

Personal session report: single session

Generated: Sep 18, 2026, 4:12 PM

Sep 18, 2026, 3:20 PM · Settle Body and Mind (short) · Duration 39 min
· Device: HRV

Session unit: Demo Enterprise Co., Ltd.

Session 12 of 12 · 6 days since the previous session · Monitored segments 21/23

Key numbers

Raw physiological values

<div>Heart rate</div> <div>98.6 → 84.9 bpm</div> <div>↓ Δ -13.7 Improved</div> <div>Peer mean 72.0 bpm</div> <div>★ Best 82.7 bpm</div>	<div>Relaxation</div> <div>13.2 → 21.5 ms</div> <div>↑ Δ +8.3 Improved</div> <div>Peer mean 28.6 ms</div> <div>★ Best 24.1 ms</div>	<div>Recovery</div> <div>0.31 → 1.84 %</div> <div>↑ Δ +1.53 Improved</div> <div>Peer mean —</div> <div>★ Best 2.62 %</div>	<div>Regulation</div> <div>16.4 → 28.9 ms</div> <div>↑ Δ +12.5 Improved</div> <div>Peer mean 35.5 ms</div> <div>★ Best 26.2 ms</div>
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--- Pre-test — Effect post-test — Best in session

- Heart rate: the mean heart rate of that 5 - minute window. It usually falls when you relax.
- RMSSD: root mean square of successive interval differences; short-term variability.
- SDNN: standard deviation of the intervals between heartbeats; total variability.

Current autonomic equivalent ages (3)

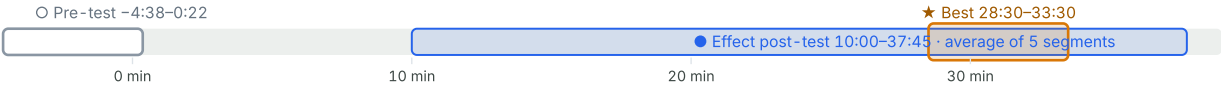
Autonomic equivalent age compares this session's heart-rate-variability and regulation features with population norms and expresses which age range they most closely resemble. It is for within-person comparison and trends, not a literal biological age or medical diagnosis.

<div>Parasympathetic regulation equivalent age</div> <div>63 → 45 yrs</div> <div>↓ Δ -18 Improved</div> <div>★ Best 40 yrs</div>	<div>Responsiveness equivalent age</div> <div>61 → 50 yrs</div> <div>↓ Δ -11 Improved</div> <div>★ Best 44 yrs</div>	<div>Rhythm fluency equivalent age LAB (experimental)</div> <div>60 → 44 yrs</div> <div>↓ Δ -16 Improved</div> <div>★ Best 43 yrs</div>
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Sampling windows for this session

Every number in this report comes from one of the three windows below; the tables, bands and radars that follow use the same symbols.

- ☐ **Pre-test** The first 5 minutes before settling in (the earliest clean window from 5 minutes before to 10 minutes after the start)
- ☒ **Effect post-test** Averaged from 10 minutes after joining: one segment every 5 minutes until the end, averaging the qualifying segments
- ☒ **Best in session** Within the effect post-test range, the 5 minutes with good quality, continuous heartbeats and the strongest parasympathetic activity (highest RMSSD)



Trophy achievements (engagement & skills)

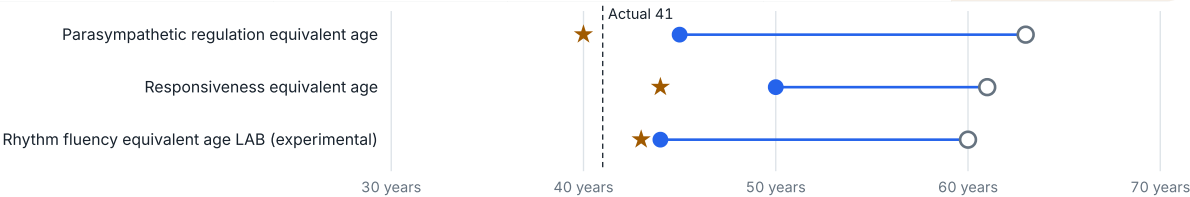
Gold medal 2 Silver medal 1 Bronze medal 3 Not earned 2

First steps to relaxing Gold medal	Thoughts flowing with the meteors Gold medal
Steps into deeper meditation Silver medal	Relaxed focus on the candle Bronze medal
A safe holding space Bronze medal	Daydreaming on the meadow Bronze medal
Clear and bright thoughts Not earned	Feeling the strength of trees Not earned

Autonomic equivalent ages

The value in brackets is the difference from your actual age (41); negative = younger than same-age peers.

