correspondence with friends/family heart-rate	Construct	Yes - General % (N=21)
heart-rate         76           time at which you go to sleep         71           short term memory         71           muscle tone         71           pitch perception (hearing)         71           use of space         71           hormone levels/cycles         67           commitments         67           snacking         67           multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           time spent with friends         57           how well you recognize people's moods         52           coffee drinking         52           right vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           cotot steps<		
time at which you go to sleep		_
short term memory         71           muscle tone         71           pitch perception (hearing)         71           use of space         71           hormone levels/cycles         67           commitments         67           snacking         67           multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         52           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48		
muscle tone pitch perception (hearing) use of space 71 hormone levels/cycles 67 commitments 67 snacking 67 multitasking 67 laughing 67 ability to concentrate 62 blood pressure 62 blood sugar (glucose) posture 62 response time 62 time spent with friends 63 now well you recognize people's moods and reactions 65 coffee drinking 65 night vision 65 skin changes 65 people encountered 65 grip strength 65 foot steps 67 strength (sold sugar) 68 gullibility 68 gullibility 69 mails sent/received 69 mails sent/received 69 mails sent/received 69 mails sent or a sale sugar 69 mails sent or a sale 69 mails sent or a sale 60 mails sent or a sale 61 mails sent or a sale 67 mails or a sale 67 mail		
pitch perception (hearing)         71           use of space         71           hormone levels/cycles         67           commitments         67           snacking         67           multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         <	-	
use of space         71           hormone levels/cycles         67           commitments         67           snacking         67           multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods and reactions         52           coffee drinking         52           night vision         52           scoffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           inpulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car		
hormone levels/cycles         67           commitments         67           snacking         67           multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           and reactions         52           coffee drinking         52           singth vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends		
commitments         67           snacking         67           multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family		
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multitasking         67           laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches </td <td></td> <td></td>		
laughing         67           ability to concentrate         62           blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           conversation turn-taking with family         48           impulsiveness         48           conversation turn-taking with family         48           impulsiveness         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43 <td><u> </u></td> <td></td>	<u> </u>	
ability to concentrate blood pressure cvariation from routine blood sugar (glucose) posture po		
blood pressure         62           variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43		
variation from routine         62           blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         3           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43		
blood sugar (glucose)         62           posture         62           response time         57           time spent with friends         57           how well you recognize people's moods and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43		
posture         62           response time         57           time spent with friends         57           how well you recognize people's moods         57           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43           how and w		
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time spent with friends         57           how well you recognize people's moods         32           and reactions         52           coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43           how and when you use a computer         43           application         43           sports performance	•	
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coffee drinking         52           night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43           how and when you use a computer         43           application         43           sports performance         43           clothing choices         38           spouse's mood         38           barometric pr		
night vision         52           skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           asied voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43           how and when you use a computer         43           sports performance         43           clothing choices         38           spouse's mood         38           barometric pressure         38		
skin changes         52           people encountered         52           time spent cooking         52           grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43           how and when you use a computer         43           sports performance         43           clothing choices         38           spouse's mood         38           barometric pressure         38		
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grip strength         52           foot steps         48           conversation turn-taking with family         48           impulsiveness         48           gullibility         48           emails sent/received         48           time spent in the car         48           mood self-rating         43           how much you know about your friends         43           and family         43           trips to the grocery         43           headaches         43           raised voices         43           ability to recall jokes and stories         43           touch perception         43           idle time         43           tossing and turning         43           how and when you use a computer         43           application         43           sports performance         43           clothing choices         38           spouse's mood         38           barometric pressure         38		
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impulsiveness       48         gullibility       48         emails sent/received       48         time spent in the car       48         mood self-rating       43         how much you know about your friends       3         and family       43         trips to the grocery       43         headaches       43         raised voices       43         ability to recall jokes and stories       43         touch perception       43         idle time       43         tossing and turning       43         how and when you use a computer       43         application       43         sports performance       43         clothing choices       38         spouse's mood       38         barometric pressure       38		
gullibility       48         emails sent/received       48         time spent in the car       48         mood self-rating       43         how much you know about your friends and family       43         trips to the grocery       43         headaches       43         raised voices       43         ability to recall jokes and stories       43         touch perception       43         idle time       43         tossing and turning       43         how and when you use a computer application       43         sports performance       43         clothing choices       38         spouse's mood       38         barometric pressure       38		
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mood self-rating       43         how much you know about your friends and family       43         trips to the grocery       43         headaches       43         raised voices       43         ability to recall jokes and stories       43         touch perception       43         idle time       43         tossing and turning       43         how and when you use a computer application       43         sports performance       43         clothing choices       38         spouse's mood       38         barometric pressure       38		48
how much you know about your friends and family  trips to the grocery  headaches  raised voices  ability to recall jokes and stories  touch perception  idle time  tossing and turning  how and when you use a computer application  sports performance  clothing choices  spouse's mood  barometric pressure  43  43  43  43  43  43  43  43  43  4		
and family       43         trips to the grocery       43         headaches       43         raised voices       43         ability to recall jokes and stories       43         touch perception       43         idle time       43         tossing and turning       43         how and when you use a computer application       43         sports performance       43         clothing choices       38         spouse's mood       38         barometric pressure       38		43
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raised voices       43         ability to recall jokes and stories       43         touch perception       43         idle time       43         tossing and turning       43         how and when you use a computer application       43         sports performance       43         clothing choices       38         spouse's mood       38         barometric pressure       38		43
ability to recall jokes and stories  touch perception  dile time  tossing and turning  how and when you use a computer application  sports performance  clothing choices  spouse's mood  barometric pressure  43  43  43  43  43  43  43  43  43  4	headaches	43
touch perception       43         idle time       43         tossing and turning       43         how and when you use a computer application       43         sports performance       43         clothing choices       38         spouse's mood       38         barometric pressure       38	raised voices	43
idle time 43 tossing and turning 43 how and when you use a computer application 43 sports performance 43 clothing choices 38 spouse's mood 38 barometric pressure 38	ability to recall jokes and stories	43
tossing and turning  how and when you use a computer application 43 sports performance 43 clothing choices 38 spouse's mood 38 barometric pressure 38	touch perception	43
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clothing choices 38 spouse's mood 38 barometric pressure 38		
spouse's mood 38 barometric pressure 38		
barometric pressure 38		
	number of digital photos taken	38

