



John Doe

Sample Report

26th April 2020



The past 3 months have impacted us all hugely and no doubt will have a lasting impact in respect of how we choose to live our lives and importantly, what we want from our workplaces. Allowing us to continue data collection as you have transitioned from office to home working, will contribute greatly to understanding the impact of working from home and ultimately, support informed decision making on the future of your workspace and workplace. We hope to continue collecting data from you over the coming period as you transition to a new way of working, potentially back in the office, at home or a mix of the two. Again, this data is invaluable to your company in creating a workplace experience that supports your health, wellbeing and performance.

We really hope that you've enjoyed the study to date, found it interesting and will use the data presented in this report to influence your daily habits positively.

Finally, a big thank you from myself personally, I hope you and all your families are keeping well in these strange times and are slowly moving back to a more recognizable lifestyle!

Best wishes,

Phill Bell

Chief Operations Officer

ART Health Solutions





Sleep

Bottom
50%

5:52:19
average sleep
duration

While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night. Your average sleep time was significantly lower than the typical required amount. Low levels of sleep has been shown to negatively impact upon wellbeing and performance.

For additional information on different methods of improvement your sleep hygiene please click [here](#)



Physical Activity

Top
30%

13,248
average steps
per day

The typical daily requirement for steps is around 10,000. This is a good indicator of how much physical activity a person is achieving in a day. Well done, your average daily steps is above this requirement! Achieveing above the step goal means you are meeting the reccomended daily physical activity amount.

For additional information on fun and various ways to maintain and achieve your physical activity goals please click [here](#)