Age	<div>○ Pre-test</div> <div>-4:38-0:22</div>	<div>● Effect post-test</div> <div>10:00-37:45 · average of 5 segments</div>	<div>Change</div> <div>effect post – pre</div>	<div>★ Best in session</div> <div>28:30-33:30</div>
Parasympathetic regulation equivalent age RMSSD	63 years (+22)	45 years (+4)	-18 years	40 years (-1)
Responsiveness equivalent age AC/DC	61 years (+20)	50 years (+9)	-11 years	44 years (+3)
Rhythm fluency equivalent age LAB (experimental) Experimental	60 years (+19)	44 years (+3)	-16 years	43 years (+2)



★ Best in session is "the best 5 minutes of the whole session", so it naturally looks better than an average. It shows how deeply you can relax; it is not subtracted from the pre-test and does not count as effect. Effect is "effect post-test – pre-test".

- Parasympathetic regulation equivalent age: Uses RMSSD to reflect parasympathetic (vagal) regulation, compared with a norm for your sex.
- Responsiveness equivalent age: Uses heart-rate acceleration (AC) and deceleration (DC) capacity to reflect responsiveness, taking the weaker of the two.
- Rhythm fluency equivalent age LAB (experimental): Uses PIP, PNNSS and PNNLS to reflect how smooth or fragmented the heart rhythm is.
- Change = effect post-test – pre-test (rounded to whole years before subtracting); negative means the equivalent age became younger. Best in session is not subtracted.
- Regulation capacity (SDNN) equivalent age is still calculated and stored, but guided content changes heart rate during the session, which makes SDNN hard to interpret, so the report does not show it for now.

Rhythm fluency equivalent age is an experimental feature (LAB): it is converted from a reference population distribution and is not a validated physiological age.

Formula version: autonomic-age-v3.2-formula; window selection version: v3-selector-2.2-three-window

Compared with same-age peers

Measure	○ Pre-test	● Effect post-test	★ Best in session	Peer reference
RMSSD parasympathetic regulation	13.2 ms Below peers · Top 91% of peers · -1.37σ	21.5 ms Same as peers · Top 64% of peers · -0.36σ	24.1 ms Same as peers · Top 55% of peers · -0.12σ	25.5 ms
AC heart-rate acceleration capacity	4.60 ms Below peers · Top 99% of peers · -2.26σ	9.80 ms Below peers · Top 72% of peers · -0.58σ	10.90 ms Same as peers · Top 59% of peers · -0.23σ	11.60 ms
DC heart-rate deceleration capacity	3.90 ms Below peers · Top 99% of peers · -2.42σ	10.10 ms Below peers · Top 71% of peers · -0.55σ	11.40 ms Same as peers · Top 56% of peers · -0.15σ	11.90 ms
HF High-frequency power	70 ms ²	210 ms ²	260 ms ²	—
LF Low-frequency power	160 ms ²	330 ms ²	300 ms ²	—
SDNN overall regulatory capacity	16.4 ms Below peers · Top 97% of peers · -1.84σ	28.9 ms Same as peers · Top 64% of peers · -0.35σ	26.2 ms Below peers · Top 73% of peers · -0.61σ	33.0 ms
Heart rate Lower is better	98.6 bpm Faster than peers · Slower than 0% of peers · $+2.80\sigma$	84.9 bpm Faster than peers · Slower than 9% of peers · $+1.36\sigma$	82.7 bpm Faster than peers · Slower than 13% of peers · $+1.13\sigma$	72.0 bpm

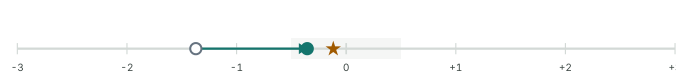
- Position: within 0.5σ of the same-age, same-sex mean counts as the same.
- Top X%: within the norm for your age and sex, you are above about $(100-X)\%$ of people.
- Same-age reference values: RMSSD, HF, LF, SDNN and heart rate use our norm (OURS_v0.1); |AC| and DC use the Autonomic Aging population norm (AA_RESPONSE_v2). All are looked up by age and sex at the time of measurement.
- σ and same-age position are shown only for values that can be compared with the norm: HF and LF must meet the spectral measurement conditions, and |AC| and DC require continuous, uninterrupted heartbeats; otherwise only raw values are listed. Effect post-test values are the average of the qualifying segments.
- σ : standard deviation. 0 is the peer mean; $\pm 1\sigma$ covers about two thirds of people.

