Sample data The person and all values are fictional. Layout and wording come straight from the personal report pages in the console.

# Personal session report: multiple sessions

2026-07-01 – 2026-09-30
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## 2026-07-01 to 2026-09-30: 12 sessions, about 7.8 hours.

First session Jul 3, 2026, last session Sep 18, 2026, average gap 7 days. · Organization: Demo Enterprise Co., Ltd. · Device: HRV

### Overview

In 12 of 12 sessions the heart rate was lower at the end than at the start.

Parasympathetic regulation equivalent age: in 12 of 12 sessions the post-test was younger than the pre-test.

Regulation capacity equivalent age: in 12 of 12 sessions the post-test was younger than the pre-test.

Responsiveness equivalent age: in 12 of 12 sessions the post-test was younger than the pre-test.

Heart rate pre-test: sessions 1–4 averaged 99.1 bpm, sessions 9–12 averaged 97.7 bpm.

Parasympathetic regulation equivalent age pre-test: sessions 1–4 averaged 66 years, sessions 9–12 averaged 63 years.

Regulation capacity equivalent age pre-test: sessions 1–4 averaged 62 years, sessions 9–12 averaged 60 years.

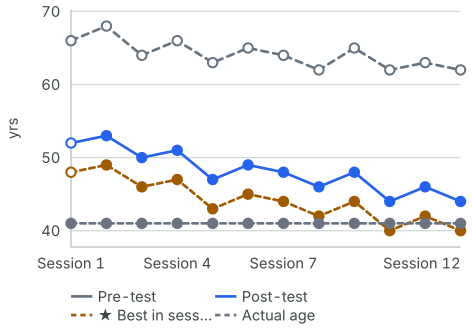
Responsiveness equivalent age pre-test: sessions 1–4 averaged 63 years, sessions 9–12 averaged 61 years.

Per-session mean (post-test minus pre-test): Heart rate −12.0 (SD 0.7), Parasympathetic regulation equivalent age −16 years (SD 1), Regulation capacity equivalent age −7 years (SD 3), Responsiveness equivalent age −10 years (SD 3).

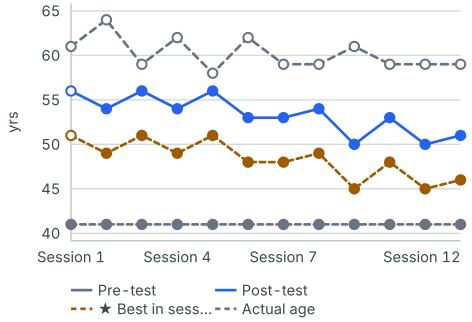
Largest change: Sep 4, 2026 (session 10), Parasympathetic regulation equivalent age −18 years.

## Autonomic equivalent age trend

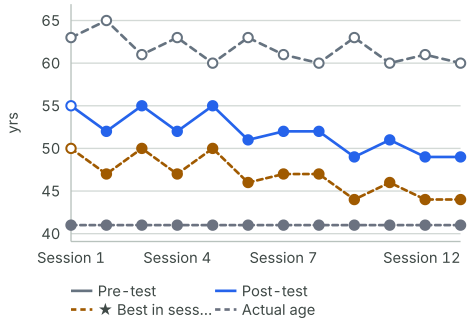
### Parasympathetic regulation equivalent age



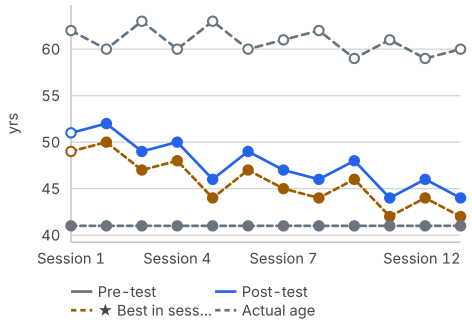

### Regulation capacity equivalent age




### Responsiveness equivalent age




### Rhythm fluency equivalent age LAB (experimental)



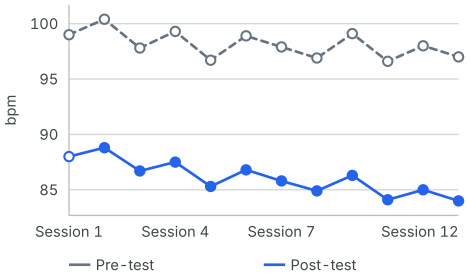

Hollow dot = first session; grey dots = older sessions on a different norm version.