TV watching	38
news watched/read	33
awareness of time	33
bathroom trips	33
refrigerator open/close	33
alcohol drinking	29
adjustments to the thermostat	29
snoring	24
community traffic congestion	19
pet activity levels	14
use of microwave	10
knuckle-cracking	0
smoking	0

Construct	Yes - Investigation % (N=21)
time at which you go to sleep	80
ability to concentrate	70
idle time	70
hormone levels/cycles	65
heart-rate	60
commitments	60
variation from routine	55
blood pressure	55
snacking	50
awareness of time	50
mood self-rating	45
short term memory	45
impulsiveness	45
blood sugar (glucose)	45
posture	45
time spent with friends	45
	45
people encountered TV watching	45
muscle tone	
	40
multitasking	
time spent in the car	40
foot steps	40
headaches	40
how well you recognize people's moods	25
and reactions	35
conversation turn-taking with family	35
time spent cooking	35
laughing	35
response time	35
trips to the grocery	35
raised voices	35
coffee drinking	35
spouse's mood	35
alcohol drinking	35
tossing and turning	30
news watched/read	30
barometric pressure	30
refrigerator open/close	30
grip strength	30
pitch perception (hearing)	25
ability to recall jokes and stories	25
how and when you use a computer	0.5
application	25
adjustments to the thermostat	25
community traffic congestion	25
how much you know about your friends	
and family	20
sports performance	20
use of space	20
night vision	20

gullibility	20
touch perception	15
clothing choices	15
bathroom trips	15
pet activity levels	15
correspondence with friends/family	10
skin changes	10
emails sent/received	10
snoring	10
use of microwave	10
knuckle-cracking	5
number of digital photos taken	0
smoking	0