

1-Minute HRV Deep Breathing Assessment

Name



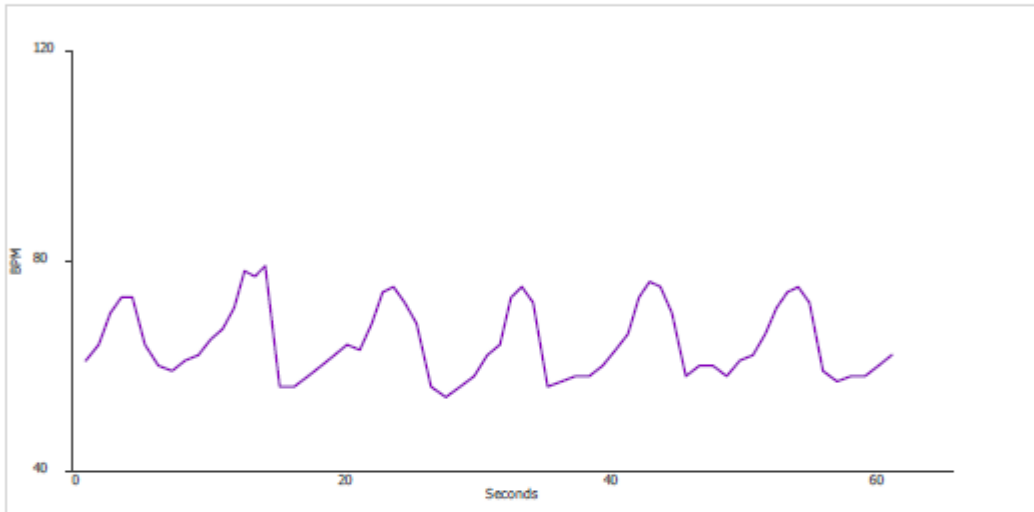
Date Saturday, November 28, 2020 11:40:33 AM

Gender Female

Duration 1:00 Minute

Age 44

HRV



MEASURE	YOUR VALUE	REFERENCE RANGE†	UNITS
Mean Heart Rate (BPM)	65.3	57.4 - 102.8	Beats Per Minute (BPM)
Mean Inter Beat Interval (RR)	929.0	583.8 - 1045.1	Milliseconds (ms)
Mean Heart Rate Range (MHRF)	19.1	7.6 - 32.8	Beats Per Minute (BPM)
SDNN	95.6	32.2 - 130.2	Milliseconds (ms)
RMSSD	75.3	16.7 - 116.3	Milliseconds (ms)
Normalized Coherence	72.7	50.0 - 100.0	Percent

* Values out of reference range.

† Reference ranges for age: 44