vitaldee

VD-XSYW-TU5

Health summary

Alex Muster · born 1986

PERIOD
Last 90 days
21 Aug 2026 – 18 Nov 2026

PREPARED FOR
Praxis am See
Dr. Lena Brunner, General practice

CREATED
18 November 2026
09:06

What changed

Against the 90 days before

Activity

222 min ↑ +15%



Higher than the 90 days before (193 min).

HRV

49 ms ↑ +8%



Higher than the 90 days before (45 ms).

Sleep

7 h 14 min +2%



About the same as the 90 days before (7 h 6 min).

At a glance

Each measure against the patient's own usual range

MEASURE	THIS PERIOD	BEFORE	DIFFERENCE	AGAINST USUAL RANGE	DAYS
Resting heart rate Usual 56 bpm – 58 bpm	**56 bpm**	56 bpm	±0%		86/90
HRV (nightly avg.) Usual 43 ms – 49 ms	**49 ms**	45 ms	↑ +8%		87/90
Sleep (avg.) Usual 6 h 53 min – 7 h 28 min	**7 h 14 min**	7 h 6 min	+2%		88/90
Active minutes / week Usual 191 min – 215 min	**222 min**	193 min	↑ +15%		89/90

Usual range: the middle half of the patient's past 12 months · This period · Period before

Apple Health and Garmin · Readings on 97% of days · Read-only copy for the practice

NOTES

Shared by the patient via Vitaldee. Recorded by consumer wearables; not a medical measurement or diagnosis.

Resting heart rate

Recorded by Apple Health and Garmin

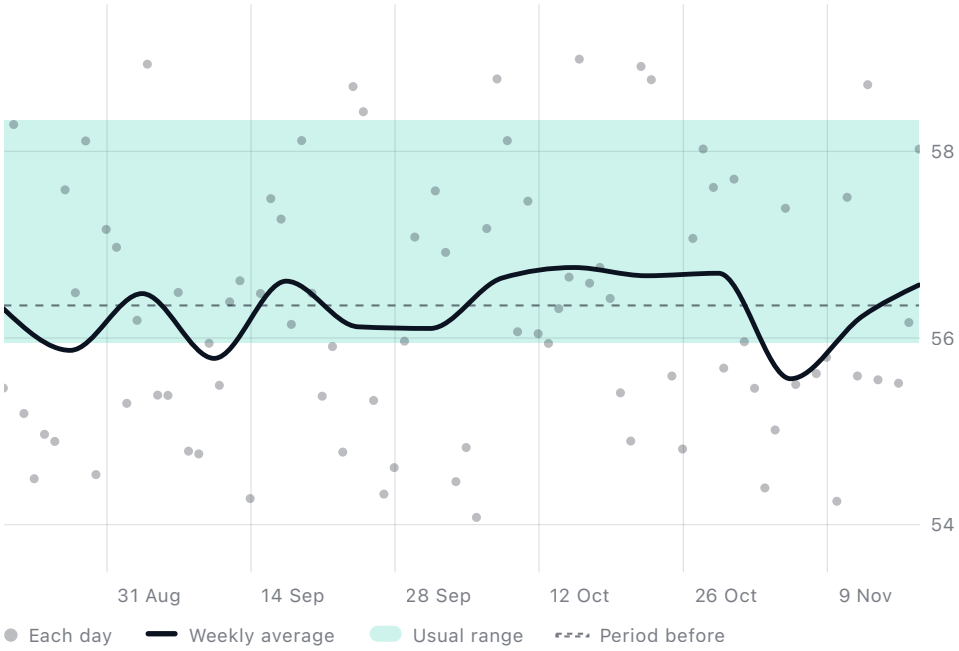
Your heart rate at rest, measured by your watch while you sleep or sit still.

