1

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

2

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

3

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

4

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

5

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

6

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

7

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

8

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

9

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

10

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

11

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |

12

|  | 1.1 | 1.2 | 1.3 |
| --- | --- | --- | --- |
| Chest breathing interval | Low | Moderate | High |
| Chest raw acc (vertical, lateral, sagittal) | Low | Moderate | High |
| Chest raw breathing | Low disperse | Moderately disperse | Highly disperse |
| Chest raw ecg | Thin band with low amplitude waves | Moderately thin band with high amplitude waves | Thick band with higher amplitude waves |
| Chest rr interval | Low amplitude waves in mid section | High amplitude waves in mid section | Higher amplitude waves in mid section |
| Ear aac left | Low amplitude waves concentrated in mid section | High amplitude waves moderately concentrated in mid section | Higher amplitude waves highly concentrated in mid section |
| Ear aac right | Low amplitude waves concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) |
| Ear gyro left | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear gyro right | Almost same amplitude but distributed over smaller range | Almost same amplitude but distributed over larger range | Almost same amplitude but distributed over much larger range |
| Ear ppg left | Almost same | Almost same | Almost same |
| Ear ppg right | Almost same | Almost same | Almost same |
| Forehead acc | Almost same | Almost same | Almost same |
| Forehead eeg beta abs | Almost same | Almost same | Almost same |
| Forehead eeg delta abs | Almost same | Almost same | Almost same |
| Forehead eeg gamma abs | Almost same | Almost same | Almost same |
| Forehead eeg raw | Almost same | Almost same | Almost same |
| Forehead eeg theta abs | Almost same | Almost same | Almost same |
| Wrist acc | Low amplitude waves concentrated in mid section  ( ax - highest  ay - moderate  az - lowest  ) | High amplitude waves moderately concentrated in mid section  ( ax - moderate  ay - lowest  az - highest  ) | Higher amplitude waves highly concentrated in mid section  ( ax - lowest  ay - highest  az - moderate  ) |
| Wrist bvp | Almost same | Almost same | Almost same |
| Wrist eda | Higher amplitude | Moderate amplitude | Low amplitude |
| Wrist hr | Higher amplitude with shareper crests | Moderate amplitude with sharp crests | Low amplitude with blunt crests |
| Wrist ibi | Higher trough | Moderate trough | Low trough |
| Wrist skin temperature | Higher temperature | Moderate temperature | Lower temperature |