

hans Meier

35yo



Our Clinical Know How
<https://www.withings.com/fr/en/research>

WITHINGS

Health report

Withings Health Report is the overview of biomarkers tracked by Withings connected devices. It aims to empower healthcare teams to transform patients' lives by achieving higher quality care.

Heart

Heart Rate

Asleep Heart Rate

71 bpm

Average

56-81 bpm

Range

2 days

 Sleep

Duration, Efficiency & Regularity

Sleep Duration Trends	50 % Over 7h	50 % Under 5h	0 % Over 10h	2 nights
Sleep Duration Average	6h13 Weekdays			2 nights
Sleep Latency	52 min Average			2 nights
Sleep Efficiency	7h28 Time In Bed (TIB)	6h13 Total Sleep Time (TST)	83 % Efficiency	2 nights

Sleep Ritual

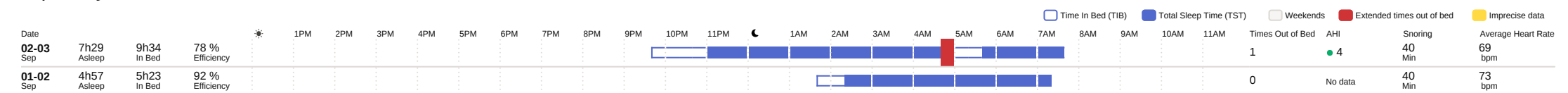
Bedtime (Weekdays)	11:47PM Average Bedtime	12:39AM Average time to fall asleep	2 nights
Wake-Up Time (Weekdays)	7:21AM Average Wake-Up Time	7:21AM Average Get-Up Time	2 nights
Nights with > 2 Times Out of Bed	0 night Total		2 nights

Sleep Vitals

AHI	0 Event/Hour Min	1.7 Events/Hour Average	4.4 Events/Hour Max	2 nights
Snoring	100 % Average Night	40 min Average	2 nights	
Overnight Heart Rate	71 bpm Average	56-81 bpm Range	2 nights	

Sleep Diary • hans Meier 35yo

WITHINGS



WITHINGS

Chosen by leading health and wellness organizations around the world.

Our intuitive medical-grade devices help users and healthcare professionals to embrace healthy changes with high end technology. Withings is working with leading medical institutions to pave the way for the future of health.

 Connected Scales



 Smart Watches



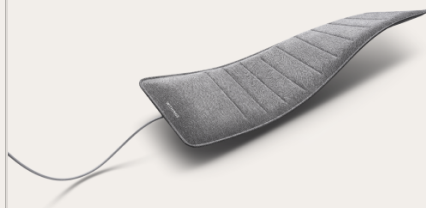
 Urine Analyzer



 Blood Pressure Monitors



 Sleep Analyzer



 Thermometer



 Learn more on Withings Health Solutions

Our devices are available for clinical purposes and patient remote monitoring.

<https://www.withings.com/eu/en/for-professionals>