56 bpm

Average, last 90 days

±0% vs. 56 bpm before

Lowest day	**54 bpm**
Highest day	**59 bpm**
Usual range	**56 bpm – 58 bpm**
Days with data	**86 / 90**



HRV

Recorded by Apple Health and Garmin

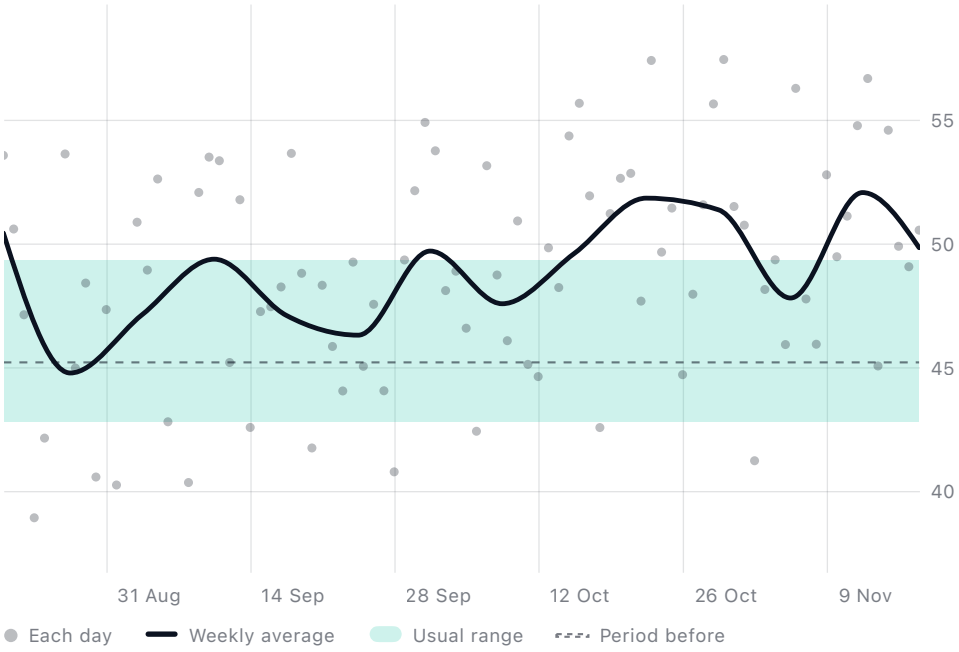
Heart rate variability: how much the time between heartbeats varies, averaged over the night.

49 ms

Average, last 90 days

↑ +8% vs. 45 ms before

Lowest day	**39 ms**
Highest day	**57 ms**
Usual range	**43 ms – 49 ms**
Days with data	**87 / 90**



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Sleep

Recorded by Apple Health and Garmin

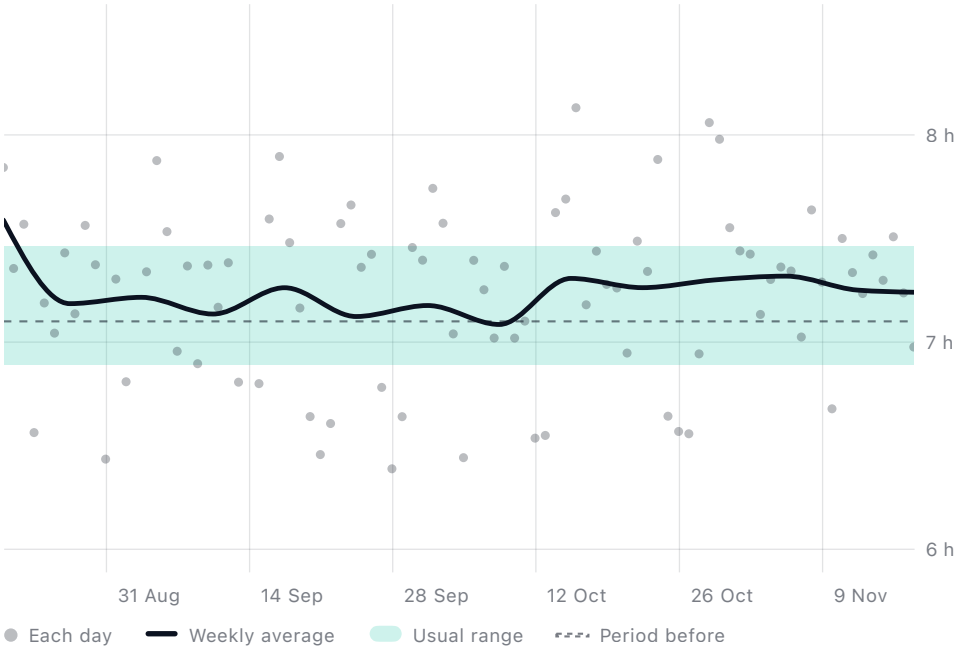
Time asleep each night, as your watch or ring recorded it.