Performance

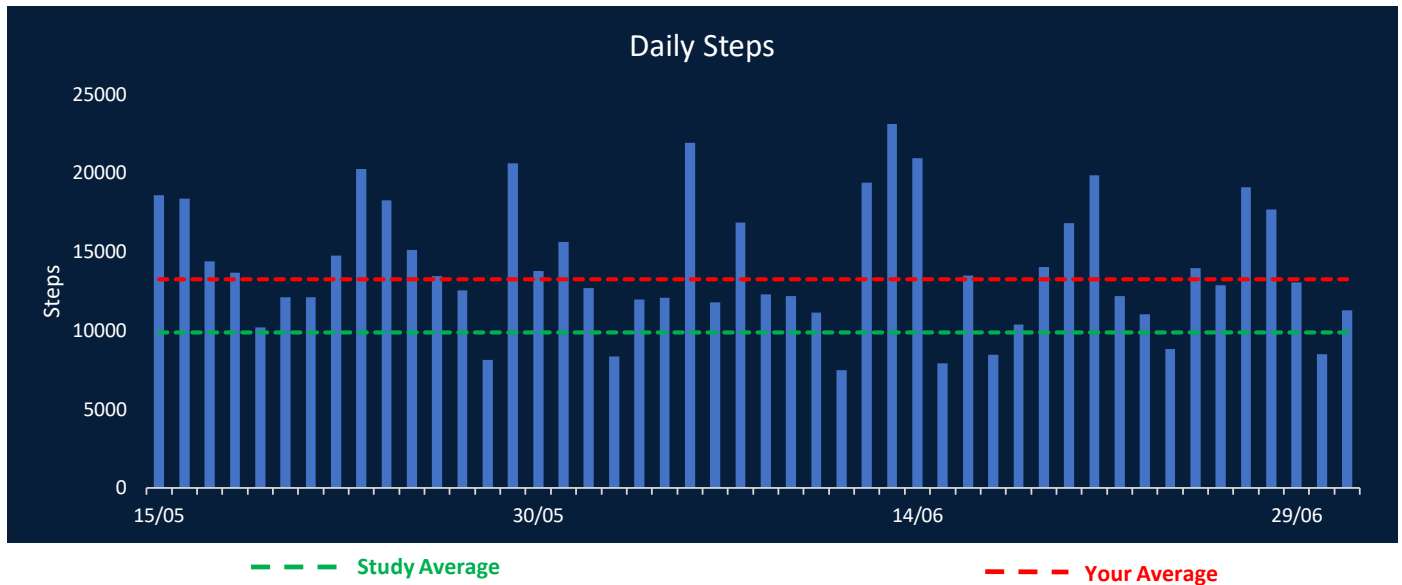
Memory
Top 40%

Distractibility
Top 50%

Decision Making
Top 40%

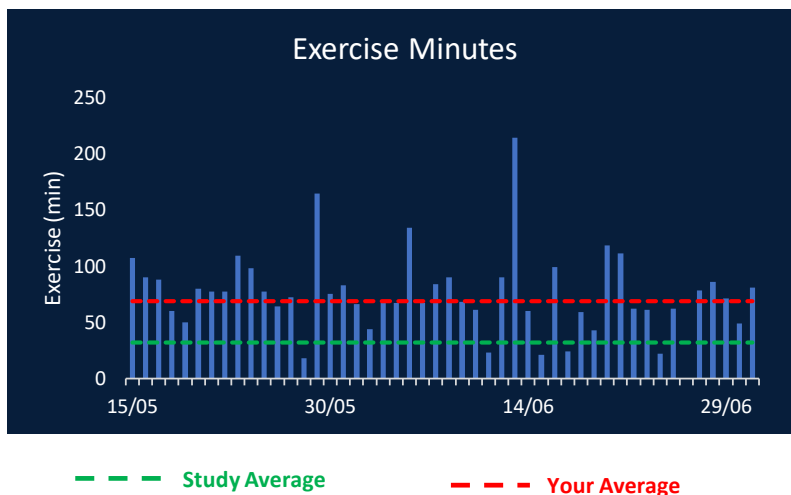
Cognitive functions are mental processes that allow us to carry out any task and are more closely correlated with the mechanisms of learning, processing speed, memory, decision making and distractibility, as opposed to actual knowledge. Your average scores for memory, distractibility and decision making were at lower end of the scores and may indicate that the environment you work in is havng a negative impact on your performance.

For additional information on how to boost workplace cogntive performance please click [here](#)



The above graph shows your average daily step count for each week of the project.

Walking is one of the easiest ways to get active and become healthier. While 10,000 steps per day is commonly referred to as the goal, simply increasing our levels of activity through walking can be seen as a positive outcome

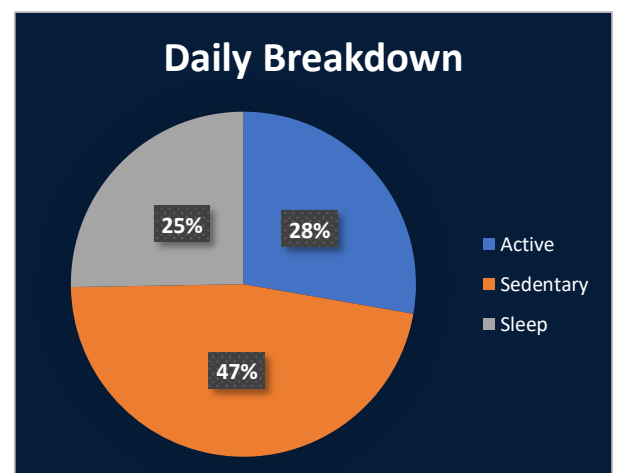


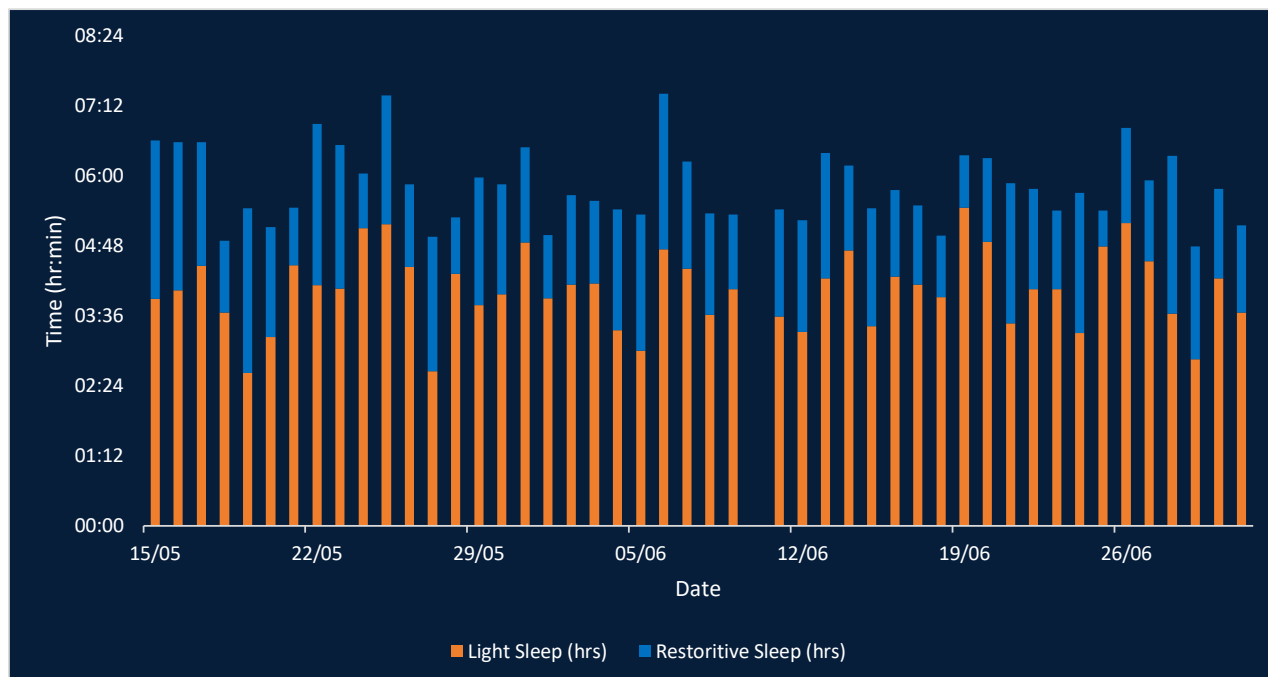
Research shows that as little as **30 minutes of exercise per day** can boost your general health and well-being. This can be achieved via activities such as hiking, brisk walking and cycling. Benefits include:

