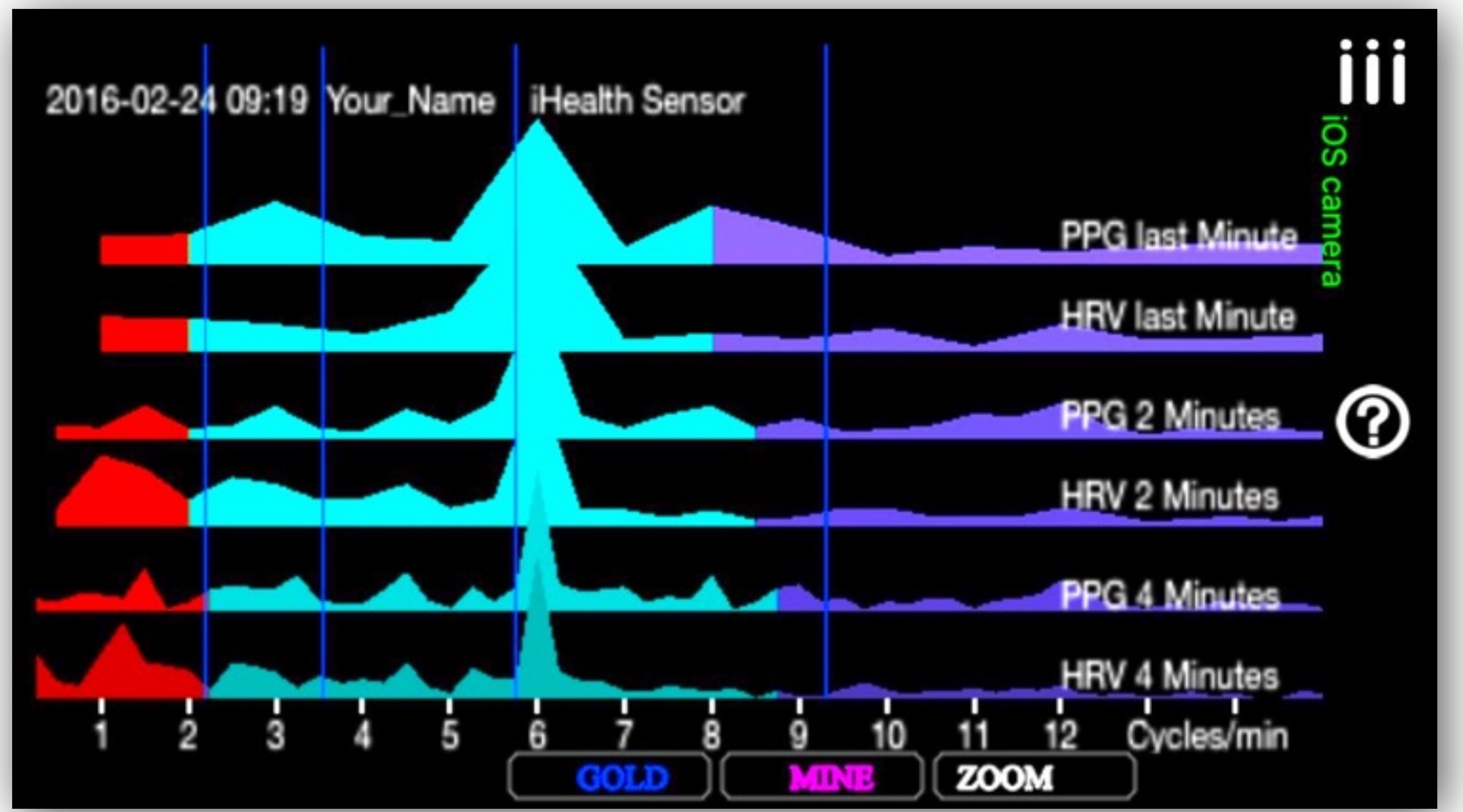
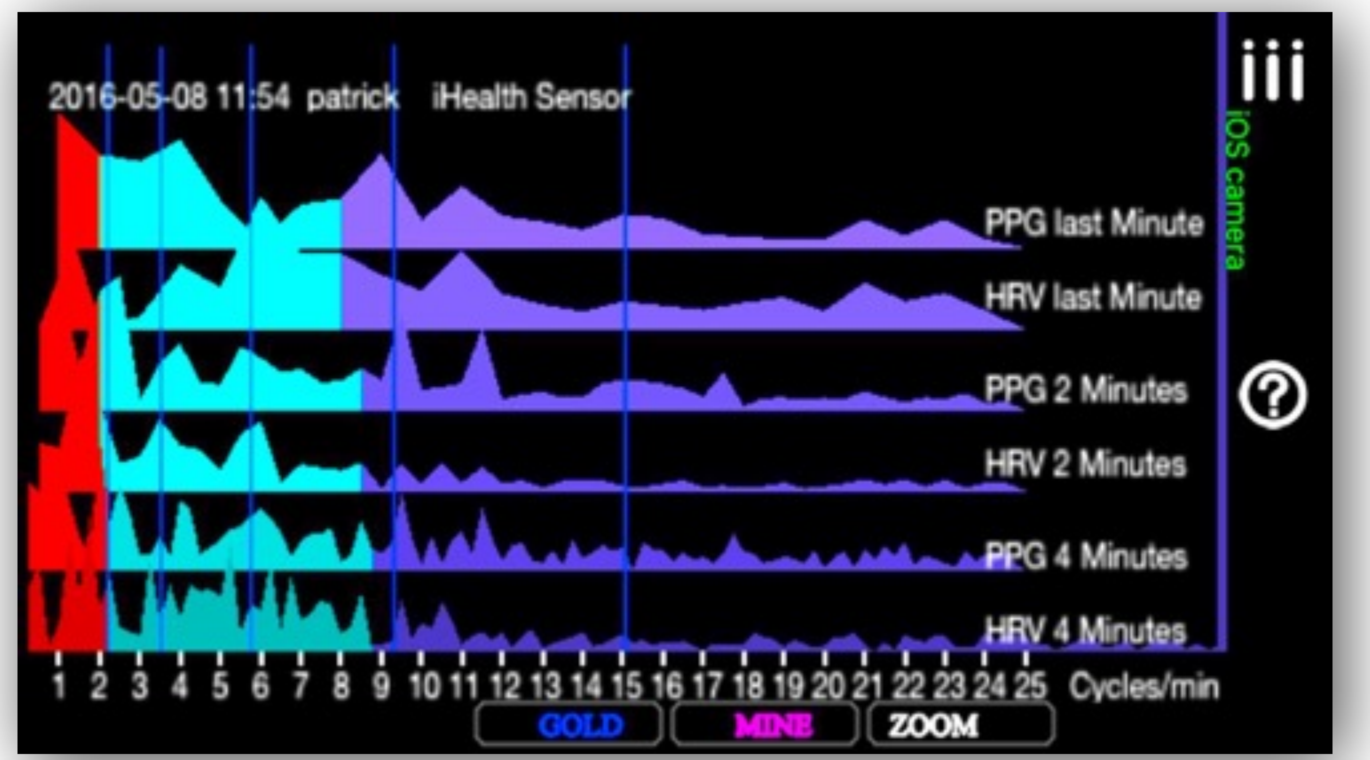
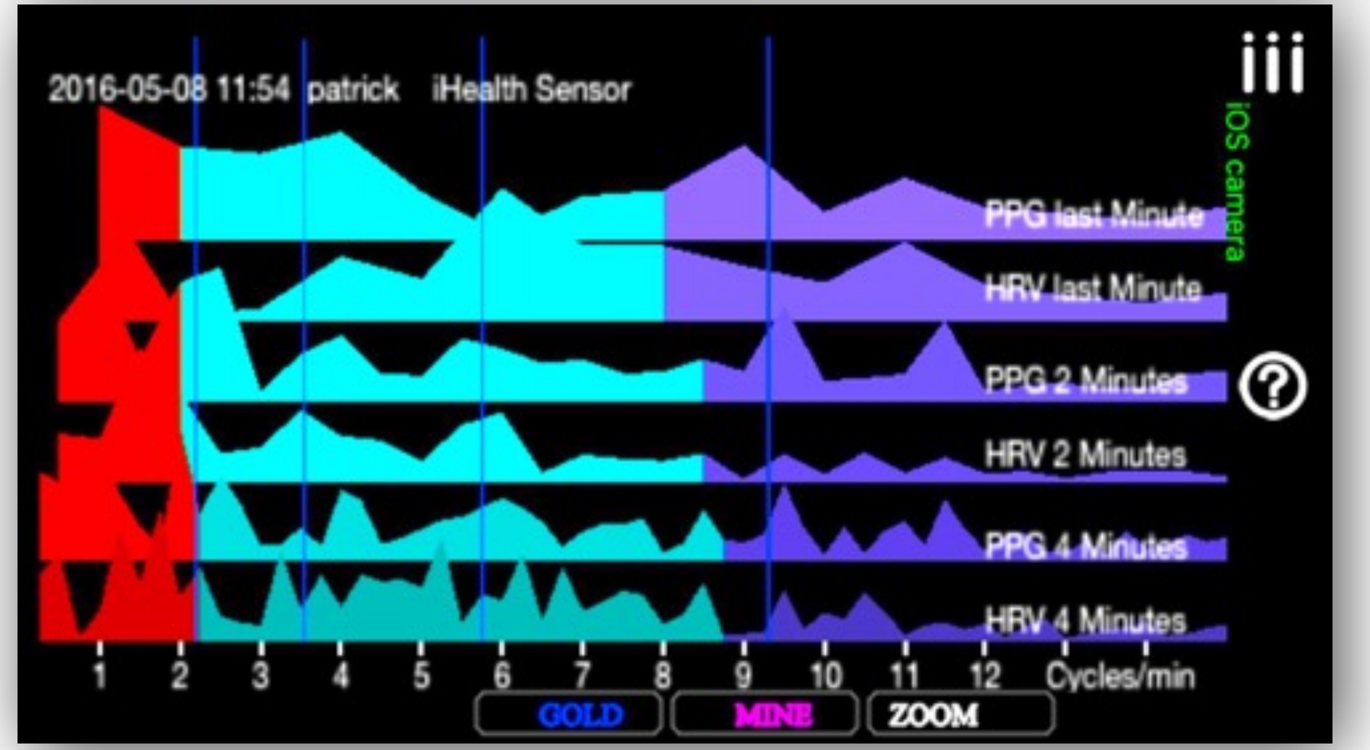
Evolution of HRV & PPG (blood pressure spectrum) during the last 4 minutes of the recording

