

Philips Health band endpoint directory

Measurement	Endpoint	Description	Unit of measure ²
Cardiology	Heart rate	Number of heart beats per unit of time	beats per min (bpm)
	Resting heart rate	Number of times the heart beats per minute at rest, in a neutrally temperate environment without any recent exertion or stimulation	bpm
Energy Expenditure			
	Activity counts	Number of activity counts within a given period	Numeric value
	Active energy expenditure	Energy expenditure based on a certain activity type, calculated from accelerometry or heart rate data depending on the exertion levels of the activity ¹	Kcal/mins
	Total energy expenditure	Amount of metabolic calories needed to sustain basal metabolic rate, thermoregulation, digestion and physical activity (Activity - related energy expenditure)	Kcal/min
	Active minutes	Total number of minutes scored as active (starting at 10 minutes), as compared to maximum heart rate	mins
	Activity type: walk, run	Identification of performed exercise activity	Performed exercise activity
	Step counts	Number of steps taken during an activity	Numeric value (i.e. number of steps)
	Cardio fitness index	Ability of the body to sustain metabolic needs during physical exertion, compared to the population mean with respect to age and gender	Numeric value (measured on a scale of 0 to 100): 0 equals poor fitness; 100 equals excellent fitness
	VO2 max	Maximum amount of oxygen the body can utilize during a specified period of exercise	ml/Kg/min
Sleep			
	Sleep efficiency	Percentage of time spent asleep while in bed	%
	Sleep onset latency	Length of time to transition from wakefulness to sleep	mins
	Total sleep time	Amount of time spent sleeping during the rest interval	mins
	Wake after sleep onset	Periods of wakefulness that occur after defined sleep onset	mins
Respiratory			
	Respiratory rate	Number of breaths (inhalation-exhalation cycles) per minute	Breaths/min (brpm)
	Resting respiratory rate	Number of breaths (inhalation-exhalation cycles) per minute at rest	brpm

¹ Activity Type: Examples include walking and running.

² The data list provides sleep/wake data in 30-second epochs. All other sleep data available in aggregate form. Non-sleep data available in 60-second epochs.