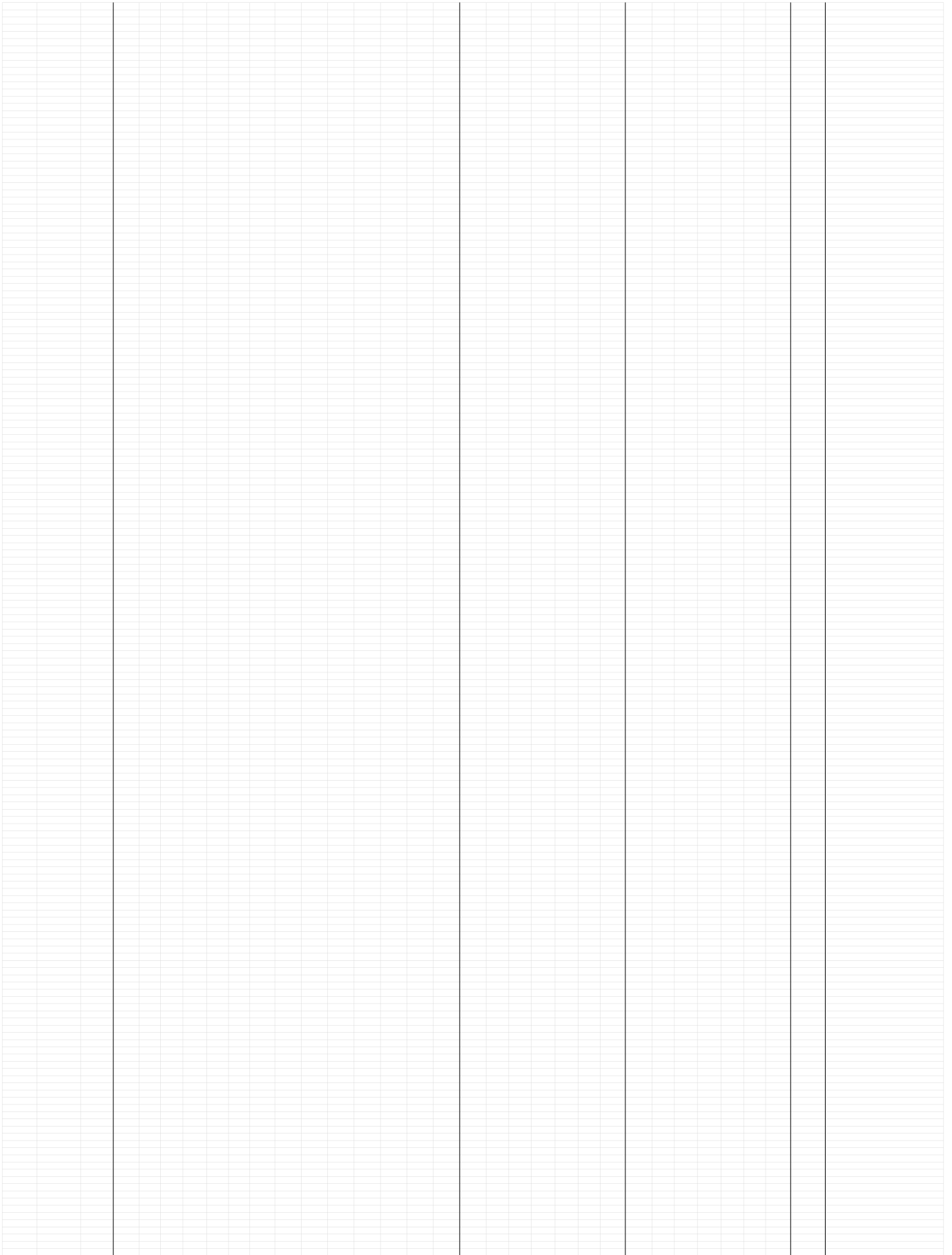
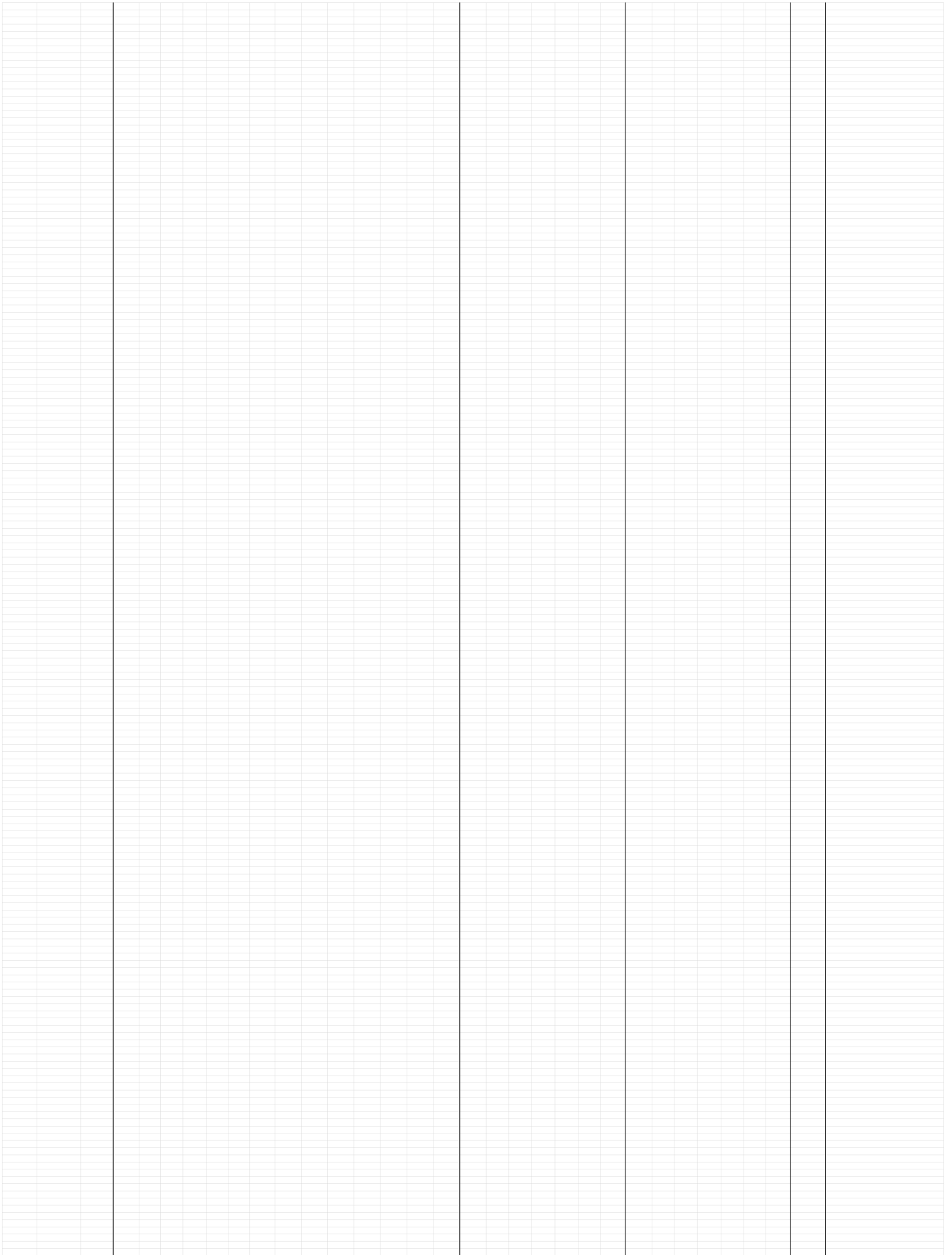
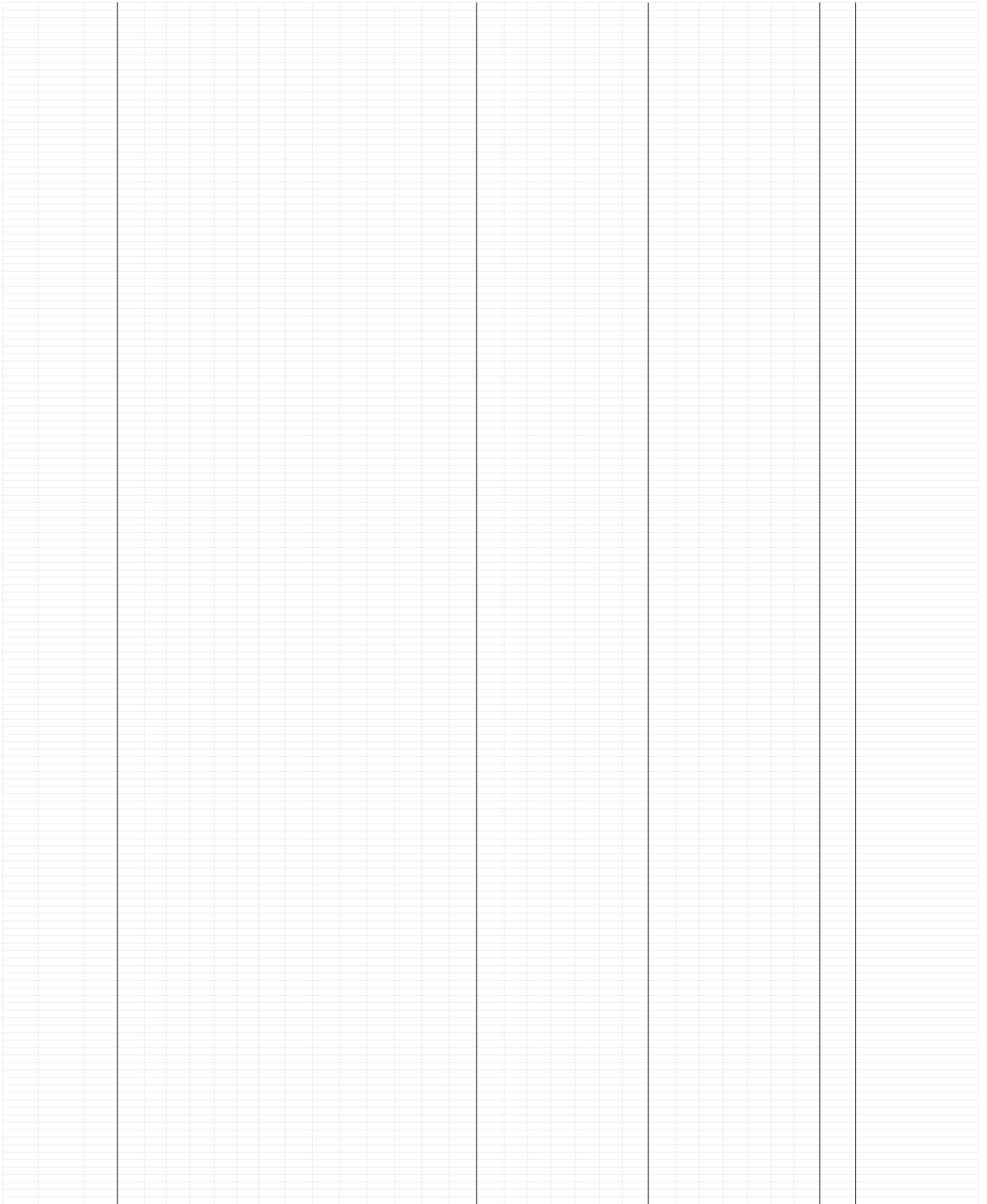


NOTE: For Awake, REM, Light, Deep I am mixing the units of hours and minutes just for recording convenience. So e.g. "1.59" is 1 hour 59 minutes. So it's a little bit sketchy and non-linear scale but much easier to record

Day	Date	AppleWatch - AutoSleep					Bakup Pod 4 Ultra					Oura					Whoop					Average	Notes		
		Awake	REM	Light	Deep	Score	Awake	REM	Light	Deep	Score	Awake	REM	Light	Deep	Score	Awake	REM	Light	Deep	Score				
1	January 16, 2025	0:30	1:01	6:03	0:36	54	54	69								1:22	0:51	4:22	1:45	51	87				
2	January 17, 2025	0:10	1:36	4:52	1:05	52	51	84								0:32	1:13	4:21	1:14	51	82				
3	January 18, 2025	0:08	0:50	5:43	0:24	52	51	71								0:29	1:15	4:59	0:53	51	56	79			
4	January 19, 2025	0:26	1:10	5:06	0:25	51	83	79								1:17	1:34	4:03	1:01	51	52	75			
5	January 20, 2025	1:09	1:46	5:38	0:18	52	122	80								1:46	1:54	4:23	1:04	52	45	80			
6	January 21, 2025	0:13	1:34	5:40	1:04	52	65	97								1:25	1:08	5:00	1:11	51	41	86			
7	January 22, 2025	0:30	1:08	6:33	0:07	56	115	79								1:16	1:08	5:05	1:11	55	37	79			
8	January 23, 2025	0:07	1:44	5:25	0:4	54	57	89								1:01	1:38	5:03	0:45	53	42	80			
9	January 24, 2025	0:19	1:50	5:19	0:08	50	58	76								1:11	1:40	4:08	1:02	49	47	81			
10	January 25, 2025	0:21	1:26	6:46	0:27	49	71	82								1:20	1:45	5:03	1:21	49	36	91			
11	January 26, 2025	0:15	2:04	6:32	0:12	52	83	79								1:22	2:00	4:56	1:11	52	42	80			