(averaging over increasing times intervals displays higher resolution)





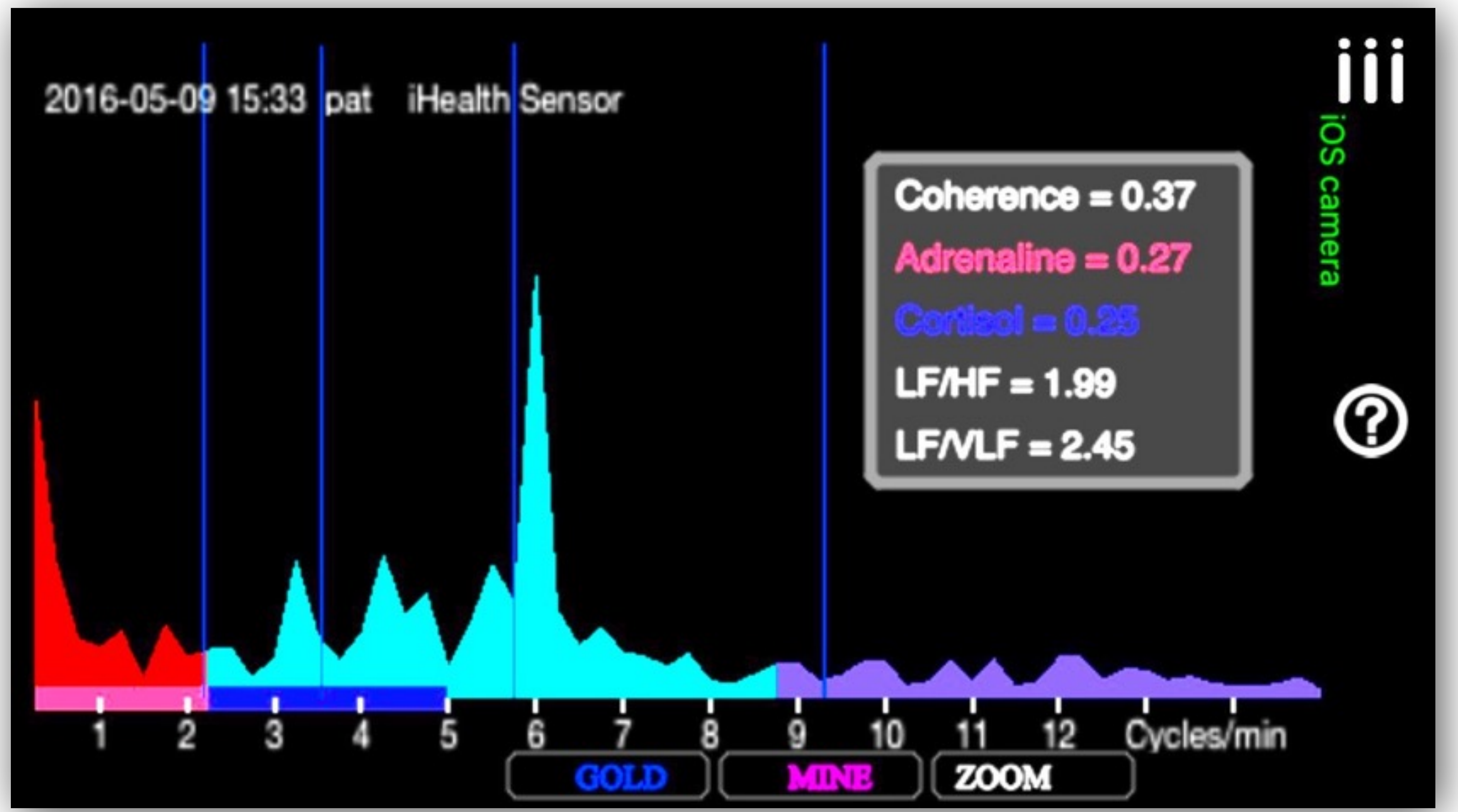


Also the vertical blue lines indicate golden ratio harmonics spacing - scaled to Planck; the vertical purple lines indicate the golden ratio harmonics scaled to your own frequency max peak.

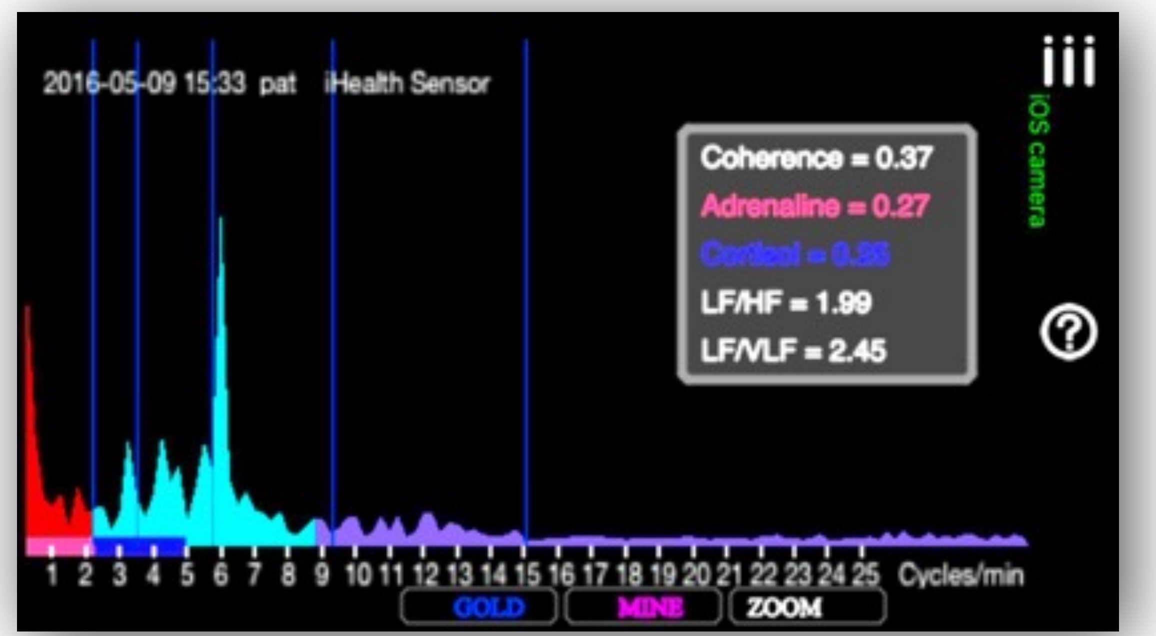
0.1 Hz Training records

Breath coherence peak

When you choose to synchronize breath at 0.1Hz, then in addition to indicating coherence/LF amplitude (here at 6 cycles/minute - 0.1Hz, related to Mayer Wave), the lower harmonics (here in blue and red) are said to indicate adrenalin vs cortisol levels.

