



We use technology as a tool. Firstbeat transforms your heartbeat data into personalised insights on stress, sleep and exercise. We use the data to inform our approach to supporting you to Live Well and Work Well finding a balance between work, leisure and sleep. Firstbeat Bodyguard lifestyle assessment

The process

- The Bodyguard monitor is worn by an individual over a 72-hour period
- Raw data leads to a personalised model of physiological response
- Client keeps an e-diary that provides commentary and context.

Data-informed analysis

- Data is analysed and leads to a series of easy to understand reports
- Look at stress, recovery, sleep, underlying fatigue, physical load and exercise

The benefits

- Real-life data mapped against an e-diary provides a multi-dimensional view
- Clients understand and 'know' impact of lifestyle on performance, sleep etc

For more info please contact us by clicking [here](#).