Position bands

0 is the center of the age-matched norm; the shaded band is within $\pm 0.5\sigma$. ○ pre, ● effect post, ★ best during the session. Farther right is generally better, except heart rate where lower is better. The raw peer mean is shown at right.

RMSSD

parasympathetic
regulation



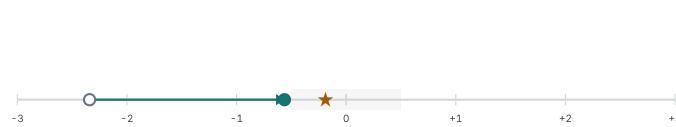
○ 13.2 ms ● 21.5 ms ★ 24.1 ms

Peer mean 28.6 ms

-1.37 σ → -0.36 σ · ★ -0.12 σ

AC/DC

Responsiveness
(average of
acceleration
and
deceleration)



○ 4.3 ms ● 9.9 ms ★ 11.2 ms

Peer mean 11.8 ms

-2.34 σ → -0.56 σ · ★ -0.19 σ

HF

High-
frequency
power

None

○ 70 ms² ● 210 ms² ★ 260 ms²

Peer mean — ms²

— → — · ★ —

LF

Low-
frequency
power

None

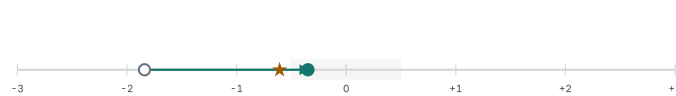
○ 160 ms² ● 330 ms² ★ 300 ms²

Peer mean — ms²

— → — · ★ —

SDNN

overall
regulatory
capacity



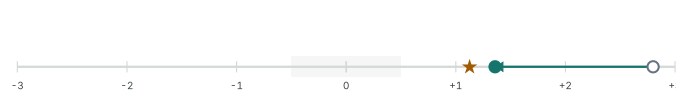
○ 16.4 ms ● 28.9 ms ★ 26.2 ms

Peer mean 35.5 ms

-1.84 σ → -0.35 σ · ★ -0.61 σ

Heart rate

Lower is better



○ 98.6 bpm ● 84.9 bpm

★ 82.7 bpm

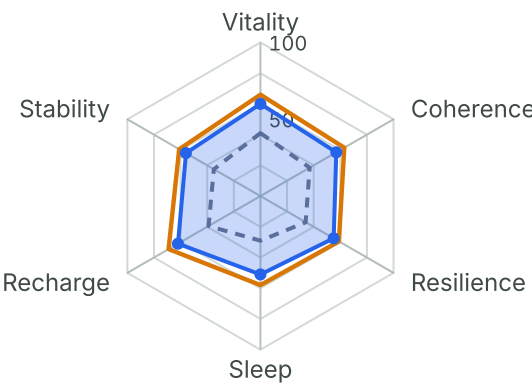
Peer mean 72.0 bpm

+2.80 σ → +1.36 σ · ★ +1.13 σ

- AC/DC: heartbeat acceleration ($|AC|$) and deceleration (DC) are each compared with same-age peers, then averaged into one band.
- HF and LF depend on breathing rate: slower breathing (for example, following guided deep breathing) raises LF and lowers HF. This does not mean sympathetic activity increased.
- σ : standard deviation. 0 is the peer mean; $\pm 1\sigma$ covers about two thirds of people.
- Position: within 0.5σ of the same-age, same-sex mean counts as the same.

