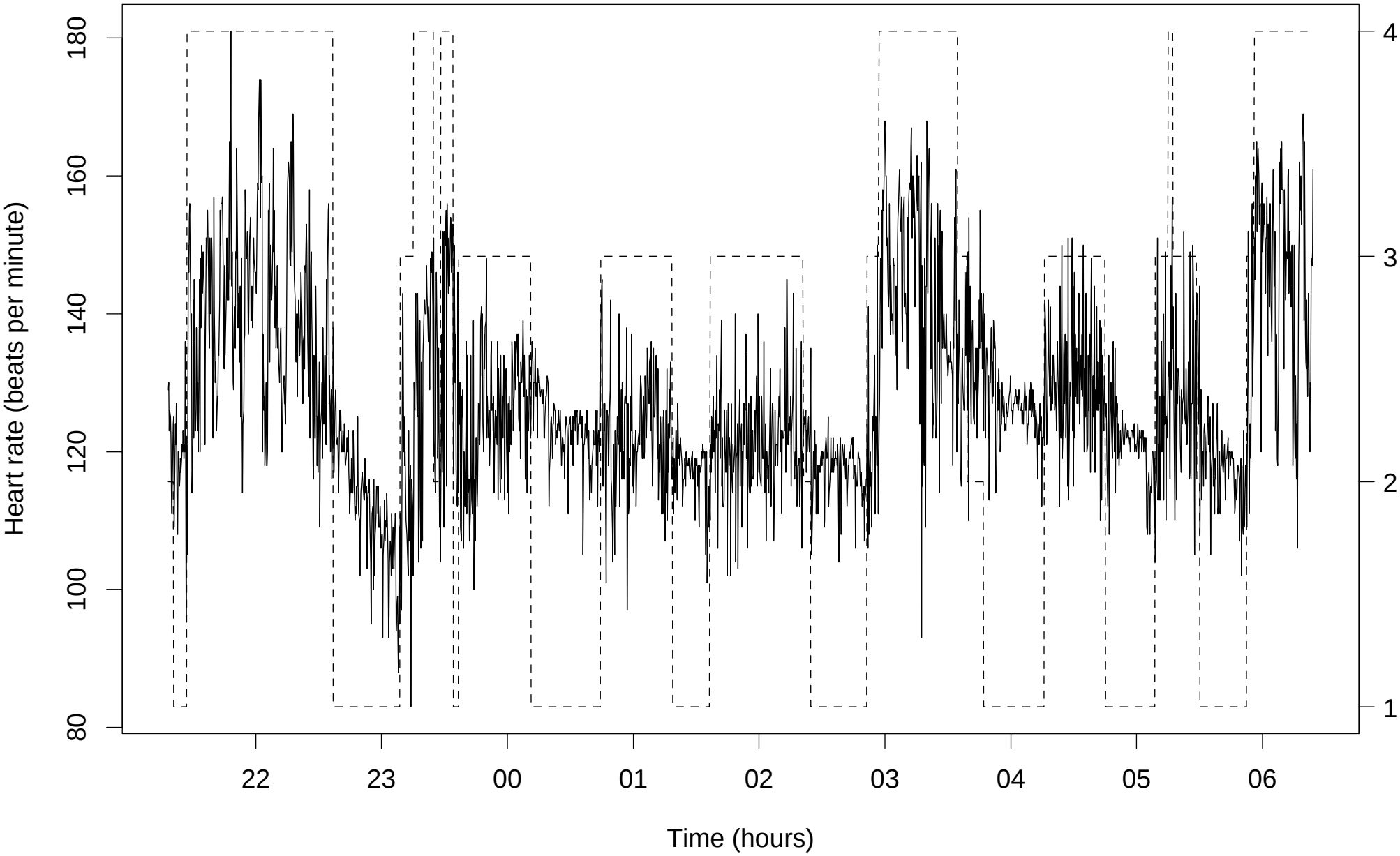
Heart rate (beats per minute)
80
100
120
140
160
180
1
2
3
4
22
23
00
01
02
03
04
05
06
Time (hours)