12	January 27, 2025	0:37	0:47	6:17	0:28	50	64	71								0:27	1:53	4:04	1	50	52	67			
13	January 28, 2025	0:06	1:30	6:18	1	50	65	95								0:56	2:03	5:57	0:53	50	41	88			
14	January 29, 2025	0:42	1:32	5:23	0:36	50	65	82								1:14	1:52	4:15	1	49	47	83			
15	January 30, 2025	0:14	1:28	5:31	0:42	50	80	87								1:04	1:45	4:39	1	49	45	81			
16	January 31, 2025	0:04	1:13	4:52	0:23	51	68	72								1:13	1:14	3:23	1:05	50	55	85			
17	February 1, 2025															1:18	1:45	5:04	1:21	51	49	89			
18	February 2, 2025					1:57	51	97								0:51	1:08	4:25	1:53	50	50	86			
19	February 3, 2025					2:42	53	98								0:52	1:52	5:05	1:13	49	47	100			
20	February 4, 2025					2:56	48	98								0:46	1:50	5:24	1:22	49	59	86			
21	February 5, 2025					2:31	51	95								0:59	1:21	5:59	1:48	49	48	85			
22	February 6, 2025					2:35	49	96								0:37	1:01	3:50	1:17	51	78	69			
23	February 7, 2025					2:09	52	90								1:03	1:12	2:49	2:25	51	44	77			
24	February 8, 2025					1:31	55	87								0:50	1:45	4:47	1:54	54	54	88			
25	February 9, 2025					1:57	55	84								0:45	1:12	3:33	1:27	53	47	75			
26	February 10, 2025					2:45	52	98								1:05	2:03	3:05	1:59	51	52	78			
27	February 11, 2025					3:09	46	97								0:33	1:05	1:57	3:36	3:28	46	75	90	91.5	
28	February 12, 2025					1:18	48	77								0:37	1:29	2:47	1:27	47	65	47	72.25		
29	February 13, 2025					1:5	49	91								0:52	2:24	3:59	1:58	49	61	89	83.5		
30	February 14, 2025					2:58	49	94								0:42	1:19	3:45	1:33	48	50	72	81.75		