Six-axis radar

HRV six axes

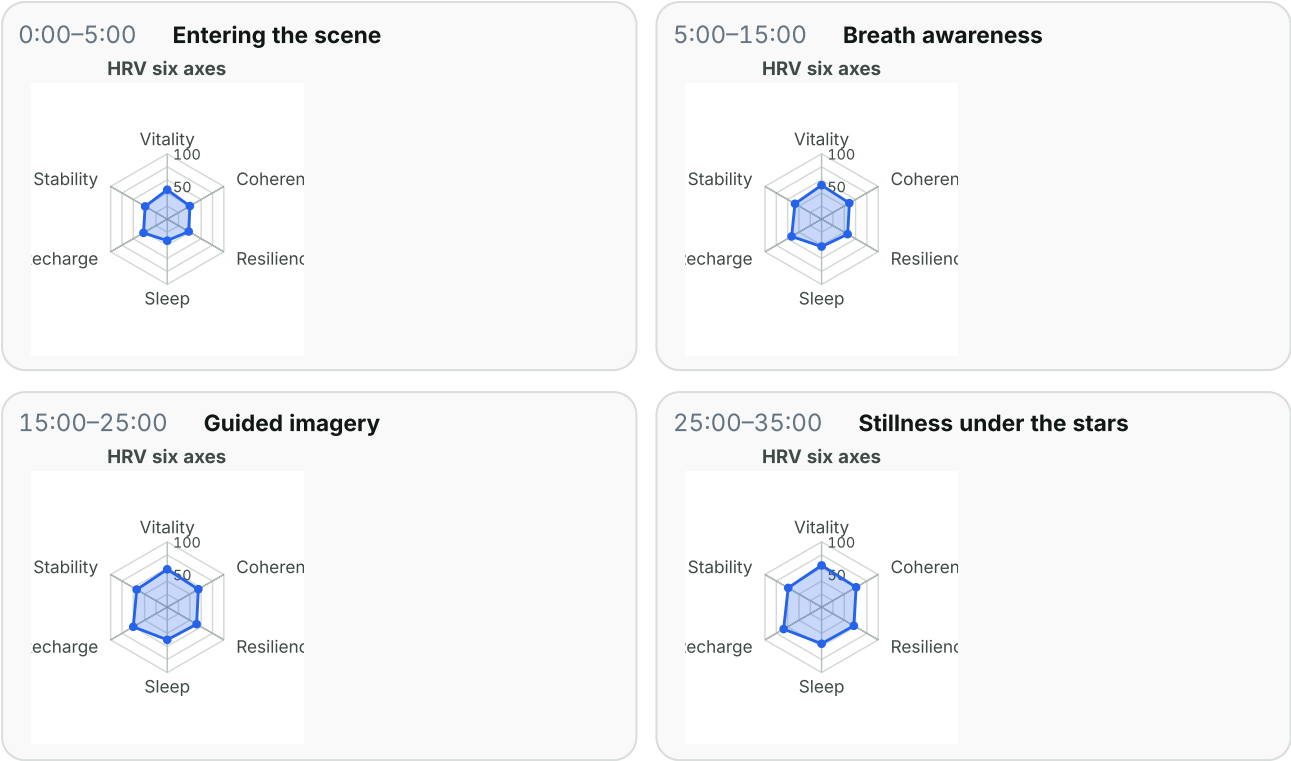


--- Pre-test — Effect post-test — Best in session

Metric	○ Pre-test	● Effect post	Change	★ Best
Vitality	41	60	↑ +19.0 Improved	66
Coherence	37	57	↑ +20.0 Improved	63
Resilience	34	55	↑ +21.0 Improved	59
Sleep	29	51	↑ +22.0 Improved	58
Recharge	39	62	↑ +23.0 Improved	69
Stability	35	56	↑ +21.0 Improved	61

- HRV six axes: Vitality, Coherence, Resilience, Sleep, Recharge, Stability, scored 0–100. Vitality, Resilience and Recharge use the same-age norm as the scale; 50 = peer median.

Within the session



Ordered by actual start time; times are relative to the start of participation in this session (the same origin as the three windows above).

- HRV six axes: Vitality, Coherence, Resilience, Sleep, Recharge, Stability, scored 0–100. Vitality, Resilience and Recharge use the same-age norm as the scale; 50 = peer median.
- EEG six axes: Thinking, Meditation, Resilience, Sleep, Recovery, Focus, scored 0–100, with no norm.

End of report

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