

Useful to Know About Finger Temperature Deviation:

Definition: Finger temperature deviation is a measurement of body temperature taken by the Inspiring® smart ring while you sleep. It shows the change in body temperature compared to an average of previous sleep measurements. This can help identify subtle changes in the body that may indicate stress, illness, or hormonal fluctuations.

Individual baseline:

- Each person's finger temperature baseline is unique. This means that small changes can have different meanings depending on the individual.
- Tracking changes in your own finger temperature over time can provide valuable insights into your health and well-being.

Normal variation:

- Body temperature naturally varies from night to night.
- Deviations of up to **1°C (1.8°F)** from the baseline are common and not necessarily a cause for concern.

Influencing factors: Finger temperature can be influenced by several factors, including:

- **Diet:** Especially the intake of spicy or hot food before bed can affect body temperature.
- **Exercise:** Intense exercise can cause a temporary increase in body temperature, especially if performed close to bedtime.
- **Alcohol consumption:** Alcohol can affect the body's ability to regulate temperature efficiently.
- **Physiological factors such as the menstrual cycle:** For women, temperature can fluctuate during different phases of the menstrual cycle.
- **Illness:** Fever or other infections can lead to higher finger temperature.
- **Sleep environment:** Factors such as room temperature, bedding, and humidity can also affect measurements.

Health insights:

- Significant deviations in finger temperature can provide insights into how your body is responding to various influences.
- For example, an increase in temperature may indicate the onset of illness or inflammation. This can be useful for detecting health issues early, before symptoms appear.

Menstrual cycle:

- For women, finger temperature measurements can provide valuable insights into the menstrual cycle. Temperature changes in the body occur as part of the hormonal cycle, where levels of estrogen and progesterone fluctuate. By tracking these temperature changes, women can gain a better understanding of the different phases of their cycle and how their body responds to them. This can be especially useful for those who want to track ovulation or monitor the regularity of their cycle.
- A rise in body temperature may indicate ovulation, which occurs in the middle of the menstrual cycle. This temperature increase is due to a rise in progesterone after ovulation and often lasts until the next menstruation. By monitoring temperature changes throughout the cycle, women can identify when ovulation has occurred, which can be useful for family planning or simply for understanding the body's natural patterns better.
- Temperature will usually drop just before menstruation begins. After progesterone levels decrease, body temperature also drops, marking the start of a new cycle. This information can help women predict when menstruation will begin and provide better insight into their individual cycle.

Stress and recovery:

- Finger temperature can also indicate stress levels and recovery.
- A lower temperature may sometimes indicate higher stress levels, while a stable temperature can be a sign of good recovery and balance in the body.

Long-term monitoring:

- It is important to track trends over time rather than focus on single measurements. This helps avoid misinterpretation of random temperature fluctuations that may be caused by external factors.
- This provides a more accurate picture of your overall health and any changes.

Interpretation and action:

- If you notice significant or persistent deviations in finger temperature, it is recommended to consult a healthcare professional. This is especially important if the temperature deviations are accompanied by other symptoms such as fatigue, pain, or feeling unwell.
- They can provide a more comprehensive assessment and advice based on your individual health data.

Limitations:

- Finger temperature measurements are a tool for insight, not a substitute for professional medical diagnosis.
- External factors such as room temperature can affect the measurements, so it is important to interpret the data with this in mind.

By understanding and monitoring your finger temperature deviations, you can gain valuable insights into your body's condition and potential changes in health. This can help you take proactive steps for your health and well-being, as well as provide useful information to healthcare professionals if needed.