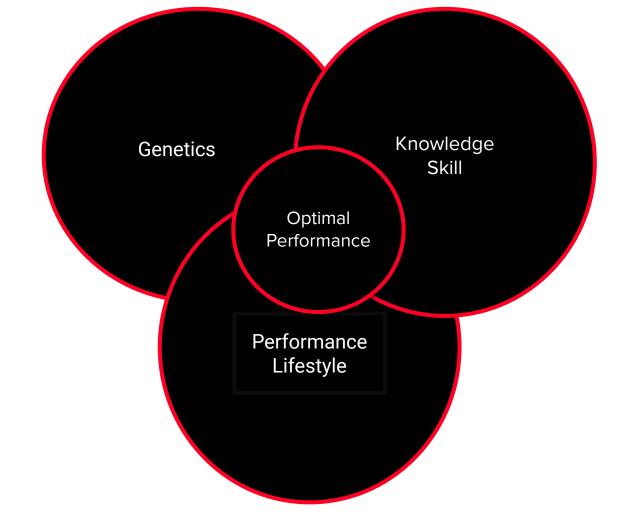
# 

**UNLOCK HUMAN PERFORMANCE** 

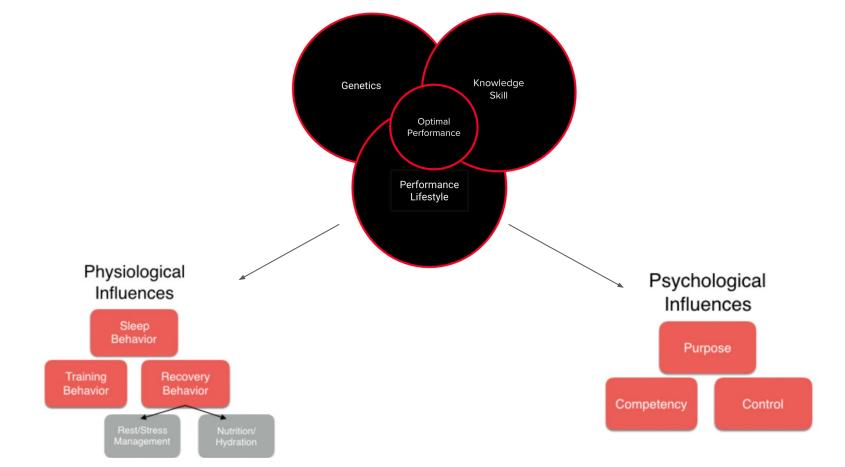
## WHAT INFLUENCES YOUR ABILITY TO PERFORM IN PRACTICE AND IN

**GAMES?** 













## **SLEEP**

Sleep Consistency 85%

Sleep Debt < 20 min

Sleep Performance > 90%





#### WHOOP RECOVERY



## FIG. 1. RECOVERY SCALE

Recovery is measured on a 0-100% scale and broken into three levels:

- Sufficient Recovery (green)
- Adequate Recovery (yellow)
- Under-Recovered (red)

## **BIGGEST INFLUENCES:**

ALCOHOL, HYDRATION STATUS, MEAL TIMING, LIGHT BEHAVIOR, SLEEP WAKE TIMING, TRAINING TIME

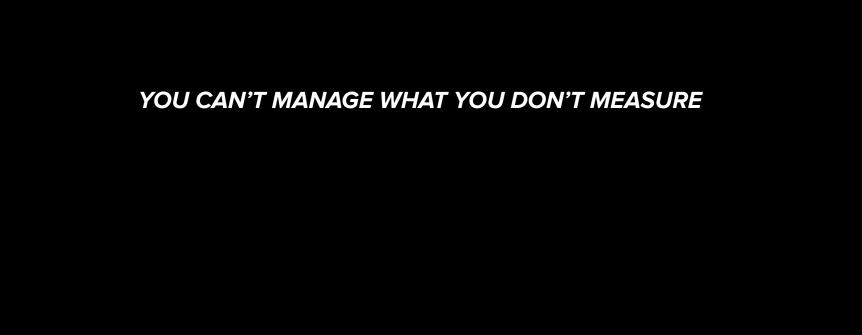


## RECOVERY ANALYSIS

We measure today's HRV, RHR, Sleep Performance as well as recent trends in all those areas.



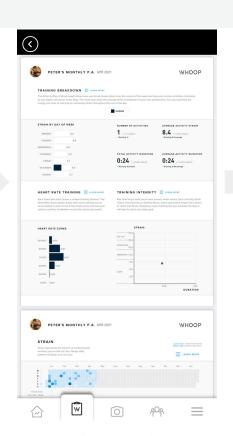
Key "Players" When Quantifying Recovery



## ATHLETES RECEIVE INSIGHTS INTO HOW DIFFERENT BEHAVIORS IMPACT THEIR HEALTH AND RESILIENCE











## THE IMPACT: A MORE RESILIENT, HEALTHIER ATHLETE



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## IMPROVED CARDIOVASCULAR FITNESS

Reduced Resting Heart Rate (RHR) by 4.4BPM



## INCREASED CAPACITY TO HANDLE STRESS

Increased Heart Rate Variability (HRV) by 8 milliseconds



#### REDUCED FATIGUE

Dedicated an additional 41 minutes to sleep per night



## **REDUCED SICKNESS**

Experienced illness 53% less often; 7% more rested



#### **REDUCED INJURIES**

Reduced injuries in athletes by 64%

CONFIDENTIAL



# SIGNIFICANT REDUCTION OF INJURY AND SICKNESS

64%

**53**%

 Reduction in injuries by 64% in athletes after wearing WHOOP for 3 months\*  Reduction of reported sickness by 53% in athletes after wearing WHOOP for 3 months\*



Athletes are spending more time in bed, getting better quality sleep and sleeping more.



Sleeping **41 more minutes** each night



Spending **59 minutes more** time in bed each night



Saw a **6 minute** increase in SWS from baselines



## **SELECT PUBLICATIONS**





#### **Validation**

- WHOOP data shown to meet the "Gold Standard" of Biometric Tracking (<u>Journal of Clinical Sleep Medicine</u>)
- WHOOP proven as most accurate, non-invasive sleep monitor (<u>WHOOP Locker Post</u>)

### **Athlete Research & Press**

- WHOOP Leverages Respiratory Rate Technology to Predict COVID-19 (<u>PR Newswire</u>)
- The Effects of Sleep Extension on the Athletic Performance of Collegiate Basketball Players (<u>Stanford Sleep Disorders</u> <u>Clinic and Research Laboratory</u>)
- Relationships between resting heart rate, heart rate variability and sleep characteristics (<u>Wiley Online Library</u>)
- WHOOP Research: Alcohol and the Collegiate Athlete (<u>original study</u>)

### Research

- Cornell Uses WHOOP Sleep Sensor to Monitor Patients for Alzheimer's (<u>Journal of Prevention of Alzheimer's Disease</u>)
- Sleep Consistency: Why We Track It, Why It Matters (<u>WHOOP locker post</u>)
- Using WHOOP to Measure Psilocybin Intervention in Veterans with PTSD (<u>WHOOP locker post</u>)

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