31	February 15, 2025					2:56	52	94								1:04	1:46	4:03	1:27	51	52	83			
32	February 16, 2025					2:18	50	97								0:37	1:07	1:30	3:37	1:15	52	54	75	86	
33	February 17, 2025					2:02	48	88								1:32	1:50	5:46	0:53	49	39	83			
34	February 18, 2025					1:58	47	88								1:41	1:08	4:14	0:47	54	54	86			
35	February 19, 2025					2:24	53	100								1:09	1:15	5:19	1:04	52	42	83			
36	February 20, 2025					0:45	54	75								0:48	1:48	4:40	0:58	53	41	83			
37	February 21, 2025					2:03	51	96								1:45	2:03	5:39	1:14	51	47	92			
38	February 22, 2025					1:43	48	89								0:27	1:35	4:53	0:47	48	46	78			
39	February 23, 2025					3:21	50	100								0:26	1:52	5:04	0:55	50	49	87			
40	February 24, 2025					2:14	48	96								1:46	1:15	4:15	1:18	48	49	77			
41	February 25, 2025					3:18	48	100								0:31	1:29	5:18	1:03	49	46	85			
42	February 26, 2025					2:05	52	95								1:08	1:36	5:13	1:44	52	45	88			
43	February 27, 2025					1:48	50	88								0:48	1:23	4:15	0:58	49	35	79			
44	February 28, 2025					2:14	51	97								1:08	1:53	4:52	0:49	51	47	82			
45	March 1, 2025					3:03	52	99								1:46	1:40	4:34	1:13	51	49	86			
46	March 2, 2025					3:34	54	98								0:33	1:36	4:11	1:35	54	43	84			
47	March 3, 2025					3:31	48	100								0:48	1:39	4:42	1:23	48	51	86			
48	March 4, 2025					2:57	50	95								0:38	1:41	3:58	1:19	50	43	85			
49	March 5, 2025					2:2	49	93								0:46	2:32	5:54	0:53	49	50	87			
50	March 6, 2025					2:27	52	89								1:17	1:18	4:17	0:37	52	44	69			
51	March 7, 2025					1:51	52	86								1:15	1:35	3:21	1:21	52	41	79			
