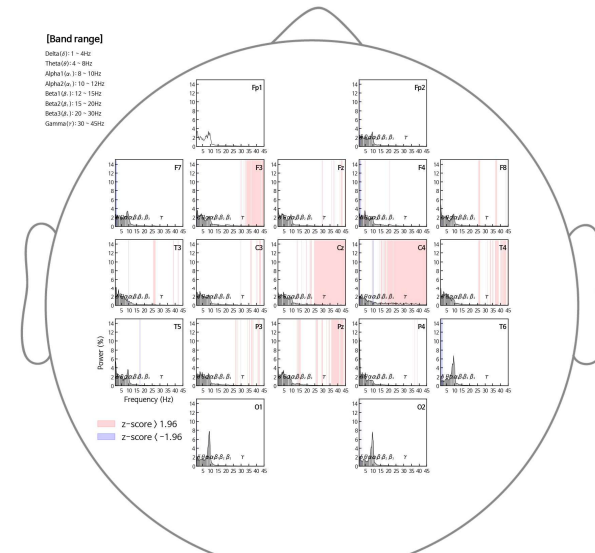
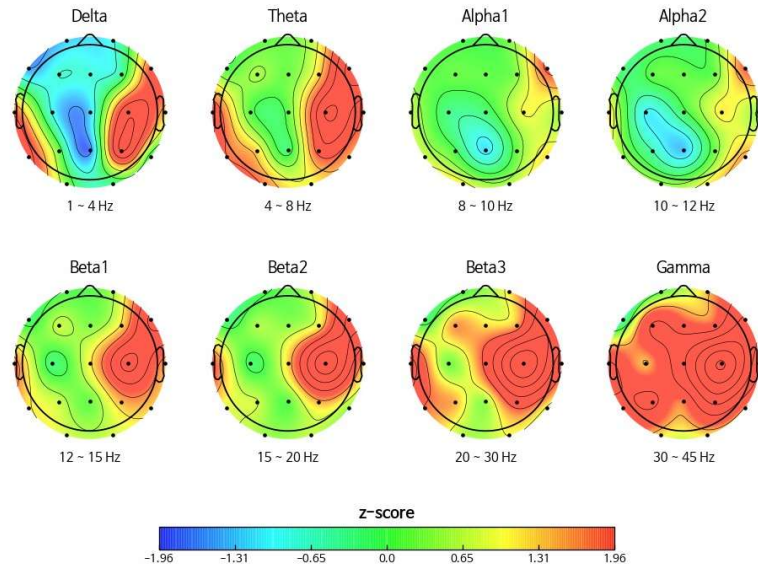
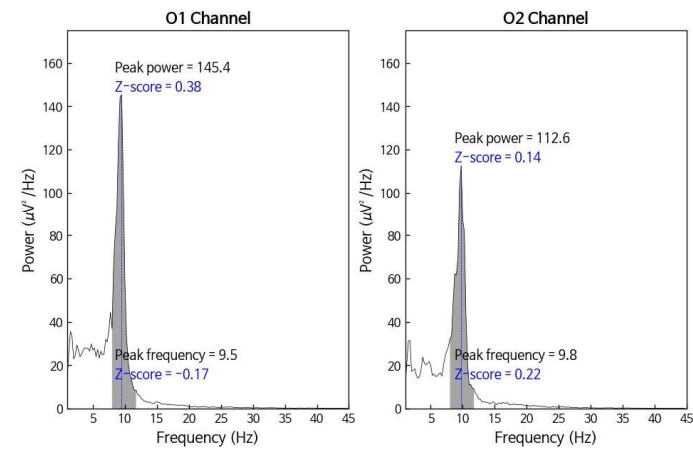
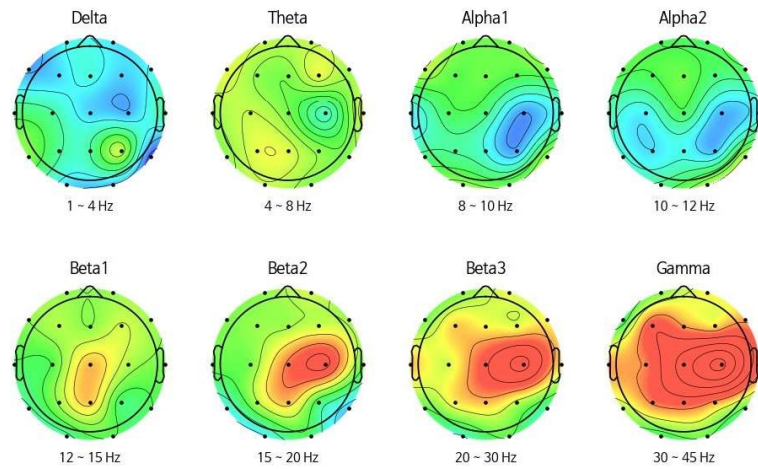