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

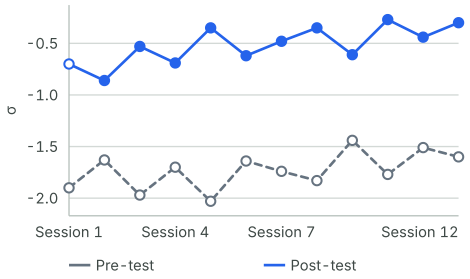
- Parasympathetic regulation equivalent age: Uses RMSSD to reflect parasympathetic (vagal) regulation, compared with a norm for your sex.
- Regulation capacity equivalent age: Reflects overall regulatory capacity through SDNN; total power (TP) is used only as a cross-check, and a note is shown next to the age when the two differ too much.
- 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: post-test minus pre-test. Negative = post-test younger than pre-test, or heart rate lower than pre-test.
- Actual age: age in full years at the time of measurement, by year and month only.

## Heart rate and three-axis position trends

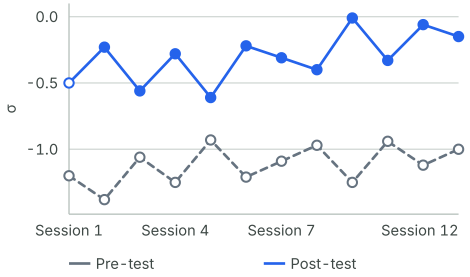
### Heart rate



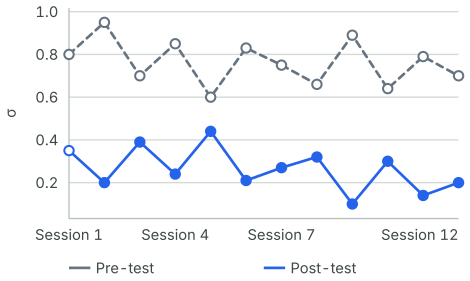

### Total variability σ




### Parasympathetic σ



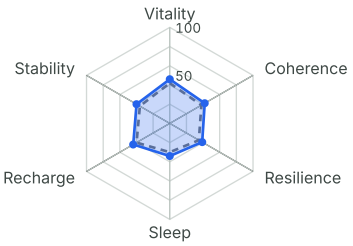

### Balance σ




- Heart rate: the mean heart rate of that 5-minute window. It usually falls when you relax.
- Total variability: SDNN (milliseconds), the overall size of heart rate variation. Higher is better.
- Parasympathetic: HF power ($ms^2$), rises when you relax. Higher is better.
- Balance: ln(LF/HF) compared with peers, in σ. Above +0.5σ leans sympathetic, below −0.5σ leans parasympathetic. Neither is better.
- σ: standard deviation. 0 is the peer mean; ±1σ covers about two thirds of people.

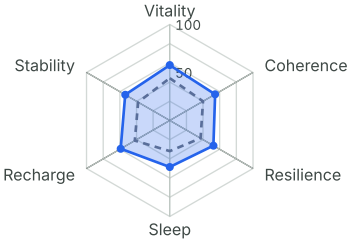
## Six-axis profile change

### HRV six axes: First-segment mean pre-test vs last-segment mean pre-test




First segment (sessions 1–4) → Last segment (sessions 9–12)

### HRV six axes: Period mean pre-test vs mean post-test

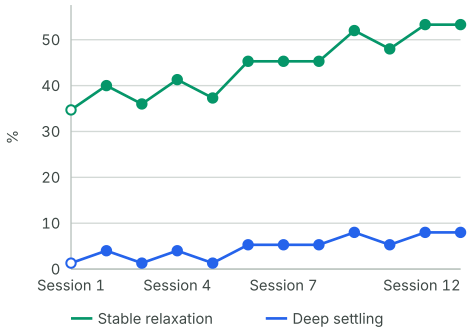



- HRV six axes: Vitality, Coherence, Resilience, Sleep, Recharge, Stability, scored 0–100. Vitality, Resilience and Recharge use the same-age norm as the scale; 50 = peer median.