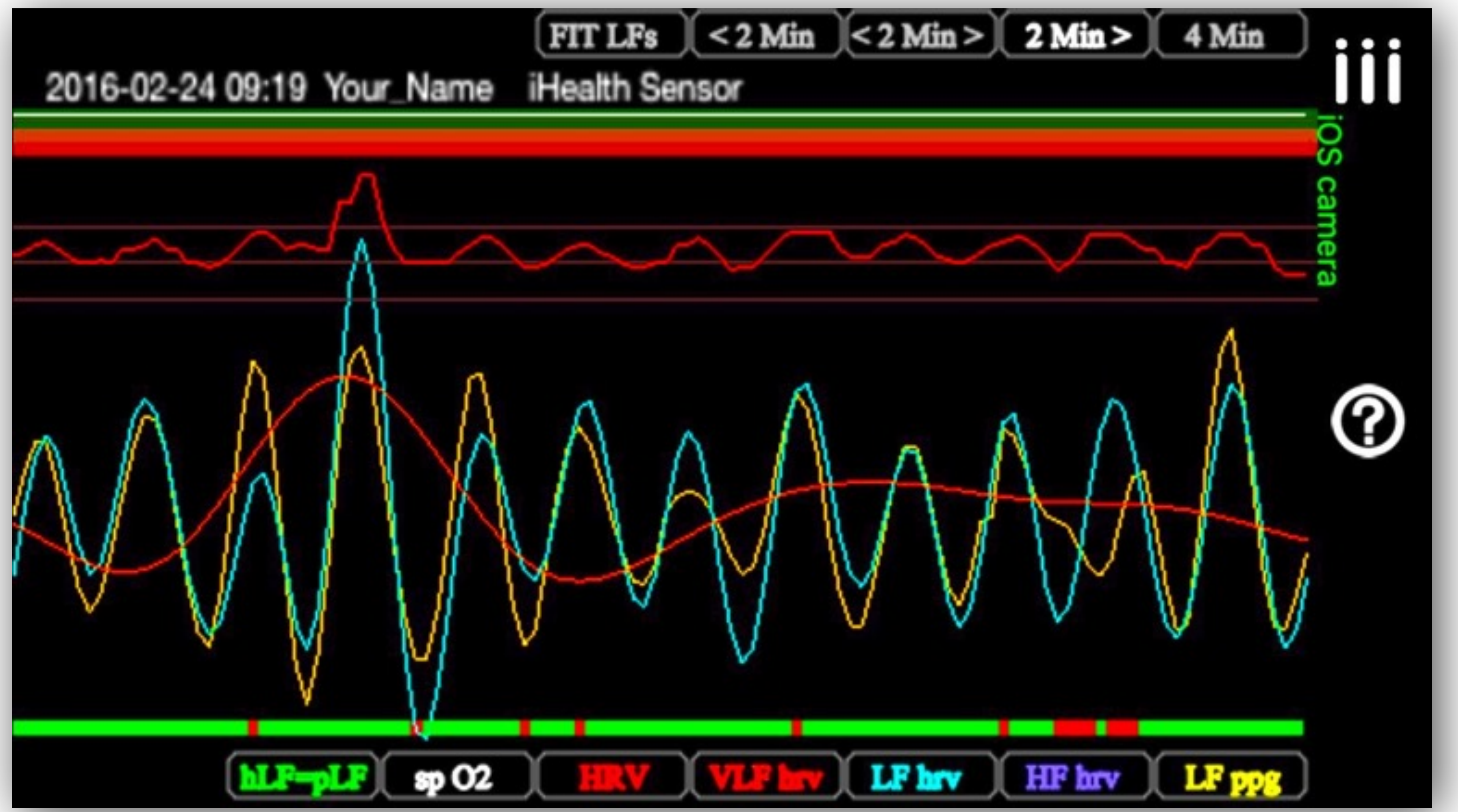


Also the vertical blue lines indicate golden ratio harmonics spacing - scaled to Planck; the vertical purple lines indicate the golden ratio harmonics scaled to your own frequency max peak.



HRV waves summary

4 last minutes of HRV VLF, LF, HF and blood pressure waves.

