

Healing journey stage state

Sep 18, 2026, 3:20 PM · Settle Body and Mind (short) · Demo Enterprise Co., Ltd.

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ATM versions: state classification atm-v2-phase3-r1; rapid regulation atm-v1.0

How to read this chart: Healing journey stage state is a 30-second classification derived from HRV; ATM marks rapid-regulation events. They share a timeline but do not replace each other. "Possible sleep-like pattern" is only a research flag — not N1/N2/N3/REM sleep staging and not a medical diagnosis.

Reliable classification coverage

93.4%

Valid classified time 35:20 / Monitoring time 37:50

Monitoring time

37:50

100.0% of session

First stable relaxation

12:30

At 33.0% of session

First deep settling

27:00

At 71.4% of session

Total stable relaxation

18:00

47.6% of session

Total deep settling

3:00

7.9% of session

Longest stable relaxation

6:30

17.2% of session

Possible sleep-like

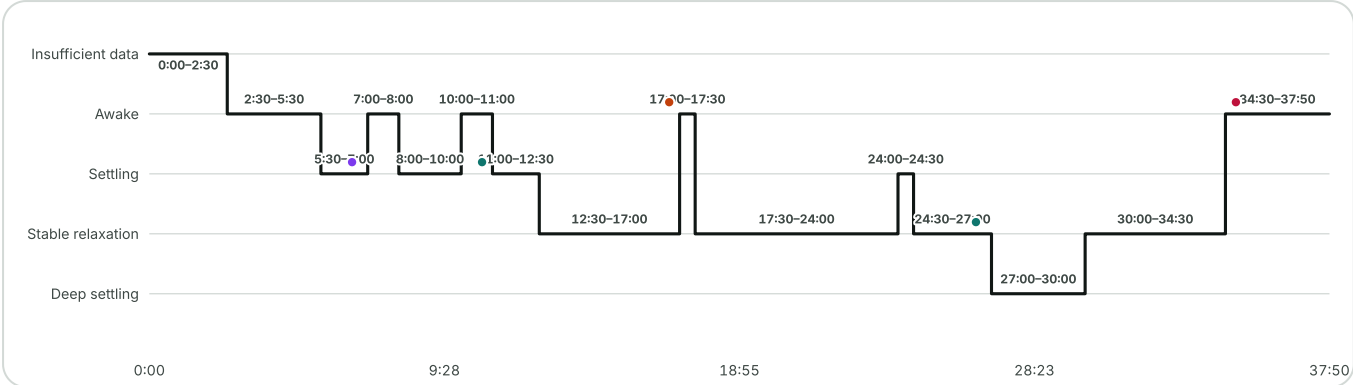
0:00

Not observed

Healing journey stage timeline

Base states are classified every 30 seconds. States may move in either direction; gray indicates insufficient data. Colored dots mark ATM event starts, and the lower band shows each event's actual duration and direction.

- Insufficient data 2:30 · 6.6%
- Awake 8:50 · 23.3%
- Settling 5:30 · 14.5%
- Stable relaxation 18:00 · 47.6%
- Deep settling 3:00 · 7.9%
- Light purple: possible - sleep-like



Rapid autonomic regulation ATM v1

ATM v1 describes periods of rapid autonomic change, not a fifth depth level. Direction describes the event dynamics; longer duration or higher Evidence is not inherently better.



- ↓ Settling-type rapid regulation
- ↑ Arousal-type rapid regulation
- ≈ Oscillatory rapid regulation
- ↕ Mixed rapid regulation
- Dot = event start · band = event duration · blank = no clear rapid regulation

Regulation pattern in this session LAB

Assigned by fixed rules from this session's 30-second states and rapid regulation events, describing how you entered and kept relaxation. Not a diagnosis, and not better or worse.

Settled after brief resistance

Brief upward, oscillating or mixed regulation came before relaxation, then you settled smoothly. Your body may still have been somewhat aroused, yet able to bring itself down.

- Rises after relaxing: 2, after an average of 3:30 relaxed; after a long relaxation: 1. Rising after a short relaxation is more like an interruption by thoughts or outside stimuli; rising after a long one is more like a natural change of phase.
- Re-settled after rising: 2, showing you could bring yourself back to relaxation.

Cumulative stable relaxation (incl. deep)

18:00

Reached the 10-min level

Entered stable relaxation

12:30

after monitoring began

Settling time

12:30

Resistance before relaxing

7:00

Episodes: 3

Switches per 20 min

6.2

First 20 min 9.1 / after 3.4

Deep settling

3:00

Reached threshold 2:00

Awake in the final third

9%

The possible sleep-like pattern is judged against this session's first stable relaxation. If you fell asleep very quickly, that sleep may have become the reference and be labelled only "stable relaxation". This part is still being improved.

The rules and thresholds are still being validated (LAB) and may change; read this together with the state chart above.

How to read this chart

Vertical position is a state category, not a good/bad score. Deep settling means a deeper, more stable state relative to this person in this session; ATM events mean the system is changing rapidly. Low-quality segments stay marked as insufficient data, and a possible sleep-like pattern is not clinical sleep staging.

This report describes HRV-derived autonomic nervous system dynamics. It is not sleep staging, diagnosis or medical assessment.

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End of report

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