

Autonomic Nervous system Stress Analysis Report(HRV)

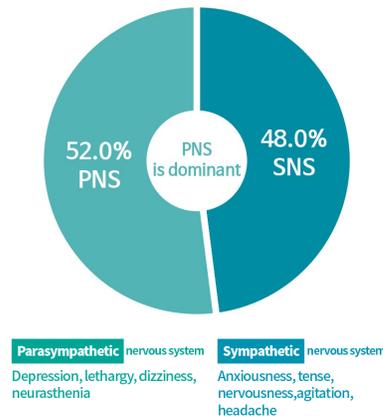
Name: john doe Sex: Male Date of birth: 1997.11.05 (25.0Y) Test date: 2022.11.18 (UTC)

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

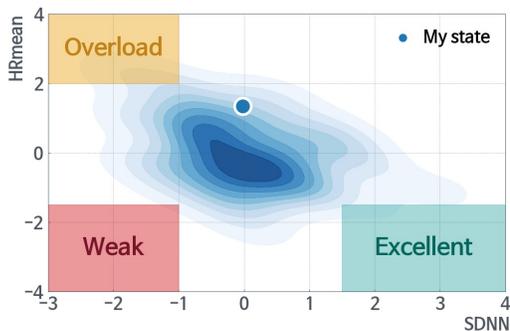


Findings on HRV analysis

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.

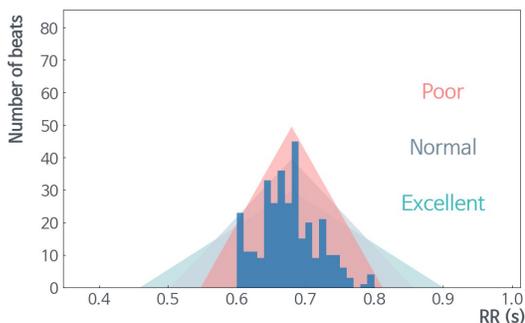


Findings on HRV analysis

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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