52	March 8, 2025					2:39	51	97								0:48	1:47	3:58	1:15	50	49	81			
53	March 9, 2025					2:22	46	93								0:46	1:37	4:16	1:18	46	53	82			
54	March 10, 2025					0:15	48	81								1:37	2:03	5:29	0:58	48	46	80			
55	March 11, 2025					3:15	47	100								1:03	2:17	5:41	1:04	47	49	89			
56	March 12, 2025															1:35	1:28	4:00	1:03	45	51	70			
57	March 13, 2025															3:45	1:07	4:38	1:15	46	56	66			
58	March 14, 2025					2:45	49	98								1:22	1:46	4:22	1:08	49	46	83			
59	March 15, 2025					0:45	51	74								1:46	1:43	4:27	0:55	51	39	80			
60	March 16, 2025					2:41	46	91								0:48	2:02	5:26	1:20	45	53	85			
61	March 17, 2025					4:28	47	100								1:30	1:41	5:40	0:52	47	50	86			
62	March 18, 2025					1:51	48	85								0:38	1:15	3:16	1:33	48	56	76			
63	March 19, 2025					1:54	49	88								0:41	1:45	3:53	0:57	48	45	79			
64	March 20, 2025																								







Day	AutoSleep	8Sleep	Oura	Whoop	Average
1	69			87	78.00
2	84			85	84.50
3	71		79	81	77.00
4	73		75	71	73.00
5	80		80	73	77.67
6	97		86	90	91.00
7	70		79	84	77.67
8	89		80	87	85.33
9	76		81	78	78.33
10	82		91	93	88.67
11	79		80	91	83.33
12	71		67	86	74.67
13	95		88	100	94.33
14	82		83	86	83.67
15	87		81	85	84.33
16	72		65	69	68.67
17			89	86	87.50
18	97		80	71	82.67
19	98		92	81	90.33
20	100		88	86	91.33
21	95		77	79	83.67
22	95		86	81	87.33
23	90		67	77	78.00
24	87		89	88	88.00
25	84		75	75	78.00
26	98	94	81	78	87.75
27	97	96	83	90	91.50
28	77	79	66	67	72.25
29	91	90	73	80	83.50