[Topomap (Abs. power)]

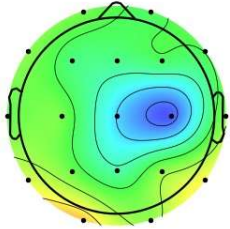


[Topomap (Rel. power)]

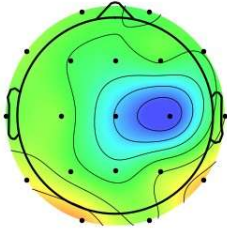


Unit: a.u.

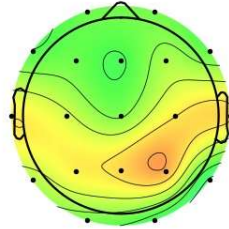
Theta/beta ratio (TBR)



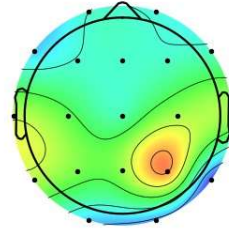
Theta/beta2 ratio (TBR2)



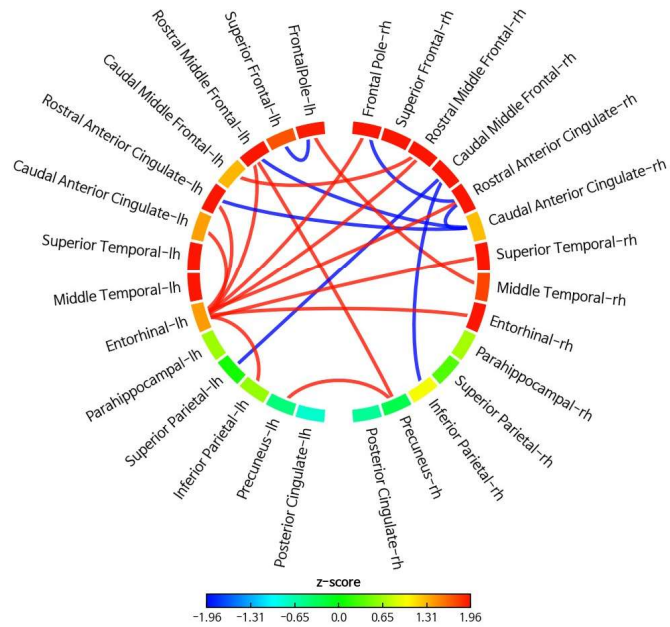
Theta/alpha ratio (TAR)



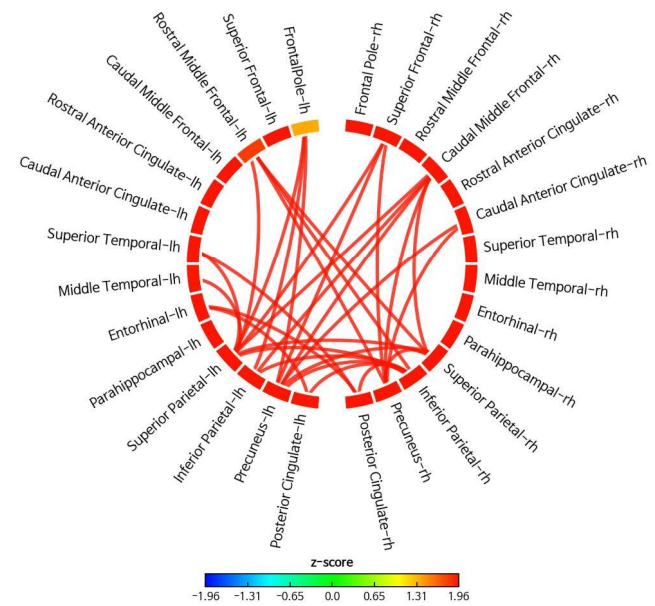
Delta/alpha ratio (DAR)



