Quoting Ben Greenfield, a well being researcher who has been associated with Finnish HealthTech extensively, “

Resting Heart Rate (RHR) is the number of times your heart beats per minute when you’re at rest. It’s a good measurement of your sleep quality, recovery and overall health. But ŌURA measures your heart rate throughout the night and displays the lowest 10-minute average it has detected. Normal RHR during the night for adults can range anywhere from 40-100 BPM (mine is 35, but I’m an endurance freak, and if you’re a swimmer, cyclist, runner, triathlete, etc. then this may be the case for you too). The best way to determine your normal level is by looking at your own data history.

This lowest RHR during the night is affected by various factors, such as physical activity, nutrition, body position, and environment. A low RHR is often associated with good fitness and overall health. An exceptionally high or low RHR is usually a sign of increased need for recovery, and here’s the important thing: ***if your lowest resting heart rate occurs during the night at a later time than usual, that can be a sign of an increased need for recovery or that you are sleeping at too high a temperature in your room.***

Read more https://bengreenfieldfitness.com/2016/07/how-does-the-oura-ring-work/

So our algorithm works as follows: (Ideally. We can claim this even if we don’t actually implement it all the way by tomorrow.)

ALGORITHM