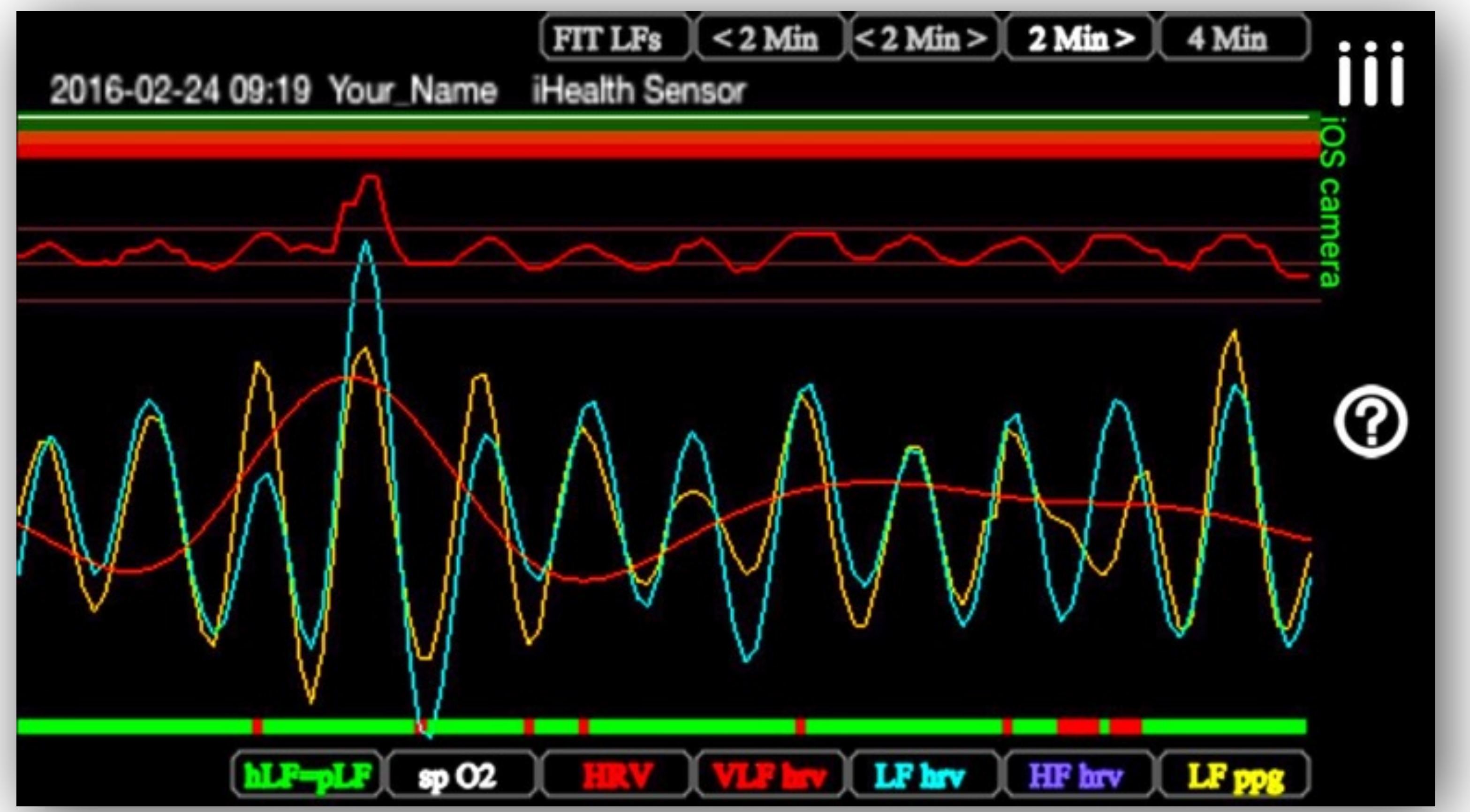


It is useful to note the phase lock (where the peaks line up), between the yellow LFppg (Mayer blood pressure wave) versus the light blue (HRV LF wave) period.

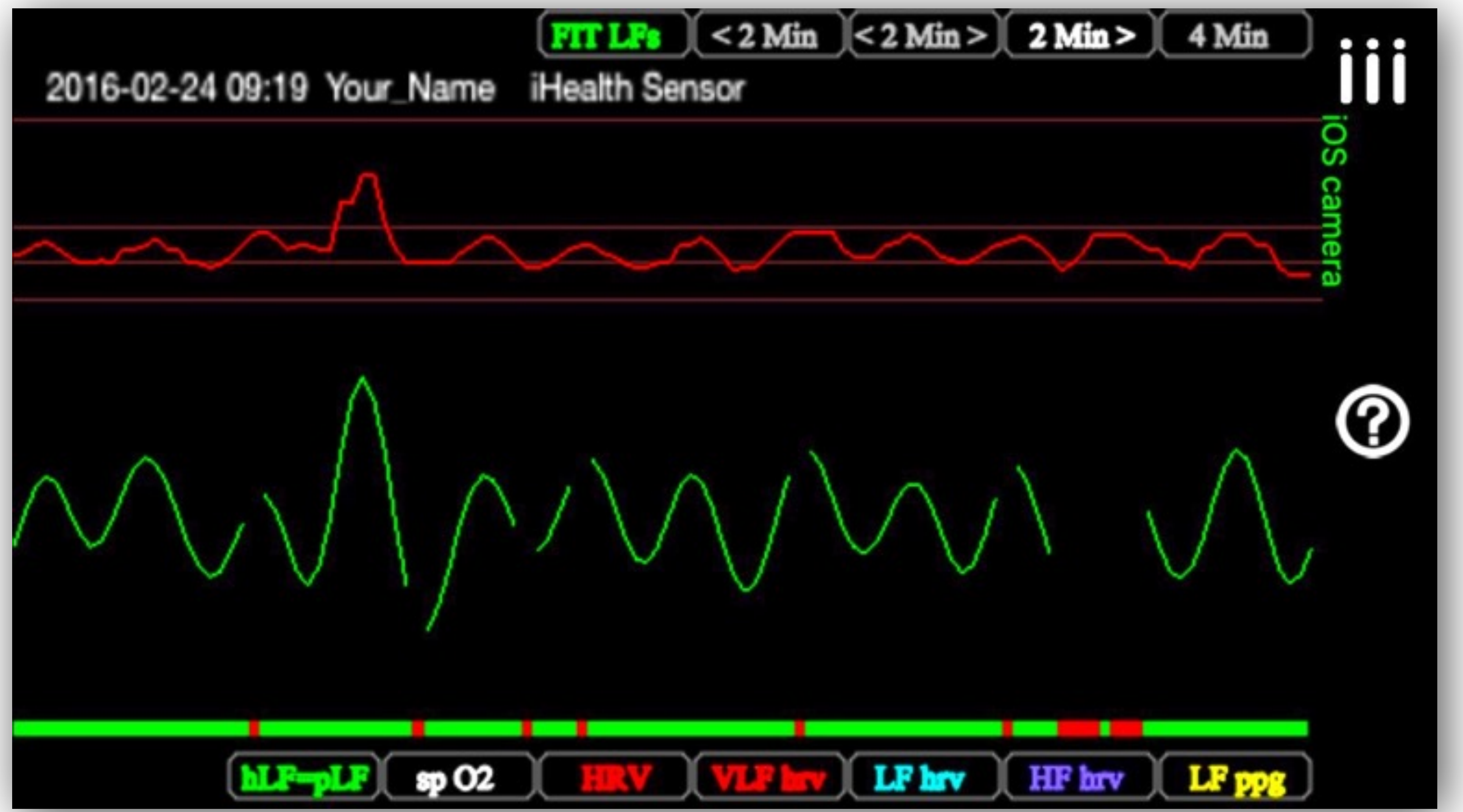
This efficient entrainment of the bodies blood pressure resonance synchronize with the LF from the HRV electrical peak - can be a profound indicator of relaxation vs stress.