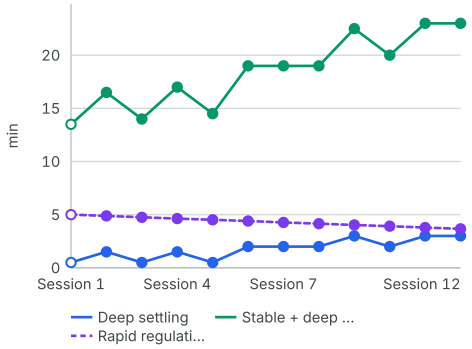
## Healing journey stage trend

Time in stable relaxation and deep settling, and time in rapid autonomic regulation, for each session. The hollow dot is your first session.

### Share of stable relaxation and deep settling (%)




### Minutes per session



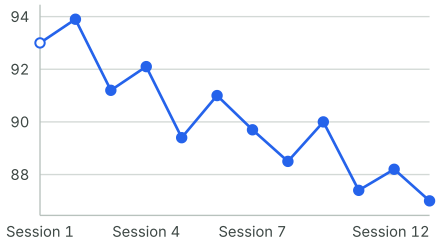
| Session | Date | Stable relaxation | Deep settling | First stable relaxation | Longest stable relaxation | Rapid regulation | Episodes |
|---|---|---|---|---|---|---|---|
| Session 1 | Jul 3, 2026 | 13.0 min | 0.5 min | 17.5 min | 4.0 min | 5.0 min | 6 |
| Session 2 | Jul 10, 2026 | 15.0 min | 1.5 min | 18.0 min | 4.5 min | 4.9 min | 6 |
| Session 3 | Jul 17, 2026 | 13.5 min | 0.5 min | 16.0 min | 4.5 min | 4.8 min | 6 |
| Session 4 | Jul 24, 2026 | 15.5 min | 1.5 min | 16.5 min | 5.0 min | 4.6 min | 5 |
| Session 5 | Jul 31, 2026 | 14.0 min | 0.5 min | 14.5 min | 5.0 min | 4.5 min | 5 |
| Session 6 | Aug 7, 2026 | 17.0 min | 2.0 min | 15.5 min | 5.5 min | 4.4 min | 5 |
| Session 7 | Aug 14, 2026 | 17.0 min | 2.0 min | 14.5 min | 5.5 min | 4.3 min | 5 |
| Session 8 | Aug 2 | 17.0 min | 2.0 min | 13.5 min | 6.0 min | 4.2 min | 5 |

| Session | Date | Stable relaxation | Deep settling | First stable relaxation | Longest stable relaxation | Rapid regulation | Episodes |
|---|---|---|---|---|---|---|---|
| | 1, 2026 | | | | | | |
| Session 9 | Aug 28, 2026 | 19.5 min | 3.0 min | 14.5 min | 6.0 min | 4.0 min | 5 |
| Session 10 | Sep 4, 2026 | 18.0 min | 2.0 min | 12.5 min | 6.5 min | 3.9 min | 4 |
| Session 11 | Sep 12, 2026 | 20.0 min | 3.0 min | 13.0 min | 6.5 min | 3.8 min | 4 |
| Session 12 | Sep 18, 2026 | 20.0 min | 3.0 min | 12.0 min | 7.0 min | 3.7 min | 4 |

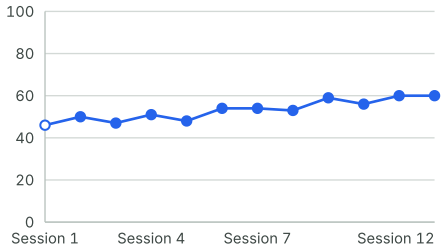
This report describes HRV-derived autonomic nervous system dynamics. It is not sleep staging, diagnosis or medical assessment.

