

Table 1: Apple Watch Continuous Monitoring Data

Variable	Data recorded
Heart Rate (HR) (BPM)	<p><u>Heart Rate</u> (Beats Per Minute): Apple watch records HR approximately every 5 minutes.</p> <p><u>Resting Heart Rate</u>: The average heart beats per minute measured when the wearer has been inactive or relaxed for several minutes.</p> <p><u>Heart Rate Variability</u>: A measure of the variation in the time interval between beats. Apple watch calculates HRV by using standard deviation of beat-to-beat measurements which are captured by the heart rate sensor. Average HRV per day is recorded.</p> <p><u>Walking Heart Rate Average</u>: the average heart beats per minute measured by Apple Watch during walks at a steady pace throughout the day.</p>
Respiratory Rate (breaths/min)	Apple watch records Respiratory Rate while the wearer is sleeping
Blood Oxygen (SpO2)	Apple watch attempts to record oxygen saturation every 30 minutes during sleep. It will also opportunistically record oxygen saturation during the day while arm is at rest. Also, a participant can opt to do a recording themselves at their convenience.
Six-Minute Walk estimate	A weekly estimate of how far the wearer can walk on flat ground in six minutes based on recent motion and workout data. The Apple Watch can give a predicted six-minute walk distance up to 500 meters.
Step Count (count)	Step count is the number of steps you take throughout the day.
Distance Walking Running (km)	Calculates an average distance you have walked and run over the last 7 days
Exercise minutes	Measure of how many minutes of brisk activity you do
Sleep analysis	Time In Bed Time Asleep (Core, Deep, REM) Time Awake
Wrist Temperature	Wrist temperature is a measurement related to your body's temperature taken by Apple Watch while you are sleeping. Each value is an average of several measurements taken during sleep.