See article: « how iThrve measure stress »

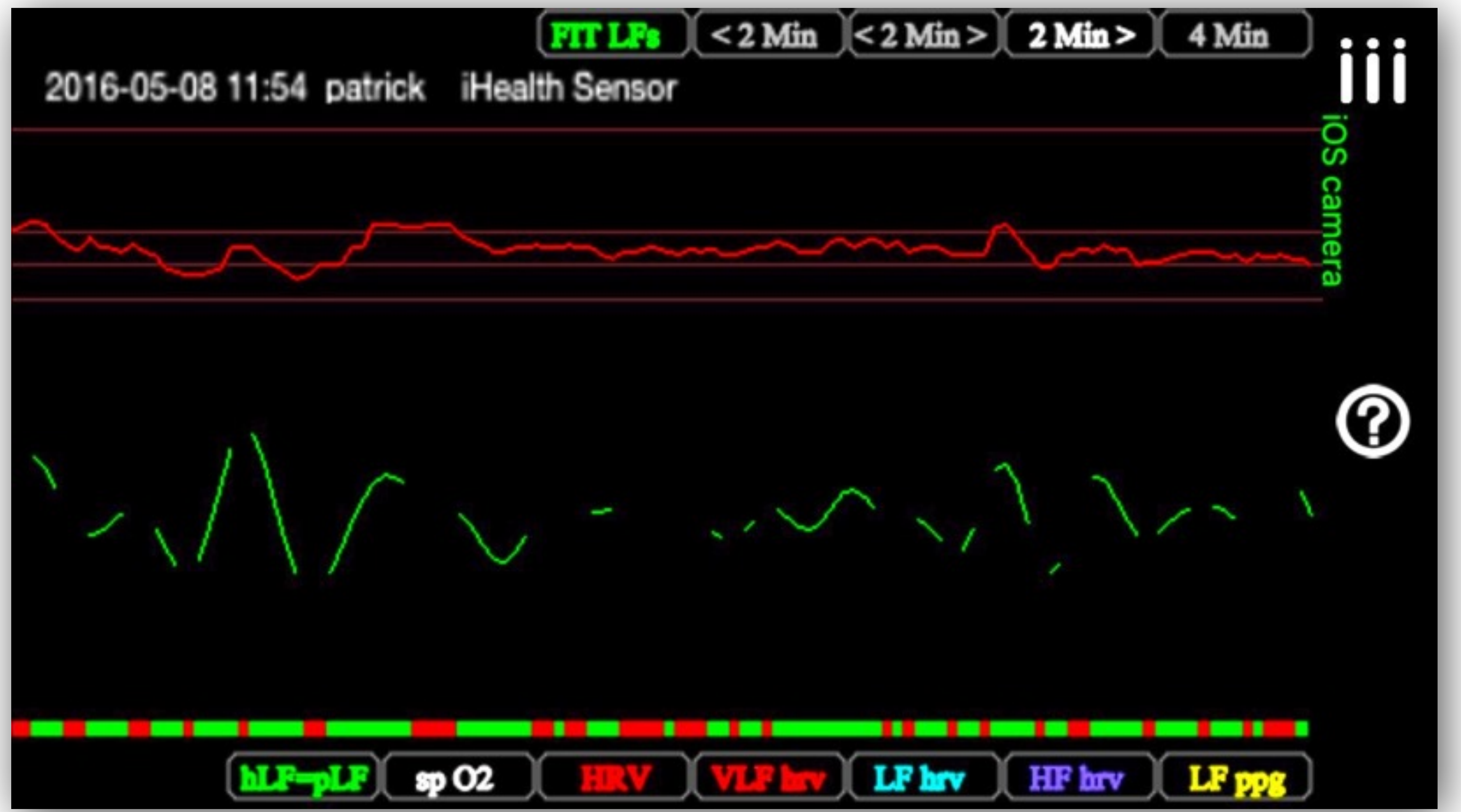
LF_hrv & LF_ppg waves phase lock



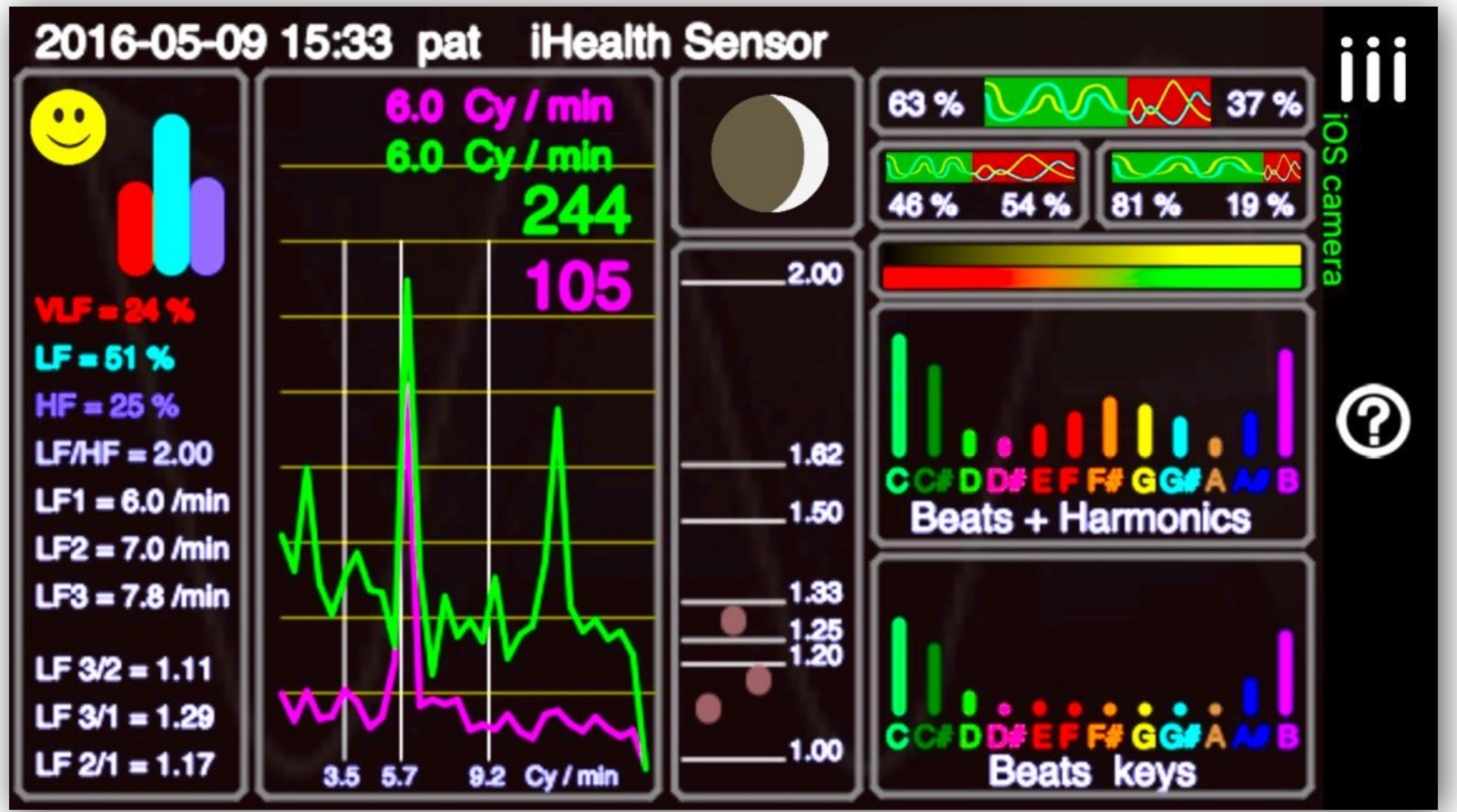
Example of efficient « relaxed » resonant entrainment, showing the green wave summation of the constructive combination of HRV LF wave and PPG LF wave (clicking on the FFT LFs button enables this display).



