Baseline

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 0.000196313 sec^2

Power in the low frequency band: 0.000587117 sec^2

Power in the high frequency band: 0.000282517 sec^2

Power in the very high frequency band: 7.13807e-06 sec^2

Sympathetic: 0.675131

Vagal: 0.324869

Sympathetic-vagal balance: 2.07817

Heart Rate 53.85035

Stressor

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 0.000196313 sec^2

Power in the low frequency band: 0.000587117 sec^2

Power in the high frequency band: 0.000282517 sec^2

Power in the very high frequency band: 7.13807e-06 sec^2

Sympathetic: 0.675131

Vagal: 0.324869

Sympathetic-vagal balance: 2.07817

HR 54.23397

R1

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 3.1266e-05 sec^2

Power in the low frequency band: 0.000350925 sec^2

Power in the high frequency band: 0.000333627 sec^2

Power in the very high frequency band: 1.46424e-05 sec^2

Sympathetic: 0.512635

Vagal: 0.487365

Sympathetic-vagal balance: 1.05185

HR 53.03296

R2

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 3.0338e-05 sec^2

Power in the low frequency band: 0.000234486 sec^2

Power in the high frequency band: 0.000311827 sec^2

Power in the very high frequency band: 3.80594e-06 sec^2

Sympathetic: 0.429215

Vagal: 0.570785

Sympathetic-vagal balance: 0.751973

HR 53.14540

R3

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 1.61615e-05 sec^2

Power in the low frequency band: 0.000105538 sec^2

Power in the high frequency band: 0.000210783 sec^2

Power in the very high frequency band: 9.11264e-06 sec^2

Sympathetic: 0.333642

Vagal: 0.666358

Sympathetic-vagal balance: 0.500696

HR 55.57089

R4

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 2.26278e-05 sec^2

Power in the low frequency band: 0.000285172 sec^2

Power in the high frequency band: 0.000349872 sec^2

Power in the very high frequency band: 1.10655e-05 sec^2

Sympathetic: 0.449058

Vagal: 0.550942

Sympathetic-vagal balance: 0.815074

HR 53.53623

R5

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 5.28481e-05 sec^2

Power in the low frequency band: 0.000440935 sec^2

Power in the high frequency band: 0.000409009 sec^2

Power in the very high frequency band: 3.03539e-06 sec^2

Sympathetic: 0.518781

Vagal: 0.481219

Sympathetic-vagal balance: 1.07806

HR 52.34040

R6

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 2.14047e-05 sec^2

Power in the low frequency band: 0.000173607 sec^2

Power in the high frequency band: 0.00029557 sec^2

Power in the very high frequency band: 6.80919e-06 sec^2

Sympathetic: 0.370025

Vagal: 0.629975

Sympathetic-vagal balance: 0.587364

HR 52.38214

R7

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 1.31519e-05 sec^2

Power in the low frequency band: 0.000118079 sec^2

Power in the high frequency band: 0.000242353 sec^2

Power in the very high frequency band: 7.10018e-06 sec^2

Sympathetic: 0.327605

Vagal: 0.672395

Sympathetic-vagal balance: 0.487221

HR 51.84486

R8

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 4.13843e-05 sec^2

Power in the low frequency band: 0.00032247 sec^2

Power in the high frequency band: 0.000253575 sec^2

Power in the very high frequency band: 1.87162e-05 sec^2

Sympathetic: 0.5598

Vagal: 0.4402

Sympathetic-vagal balance: 1.2717

HR 53.40683

R9

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 1.76799e-05 sec^2

Power in the low frequency band: 0.000279944 sec^2

Power in the high frequency band: 0.000352955 sec^2

Power in the very high frequency band: 1.40114e-05 sec^2

Sympathetic: 0.44232

Vagal: 0.55768

Sympathetic-vagal balance: 0.793142

HR 55.41634

R10

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 5.86597e-05 sec^2

Power in the low frequency band: 0.000340306 sec^2

Power in the high frequency band: 0.00031486 sec^2

Power in the very high frequency band: 5.53589e-06 sec^2

Sympathetic: 0.519419

Vagal: 0.480581

Sympathetic-vagal balance: 1.08082

HR 54.05860

R11

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 1.51022e-05 sec^2

Power in the low frequency band: 0.000131546 sec^2

Power in the high frequency band: 0.000205263 sec^2

Power in the very high frequency band: 5.21264e-06 sec^2

Sympathetic: 0.390565

Vagal: 0.609435

Sympathetic-vagal balance: 0.640864

HR 51.40665

R12

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 0.000133086 sec^2

Power in the low frequency band: 0.000782334 sec^2

Power in the high frequency band: 0.000356365 sec^2

Power in the very high frequency band: 3.57675e-06 sec^2

Sympathetic: 0.687042

Vagal: 0.312958

Sympathetic-vagal balance: 2.19531

HR 54.29139

R13

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 0.000304622 sec^2

Power in the low frequency band: 0.00160348 sec^2

Power in the high frequency band: 0.000460405 sec^2

Power in the very high frequency band: 1.96343e-05 sec^2

Sympathetic: 0.776923

Vagal: 0.223077

Sympathetic-vagal balance: 3.48275

HR 55.94489

R14

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 7.11209e-05 sec^2

Power in the low frequency band: 0.0011054 sec^2

Power in the high frequency band: 0.000881113 sec^2

Power in the very high frequency band: 1.51313e-05 sec^2

Sympathetic: 0.556453

Vagal: 0.443547

Sympathetic-vagal balance: 1.25455

R15

HRV Analysis, CH1, PPG (Pulse)

Power in the very low frequency band: 4.32115e-05 sec^2

Power in the low frequency band: 0.000433325 sec^2

Power in the high frequency band: 0.00028641 sec^2

Power in the very high frequency band: 5.44865e-06 sec^2

Sympathetic: 0.602062

Vagal: 0.397938

Sympathetic-vagal balance: 1.51295

HR 55.75860