- Reduced stress
- Heart health
- Improved memory
- Increased productivity

When looking at your own data, consider the following:

- how does your step count while working from home compare to when you are in the office?
- are you consistent across the weeks or do you see large fluctuations week-by-week?
- after looking at your own data, does this make you want to change your behaviour?



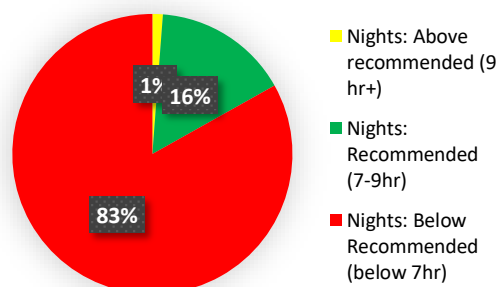


The above graph shows your average total sleep duration and the average duration of restorative sleep for each week of the project.

Sleep impacts a variety of factors (inc. mental wellbeing, physical wellbeing & performance) and most adults need between 6 and 9 hours of sleep every night. Each night, the body transitions through different stages of sleep and the time spent in each of these stages can determine the quality of your sleep. Although important restorative functions occur during all stages, the phases of deep sleep and REM sleep are the two sleep stages during which our bodies and minds undergo the most renewal. Together, deep sleep and REM sleep are often collectively referred to as “restorative sleep”.

Nights: Above recommended (9 hr+)	
2	1%
Nights: Recommended (7-9hr)	
26	16%
Nights: Below Recommended (below 7hr)	
138	83%

Sleep Duration







When looking at your own data, consider the following:

- how does your total sleep duration while working from home compare to when you are in the office?
- thinking of times when you've woken up feeling refreshed, did you notice this correlated with getting more restorative sleep?
- of the times when you achieved more restorative sleep, were there any aspects of your day that may have contributed towards this?

Your best cognitive performance was conducted in the following environment:





Distractibility

This test measures distractibility or more specifically your ability to avoid being distracted by irrelevant stimuli. Each day we are constantly challenged by things that may distract us from our work. Having a higher performance on this test indicates you are able to remain focused on the task at hand.

	Home
	Comfortable Temperature
	Slightly Loud
	High levels of natural light





Memory

This test measures your working memory or more specifically your ability to hold information temporarily. During work we are constantly required to switch between documents or conversations. Working memory is therefore a cornerstone of our cognitive processes that underpin our ability to perform complex tasks.

	Home
	Comfortable Temperature
	Slightly Loud
	High levels of natural light

Decision Making

This test measures your decision making or more specifically your ability to suppress inappropriate, irrelevant or sub optimal actions. It is estimated that an adult makes around 35,000 conscious decisions each day. Your performance on this test is reflective of you adaptive behaviour in ever-changing environments and the ability to make correct decisions allows you to fulfil your long-term goals.

	Home
	Comfortable Temperature
	Slightly Loud
	High levels of natural light

The data below illustrates how your average cognitive score compares to the rest of the research group. There are a number of factors that may have impacted your performance and it is important to identify which workplace environmental factors are impacting how you work. A lower cognitive score indicates a better performance.

