

Autonomic Nervous system Stress Analysis Report(HRV)

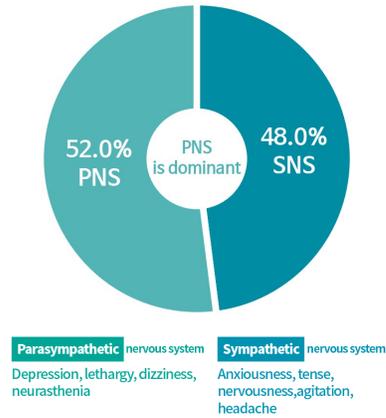
Name: john doe Sex: Male Date of birth: 1997.11.05 (25.0Y) Test date: 2022.11.18 (UTC)

1 HRV Comprehensive analysis result

Health Indicator	Low	Normal	High	Value	%ile
Mean Heart Rate				89.16 (beats/min)	90 %ile
Max. Heart Rate				100.0 (beats/min)	84 %ile
Min. Heart Rate				75.0 (beats/min)	85 %ile
Stress Index				176.81	86 %ile
RMSSD				35.76 (ms)	65 %ile
SDNN				41.34 (ms)	49 %ile
Total Power				1340.24 (ms ²)	69 %ile
SNS				47.9 (n.u.)	44 %ile
PNS				51.91 (n.u.)	69 %ile

*SNS : Sympathetic activity PNS : Parasympathetic activity

Balance in Autonomic nervous system

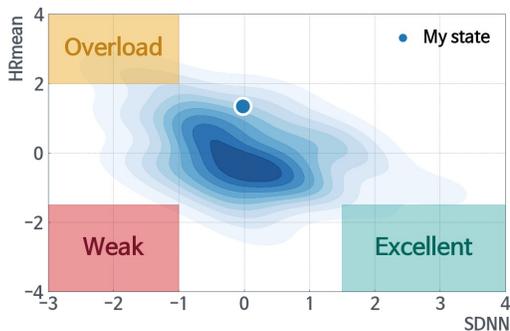


Findings on HRV analysis

Your sympathovagal balance is (48 : 52), compared to age/sex-matched norm measurements suggest dominance in 'PNS', causing mild depression, dizziness, indigestion, neurasthenia. Stress management, proper sleep, and a healthy diet is recommended.

2 HRV measurement 2D analysis(Age/Sex)

This 2D overview displays age-sex matched standard distribution chart of healthy people compared to your measurement. Your current heart condition will be analyzed and matched to the normative database for display.

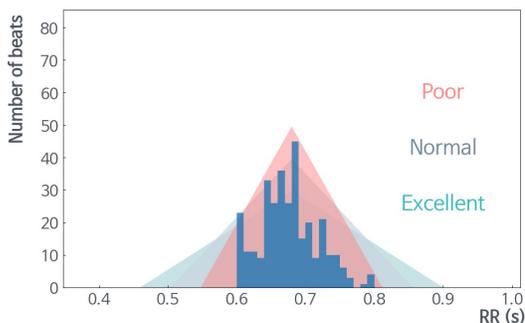


Findings on HRV analysis

This 2D HRV analysis indicates your heart is performing normally. The heart rate and the variability is also performing in average. Based on expected performance for your age. However, recommended regular enhancement programs involve hiking, riding a bicycle, and cardio exercises with the length of 150 minutes per week, 5 sessions per 30 minutes to improve your heart condition from normal to well.

3 HRV Histogram

This histogram shows the HRV - heart rate variability conveniently. The flat histogram(triangular) implies active heart dynamicity and excellent adaptiveness to the changing environment. If the histogram displays sharp and high shape(triangular), your HRV is relatively unstable poorly adapting to the changing environment.



