HRV at Different Coherence Levels
Higher coherence = more structured oscillations
High Coherence (target=0.30)
Intermediate (target=0.20)
Low (target=0.10)
Very Low (target=0.05)
RR Interval Deviation (ms)
Time (seconds)
HRV Power Spectra
Coherent spectra have sharp peaks
High Coherence
Intermediate
Low
Very Low
LF band
HF band
Power (ms²/Hz)
Frequency (Hz)
Computed C_bio^log
Matches target coherence levels
High threshold
Low threshold
C_bio^log
High Coherence
Intermediate
Low
Very Low
C_bio Recovery Validation
Computed matches target
Identity
r = -0.994
p < 0.001
Computed C_bio^log
Target C_bio^log