ADDENDUM

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The *Spiegel Online* (<http://www.spiegel.de/international/>) by Philip Bethge on May 5, 2012, was titled “A Future of Self-Surveillance? Tech Pioneers Track Bodily Functions Day and Night.” Accordingly, the authors of the foregoing article (Halberg et al) trust that those concerned with self-tracking will include the self-surveillance of blood pressure and heart rate, analyzed chronobiologically in repeated passes over the accumulating data at systematically selected times during their entire lifespans. In this endeavor, they can focus on vascular variability disorders as a first step. Thereby, one immediately gauges undue

loads (ie, strain) and is informed as to their associations that can provide clues for stress relief; one also detects changes in the risk of severe disease and disease-related events, such as stroke (within 6 years, from <5% to near 100%, in one cited study); those treated for high blood pressure will not fly blind to risks induced by the medication (Figure A) that cannot be detected by office visits. As a dividend, one even learns about the effects of space weather on human mental functions (Figure B) that may lead to a better understanding and countermeasures against sudden cardiac death, suicide, crime, terrorism, war,

Figure A “First do no harm” to some of the many millions of treated hypertensives whose VVAs are currently undetected.

Figure B The influence of space weather on the human mind more than matches the well-known association of interplanetary and earth magnetism. Moreover, systolic blood pressure can be automatically monitored during sleep as well as waking as a proxy for mental functions.

Mood (red) is more congruent (similar in terms of its frequency structure) to magnetism of space (SWS) and earth (aa) than SWS and aa are to each other (blue). Systolic blood pressure (SBP, green) may serve as proxy for mental functions.

and possibly natural disasters such as earthquakes. Those advised to reduce sodium intake could check whether salt lowers or increases the blood pressure mean or leaves it unaltered. Those diagnosed with cancer could collect saliva to survey their cancer markers, chronobiologically analyzed, for cycles and thus guide treatment by the characteristics of a host of rhythms, etc.