

Neuroflow Stress Test Report

Patient Name: Dylan Tran

Report Date: 01/25/2025 18:57

Metric	Result	Interval	Percentile
SDNN	50	70.115 ±28.03	23.65
RMSSD	51	71.437 ±35.99	28.51
pNN50	100	19.782 ±9.46	100.0
BPM	89	79.1 ±14.5	75.26

Overall Stress Score: 65/100

Interpretation

SDNN

This number shows whether or not your variability is within the standard overall range. Higher numbers usually indicate that your body is coping better with stress.

RMSSD

This reflects parasympathetic activity. Higher numbers indicate restfulness.

pNN50

This reflects how active the parasympathetic system is relative to the sympathetic nervous system. The higher the value, the more relaxed the body is. Low pNN50 values indicate tiredness or high-stress.

BPM

This reflects the number of heartbeats per minute. BPMs fluctuate with physical activity, but lower numbers indicate higher fitness levels.

Clinical Recommendations:

Recommend stress management techniques and follow-up consultation.