Example of **less** efficient « relaxed » resonant entrainment, showing the green wave summation of the constructive combination of HRV LF wave and PPG LF wave (clicking on the FFT LFs button enables this display).

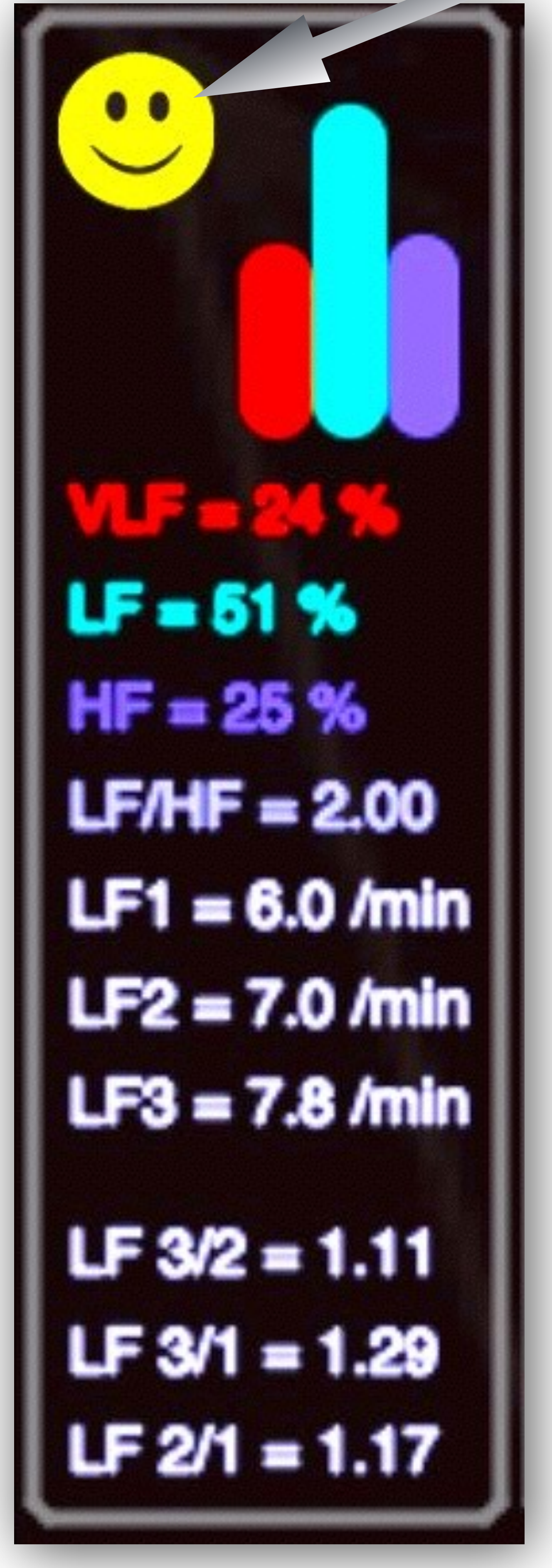


