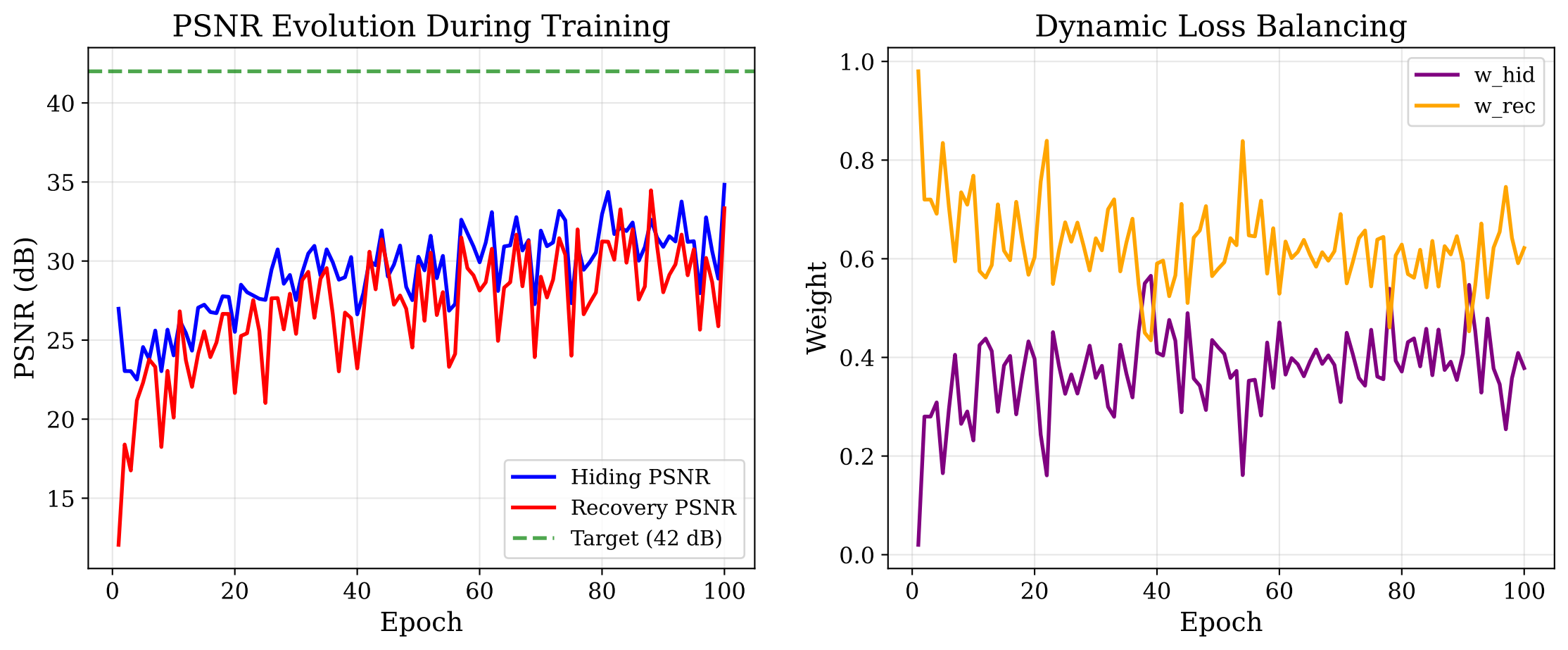
PSNR Evolution During Training
PSNR (dB)
Epoch
Hiding PSNR
Recovery PSNR
Target (42 dB)
Dynamic Loss Balancing
Weight
Epoch
w_hid
w_rec