, cancel my 10’Oclock!
Conclusions

• My physiology takes a hit at 10am during periods of change & load
• Body recovers over long period of time
• Next Studies: Moving exercise into different day parts & supplements to change energy curve
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http://QuantXLaFont.com