7 h 14 min

Average, last 90 days

+2% vs. 7 h 6 min before

Lowest day	**6 h 23 min**
Highest day	**8 h 8 min**
Usual range	**6 h 53 min – 7 h 28 min**
Days with data	**88 / 90**



Activity

Recorded by Apple Health and Garmin

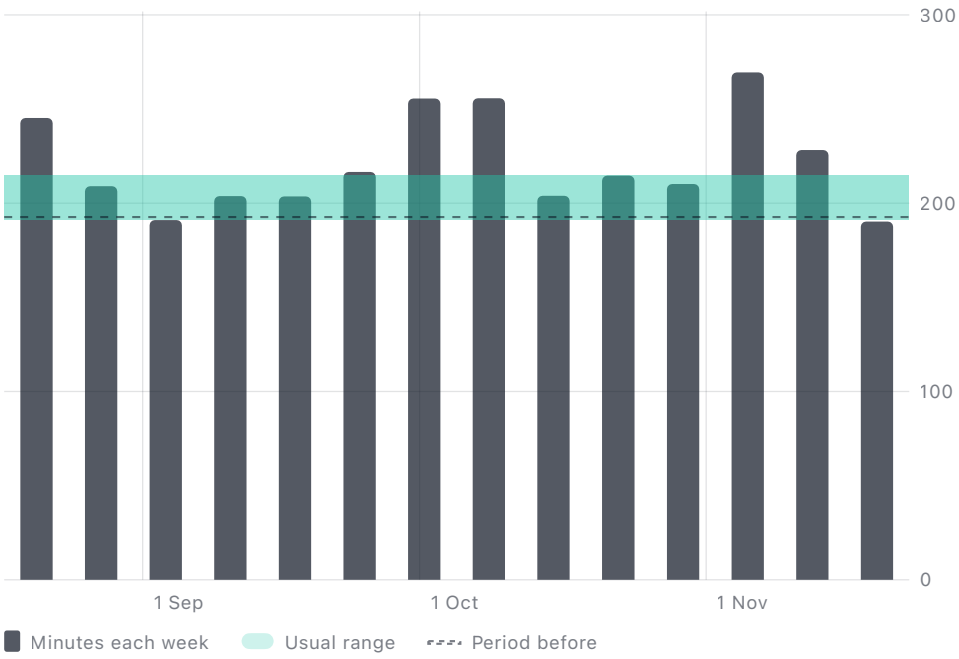
Minutes of moderate or vigorous movement, added up over the week.

222 min

Per week, last 90 days

↑ +15% vs. 193 min before

Lowest week	**190 min**
Highest week	**269 min**
Usual range	**191 min – 215 min**
Days with data	**89 / 90**



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How these numbers are made

Every value comes from the patient's own wearables, unchanged. Vitaldee only collects, averages and lays them out.

MEASURE	PERIOD VALUE	SOURCE	DAYS
Resting heart rate	Mean of the daily resting heart rate, in beats per minute.	Apple Health and Garmin	86/90
HRV	Mean of the nightly HRV (RMSSD), in milliseconds.	Apple Health and Garmin	87/90
Sleep	Mean time asleep per night, excluding time awake in bed.	Apple Health and Garmin	88/90
Activity	Minutes of moderate or vigorous activity, totalled per week, averaged over the weeks.	Apple Health and Garmin	89/90

This period and before
The period's average over the days with a reading, compared with the same number of days just before it. Changes within ±2% are shown as about the same.

Usual range
The middle half of the patient's readings over the past 12 months: a quarter of days fall below it, a quarter above. It describes this patient, not a population norm.

Days with data
Days the device recorded the measure. A day the watch was charging or not worn has no reading and is left out, not filled in.

REFERENCE	CREATED	PERIOD
VD-XSYW-TU5	18 November 2026, 09:06	21 Aug 2026 – 18 Nov 2026

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Your patients' wearable data, ready before the appointment.

Patients connect their watch once. Before a visit they send the practice a secure link or bring a summary like this one. They choose what is shared and for how long, and can take a link back at any time.

Built in Switzerland
Data hosted in the EU
Encrypted, read-only links
Never sold

Vitaldee does not diagnose, treat or advise. Values come from consumer devices and are not medical measurements; the clinical reading is yours.

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