



CalmTide

Cortisol, Measured.

Estimate your cortisol load and HPA-axis balance from Apple Health. A weekly score. An 8-week trend you can actually move. Zero accounts.

iPhone • Apple Watch • Home Screen Widget

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Health & Fitness • Free + Pro • App Store



CalmTide

What it does

Turn your week's stress into one number.

CalmTide reads the HRV, sleep, workouts and breathwork your Apple Watch already collects, weighs them against published exercise-and-recovery research, and turns them into a single weekly HPA Balance Score — plus a daily read on whether today's cortisol is likely low, moderate, elevated, or high.

0

accounts. no sign-up.
no email. ever.

100%

on-device.
computed from Apple Health.

8wk

baseline-cortisol trend
most apps never show.

Why people use CalmTide

- **One score for the stress that matters.**
A weekly HPA Balance Score (0–100) from HRV, sleep, training load and breathwork — a ring you check at a glance.
- **See today before it costs you.**
A daily cortisol read with one smart recommendation and a five-item protocol: breathwork, Zone 2, sleep, no stacked hard sessions, morning sun.
- **Watch the trend, not the noise.**
An 8-week estimated-baseline-cortisol line against an optimal target, with annotated spikes and milestone markers.
- **Better with sun.**
Connect SolGlow and your morning-light minutes and Cortisol Awakening Response feed straight into your score.



Eight things CalmTide does well.

Built for people who train hard and want to recover smart. Designed for people who actually read privacy policies.



HPA Balance Score

A single weekly 0–100 ring summarising HRV, sleep, training load and breathwork against published research.



Daily cortisol read

Today's likely cortisol band — low, moderate, elevated, or high — with one tailored recommendation.



8-week trend

Your estimated baseline cortisol charted against an optimal trajectory, with annotated spikes and milestones.



Apple Watch app PRO

Your HPA score and today's recommendation on your wrist, synced from the phone.



Home Screen widgets PRO

A Today-summary widget and an HPA-ring widget keep your trend one glance away.



Guided breathwork

A built-in timer for the five-minutes-a-day practice with a measurable cortisol effect — logged toward your score.



Smart notifications

An 8am check-in, post-hard-workout recovery nudges, a Sunday weekly summary, and a stacked-session alert.



Private by design

No accounts. No analytics. No advertising. Everything is computed on-device from Apple Health.



CalmTide

The science underneath

Models you can name. Research you can check.

CalmTide doesn't invent numbers. Its scoring is informed by peer-reviewed exercise endocrinology — the dose-response between training load and cortisol, and the measurable cortisol effects of sleep, breathwork and morning light.

- **Exercise & the HPA axis**

Hackney, A.C. (2020). Stress and the neuroendocrine system: the role of exercise as a stressor. *Expert Review of Endocrinology & Metabolism*.

- **Dose & modality**

MDPI Sports (2025). Optimal Exercise Modality and Dose for Cortisol Reduction — a Systematic Review & Network Meta-Analysis.

- **Breathwork & recovery**

Moszeik et al. (2025). Effects of Online Yoga Nidra on Cortisol and Well-Being — an RCT. *Stress and Health*.

- **Activity & mental health**

Zschucke et al. (2015), *European Archives of Psychiatry*; Mahindru et al. (2023), *Cureus*.

- **HRV as a proxy**

Heart-rate variability (SDNN) is the single best non-invasive proxy for HPA-axis state — every drop nudges your estimated cortisol load up.

Privacy you can actually verify.

- No accounts. No sign-in. No advertising. No analytics SDKs.
- Every score is computed on-device from Apple Health.
- No health data ever leaves your iPhone — there are no servers.
- Staged permissions: deeper metrics are requested only when you use the features that need them.
- Delete the app and every byte goes with it.





Find your calm baseline.

Available on the App Store. iPhone + Apple Watch.

CalmTide

Free to download

CalmTide Pro — \$4.99/month or \$29.99/year, each with a 1-month free trial · or \$19.99 lifetime unlock.

Health & Fitness · No ads · Cancel anytime

Requires iOS 18.6 or later. Apple Watch (watchOS 11+) recommended.

CalmTide provides wellness estimates based on published exercise-physiology research. It is not a medical device and does not diagnose, treat, cure or prevent any condition. Estimates are model-based and may be inaccurate. Always consult a qualified healthcare professional before making decisions about training, recovery, or stress.

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