30	94	88	73	72	81.75
31	94	92	83	75	86.00
32	97	86	83	91	89.25
33	88	87	66	72	78.25
34	88	80	72	67	76.75
35	100	90	83	81	88.50
36	75	92	83	80	82.50
37	96	96	92	95	94.75
38	89	97	78	90	88.50
39	100	94	87	94	93.75
40	96	100	77	76	87.25
41	100	94	85	87	91.50
42	95	91	88	98	93.00

43	88	93	79	84	86.00
44	97	84	82	81	86.00
45	99	84	85	83	87.75
46	98	84	84	74	85.00
47	100	97	86	81	91.00
48	95	93	85	77	87.50
49	93	93	87	100	93.25
50	89	72	69	70	75.00
51	86	88	79	72	81.25
52	97	96	81	77	87.75
53	93	97	82	79	87.75
54	61	94	80	100	83.75
55	100	94	89	100	95.75
56		77	70	85	77.33
57		69	66	50	61.67
58	98	84	83	100	91.25
59	74	56	80	100	77.50
60	91	98	92	100	95.25
61	100	97	86	100	95.75
62	85	65		76	75.33
63	88	87	79	71	81.25
64	78	72	69	64	70.75
65	93	80	75	70	79.50
66	92	98	88	84	90.50
67	92	81	81	71	81.25
68	100	95	86	94	93.75
min	61	56	65	50	61.67
max	100	100	92	100	95.75
average	89	87.76744186	80.52307692	82.44117647	84.30

Day	Oura RHR	Oura HRV	Oura Score	Whoop RHR	Whoop HRV	Whoop Score
1	51	56	79	51	62	81
2	51	52	75	51	56	71
3	52	45	80	52	53	73
4	51	41	86	51	43	90
5	55	37	79	56	42	84
6	53	42	80	53	47	87
7	49	47	81	49	51	78
8	49	36	91	49	36	93
9	52	42	80	52	48	91
10	50	52	67	50	50	86
11	50	41	88	49	47	100
12	49	47	83	49	59	86
13	49	46	81	49	48	85
14	50	55	65	51	74	69
15	51	49	89	51	58	86
16	51	49	80	50	53	71
17	52	49	92	52	53	81
18	48	41	88	48	46	86
19	51	39	77	50	47	79
20	50	47	86	49	51	81
21	52	41	67	51	44	77
22	51	47	89	54	54	88
23	49	45	75	53	47	75
24	51	50	81	51	52	78
25	46	65	83	46	75	90