## Progress in the same segment

### Heart rate · Breath awareness



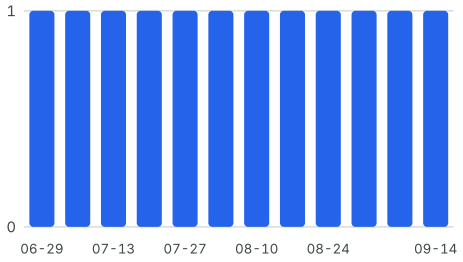

### Coherence · Breath awareness



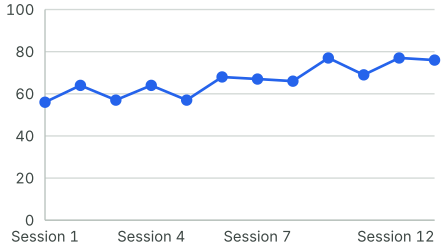

- Heart rate: the mean heart rate of that 5-minute window. It usually falls when you relax.
- HRV six axes: Vitality, Coherence, Resilience, Sleep, Recharge, Stability, scored 0–100. Vitality, Resilience and Recharge use the same-age norm as the scale; 50 = peer median.
- EEG six axes: Thinking, Meditation, Resilience, Sleep, Recovery, Focus, scored 0–100, with no norm.

## Participation

### Sessions per week




### Medal score (0–100)



**Session list**

| # | Date | Healing journey | Organization | Heart rate Δ | Parasympathetic regulation equivalent age Δ | Regulation capacity equivalent age Δ | Responsiveness eq |
|---|---|---|---|---|---|---|---|
| 1 | Jul 3, 2026 | Settle Body and Mind (short) | Demo Enterprise Co., Ltd. | −11.0 | −14 | −5 | |
| 2 | Jul 10, 2026 | Settle Body and Mind (short) | Demo Enterprise Co., Ltd. | −11.6 | −15 | −10 | |
| 3 | Jul | Settl | Dem | −11.1 | −14 | −3 | |

| # | Date | Healing journey | Organization | Heart rate Δ | Parasympathetic regulation equivalent age Δ | Regulation capacity equivalent age Δ | Responsiveness eq |
|---|---|---|---|---|---|---|---|
| | 17, 2026 | eBody and Mind (short) | oEnterprise Co., Ltd. | | | | |
| 4 | Jul 24, 2026 | SettleBody and Mind (short) | DemoEnterprise Co., Ltd. | −11.8 | −15 | −8 | |
| 5 | Jul 31, | SettleBo | DemoEn | −11.4 | −16 | −2 | |

| # | Date | Healing journey | Organization | Heart rate Δ | Parasympathetic regulation equivalent age Δ | Regulation capacity equivalent age Δ | Responsiveness eq |
|---|---|---|---|---|---|---|---|
| | 2026 | dyandMind(short) | terpriseCo.,Ltd. | | | | |
| 6 | Aug7,2026 | SettleBodyandMind(short) | DemoEnterpriseCo.,Ltd. | −12.1 | −16 | −9 | |
| 7 | Aug1 | Settle | Demo | −12.1 | −16 | −6 | |

| # | Date | Healing journey | Organization | Heart rate Δ | Parasympathetic regulation equivalent age Δ | Regulation capacity equivalent age Δ | Responsiveness eq |
|---|---|---|---|---|---|---|---|
| | 4, 2026 | Body and Mind (short) | Enterprise Co., Ltd. | | | | |
| 8 | Aug 21, 2026 | Settle Body and Mind (short) | Demo Enterprise Co., Ltd. | −12.0 | −16 | −5 | |
| 9 | Aug 28, 2 | Settle Bod | Demo Ent | −12.8 | −17 | −11 | |

| # | Date | Healing journey | Organization | Heart rate Δ | Parasympathetic regulation equivalent age Δ | Regulation capacity equivalent age Δ | Responsiveness eq |
|---|---|---|---|---|---|---|---|
| | 026 | yandMind(short) | erpriseCo.,Ltd. | | | | |
| 10 | Sep4,2026 | SettleBodyandMind(short) | DemoEnterpriseCo.,Ltd. | −12.5 | −18 | −6 | |
| 11 | Sep12,2026 | SettleBodyan | DemoEnterp | −13.0 | −17 | −9 | |

| # | Date | Healing journey | Organization | Heart rate Δ | Parasympathetic regulation equivalent age Δ | Regulation capacity equivalent age Δ | Responsiveness eq |
|---|---|---|---|---|---|---|---|
| | | dMind (short) | riseCo., Ltd. | | | | |
| 12 | Sep 18, 2026 | SettleBodyandMind (short) | DemoEnterpriseCo., Ltd. | −13.0 | −18 | −8 | |

**End of report**

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