Alpha1



Gamma

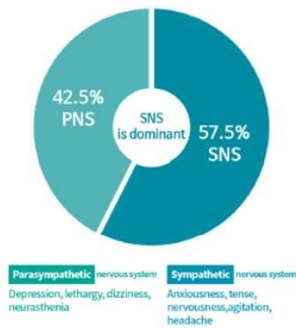


1 HRV Comprehensive analysis result

Health Indicator	Low	Normal	High	Value	%ile
Mean Heart Rate				100.19 (beats/min)	93 %ile
Max. Heart Rate				105.63 (beats/min)	69 %ile
Min. Heart Rate				94.94 (beats/min)	98 %ile
Stress Index				791.77	99 %ile
RMSSD	I			15.53 (ms)	1 %ile
SDNN				15.7 (ms)	0 %ile
Total Power				100.93 (ms ²)	0 %ile
SNS				57.47 (n.u.)	85 %ile
PNS				42.5 (n.u.)	19 %ile

*SNS : Sympathetic activity PNS : Parasympathetic activity

Balance in Autonomic nervous system

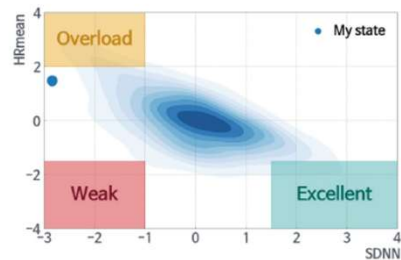


Findings on HRV analysis

Your sympathovagal balance is (57 : 43). Compared to an age/sex-matched normative database, your measurements suggest dominance in 'SNS', causing anxiousness, nervousness, agitation and headache. Stress management, proper sleep, and a healthy diet is recommended.

2 HRV measurement 2D analysis

This 2D plot displays the standard distribution for peers in the same age range and sex. Your current heart condition will be superimposed on the normative database for display.



Findings on HRV analysis

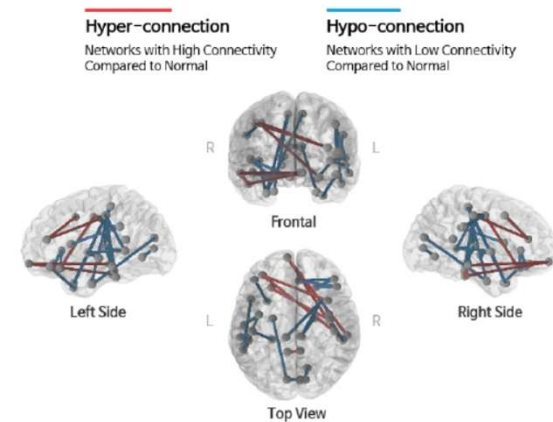
This 2D HRV analysis indicates your heart is performing normally. The heart rate and the variability is also performing in average. Based on expected performance for your age. However, recommended regular enhancement programs involve hiking, riding a bicycle, and cardio exercises for 150 minutes per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

4 Brain Balance

Brain Balance can be assessed through the connectivity of the brain.

After identifying the connectivity between each of the 68 anatomical brain regions and determining lateralization, i.e., whether the left or right hemisphere is more activated, we can assess the Alpha wave connectivity pattern. Quantifying the degree of activation compared to the norm allows us to categorize the lateralization as left-brained or right-brained. Higher values suggest stronger connectivity, while low connectivity in both regions predicts impairment.

If the left hemisphere is dominant, language abilities and logical reasoning may be well developed, while dominance of the right hemisphere may lead to superior emotional abilities and enhanced spatial processing. Reduced Alpha band connectivity between hemispheres may raise suspicions of autism spectrum disorder, while excessively increased connectivity at high Alpha bands may suggest ADHD.



Weak Connectivity