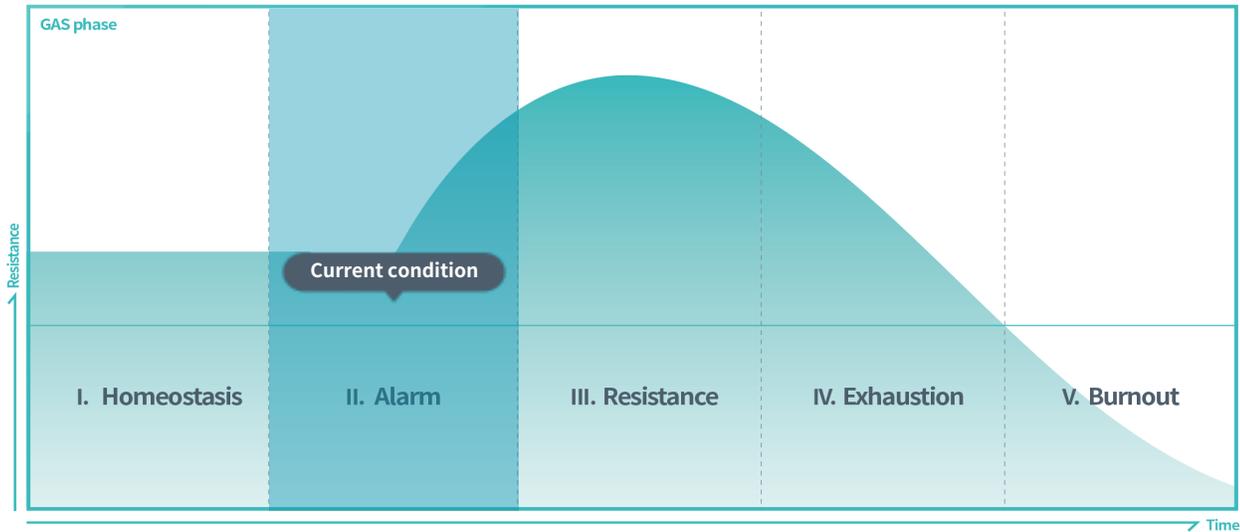
Findings on HRV analysis

This HRV histogram analysis indicates your heart's performance is relatively poor. Compared with your peers, your HRV is less dynamic and inactive. Your heart shows a lack of adaptiveness to the new and changing environment.

* The following test result is provided by "iSyncHeart", a medical device approved by South Korea's Ministry of Food and Drug Safety. The EEG and HRV test results reflect the condition of the client/patient at the time. It does not replace a clinical diagnosis from a doctor.

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AI Analysis on Five Stages of Stress



The five stages of stress classification are based on the work of Hans Selye, an Austrian endocrinologist who first developed the theories of stress.

The iMedisSync stress report analyzes your PPG rhythm pattern with an AI algorithm, displaying 5 stages of stress from homeostasis to burnout.

GAS phase	Description
I : Homeostasis	You are in stable condition with zero to little stress. A clinically balanced state of the mind may cause you to feel a sense of dullness from time to time.
II : Alarm	Your body is still in balance, yet a slight increase in stress level has been detected. Your heart will increase its variability to adapt to the initial stress. The sympathetic nervous system will increase its activity, yet the parasympathetic nervous system will show less activeness in comparison. Overall, your autonomic nervous system is trying to counter stress by activating its defense system.
III : Resistance	The stress level has increased to a noticeable amount which now is a possible threat to your health. The body is resisting stress by increasing the variability to its maximum extent to decrease the burdens of stress. The autonomic nervous system activity also follows the heart rate variability increase. The sympathetic nervous system shows a steady increase, and parasympathetic nervous values show declination. You may experience sharpened senses and anxiety, nervousness due to the factors described above.
IV : Exhaustion	The stress is now significantly accumulated in your body. You may experience tension in your body including sore muscle, sleep disorder, lack of focus. The maximized heart rate variability will slowly decline as your body is unable to keep up with the current environment. The autonomic nervous system activity and the parasympathetic nervous system decrease. However, the sympathetic nervous system values start to increase to their extent.
V : Burnout	You are now experiencing burnout. Due to chronic stress, your energy and stamina have drowned. Heart rate variability displays a dramatic decrease, and the autonomic nervous system shows low activity. The sympathetic/parasympathetic nervous system may show minimized underactive values. You are in absolute need of relaxation and recovery as in facing the danger of clinical illness.

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AI Sensitivity Analysis

(AI) Depression Analysis



john doe's depression score is normal.

How you feel, and what you feel could be reflected in what we see in the weather forecast. Some days your sense of mood is filled with a ray of sunshine and a cool breeze of wind. Some days you feel like gloomy days are continuing with gray clouds in the sky. In that regard, if you feel depressed most of the time as if the sky is filled with gray cloud and rain, there is a possibility that you are experiencing clinical depression. However, your state of mind could always turn toward the positive side as weathers change. We recommend you pay close attention to your mood weather forecast.

(AI) Anxiety Analysis



john doe's anxiety score is normal.

Whether we are performing an important task or just living daily lives, experiencing anxiety could happen to any one of us. On the other hand, feeling anxious does not necessarily connect to disease or sickness. Enough amount of anxiety could lead to an increase in efficiency and improved task solving. But if you experience that anxiety negatively affects you, keep a watchful eye on your state of mind to find balance.

Three stages of Depression

Stage Classification	Description
I : Normal	You may feel mildly depressed from time to time. But in clinical terms, you should not be concerned.
II : Mildly Depressed	You may feel sense of depression from time to time. We recommend you to regain energy by starting regular exercise and meditation.
III : Depressed	You are experiencing a severe depression in your daily lives. We recommend actively engaging a series of exercise, hobby, mindfulness activities to regain balance in mind and body. Also a clinical diagnoses from a Doctor is critical.

Three stages of Anxiety

Stage Classification	Description
I : Normal	You may experience mild anxiety from time to time. But in clinical terms, you should not be concerend.
II : Mildly Anxious	You may feen sense of anxiety from time to time. We recomand you to regain balance in mind and body through regular exercise and mediation.
III : Anxious	You are experiencing a anxiety for no clear causes in your daily lives. This may affect you to have insomnia and hyperventilation. We recommend a clinical diagnosis from the Doctor for treatment.

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