26	47	67	66	47	65	67
27	49	48	73	49	61	80
28	48	49	73	48	50	72
29	51	52	83	52	54	75
30	49	59	83	49	61	91
31	47	54	66	47	61	72
32	47	50	72	47	53	67
33	52	42	83	52	49	81
34	53	41	83	53	49	80
35	51	47	92	51	55	95
36	48	66	78	48	73	90
37	50	49	87	50	56	94
38	48	49	77	48	58	76
39	49	46	85	49	52	87
40	52	45	88	51	48	98
41	49	55	79	49	56	84
42	51	47	82	51	54	81
43	51	49	85	52	53	83

44	54	43	84	49	54	74
45	48	51	86	47	58	81
46	50	43	85	50	49	77
47	49	50	87	49	55	100
48	52	44	69	51	50	70
49	52	41	79	52	47	72
50	50	49	81	50	58	77
51	46	53	82	46	64	79
52	48	46	80	48	54	100
53	47	49	89	46	61	100
54	45	51	70	45	58	85
55	46	56	66	46	71	50
56	49	46	83	48	52	100
57	51	38	80	51	48	100
58	45	63	92	45	69	100
59	47	50	86	47	56	100
60				48	56	76
61	48	45	79	48	53	71
62	55	39	69	55	45	64
63	51	56	75	51	57	70
64	49	51	88	49	56	84
65	49	53	81	49	54	71
66	48	54	86	48	66	94

AutoSleep	8Sleep	Oura	Whoop
54			52
53			52
52		51	51
51		51	51
52		52	52
52		51	51
56		55	56
54		53	53
50		49	49
49		49	49
52		52	52
50		50	50
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48	46	49	49
52	47	52	51

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52	49	51	52
54	52	54	49
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50	48	50	50
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52	49	52	51
52	50	52	52
51	48	50	50
46	43	46	46
48	45	48	48
47	45	47	46
	44	45	45
	41	46	46
49	47	49	48
51	49	51	51
44	43	45	45
47	45	47	47
48	46		48
49	46	48	48
55	53	55	55
52	48	51	51
50	47	49	49
50	47	49	49
48	45	48	48