Dash Board of a training breathing record



0.1 Hz Training records

Your mood

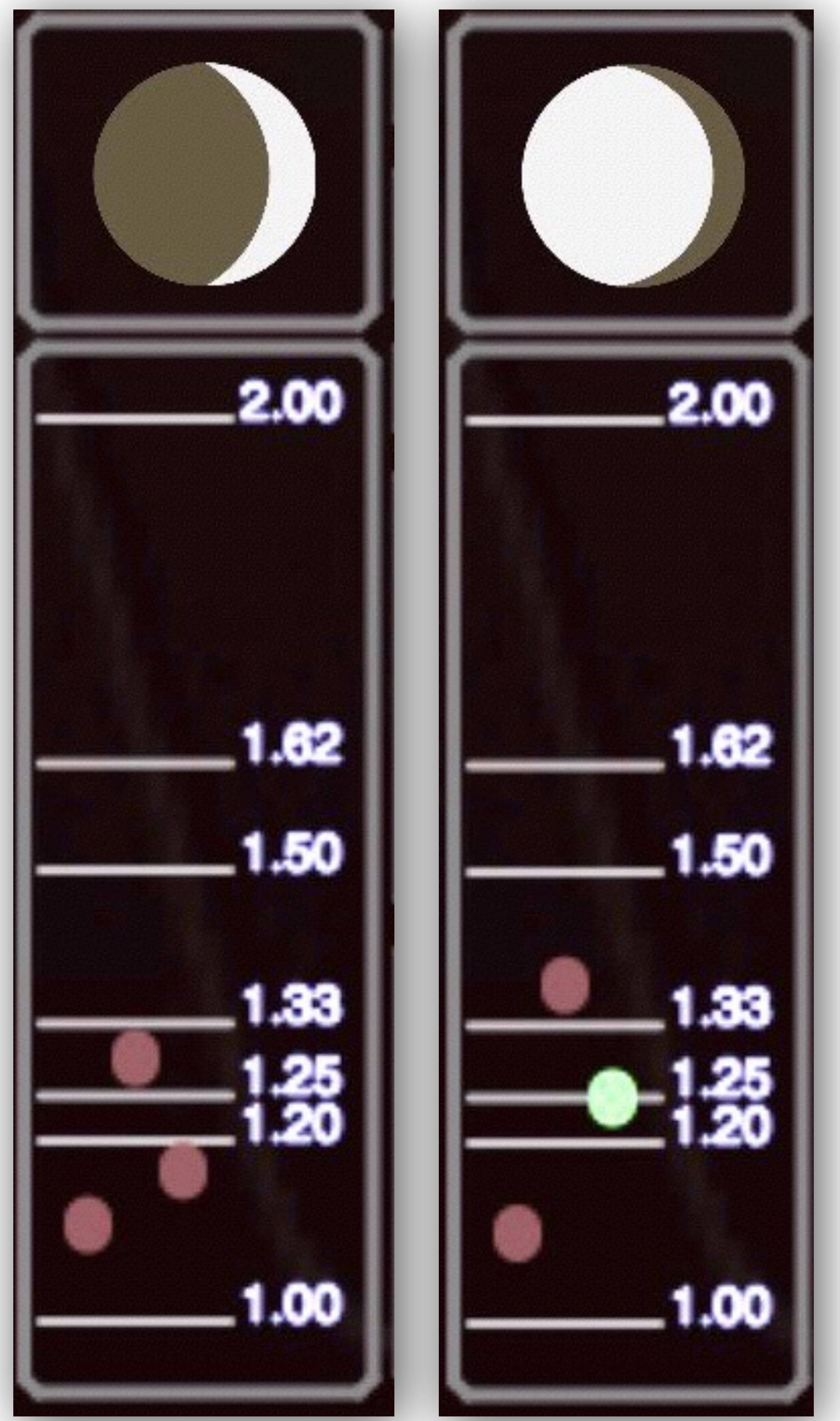


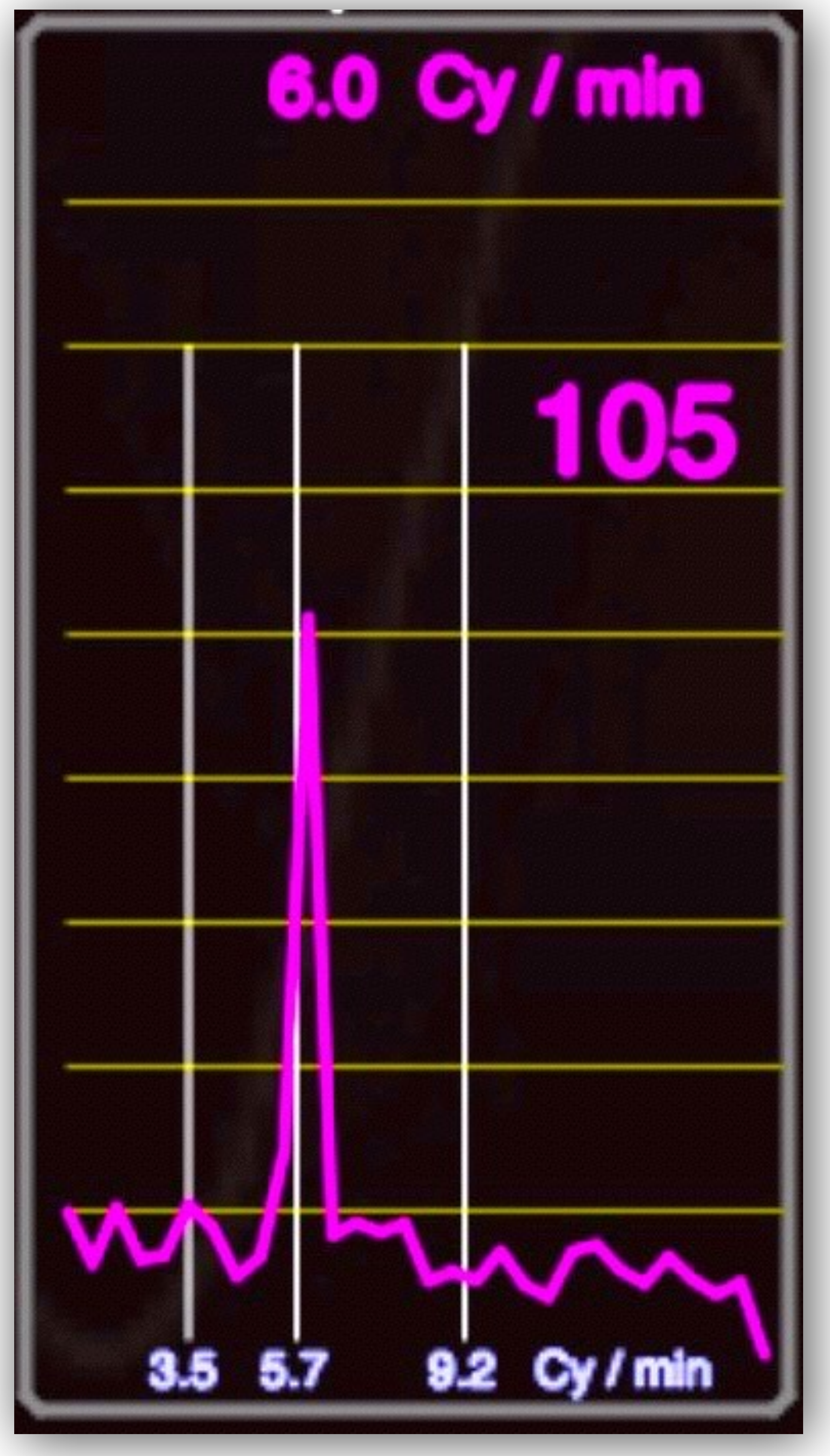
VLF, LF & HF ratios

Moon phase

Musical Ratios of peaks in the HRV spectrum analysis

(dots turn green when they fit a musical ratio).



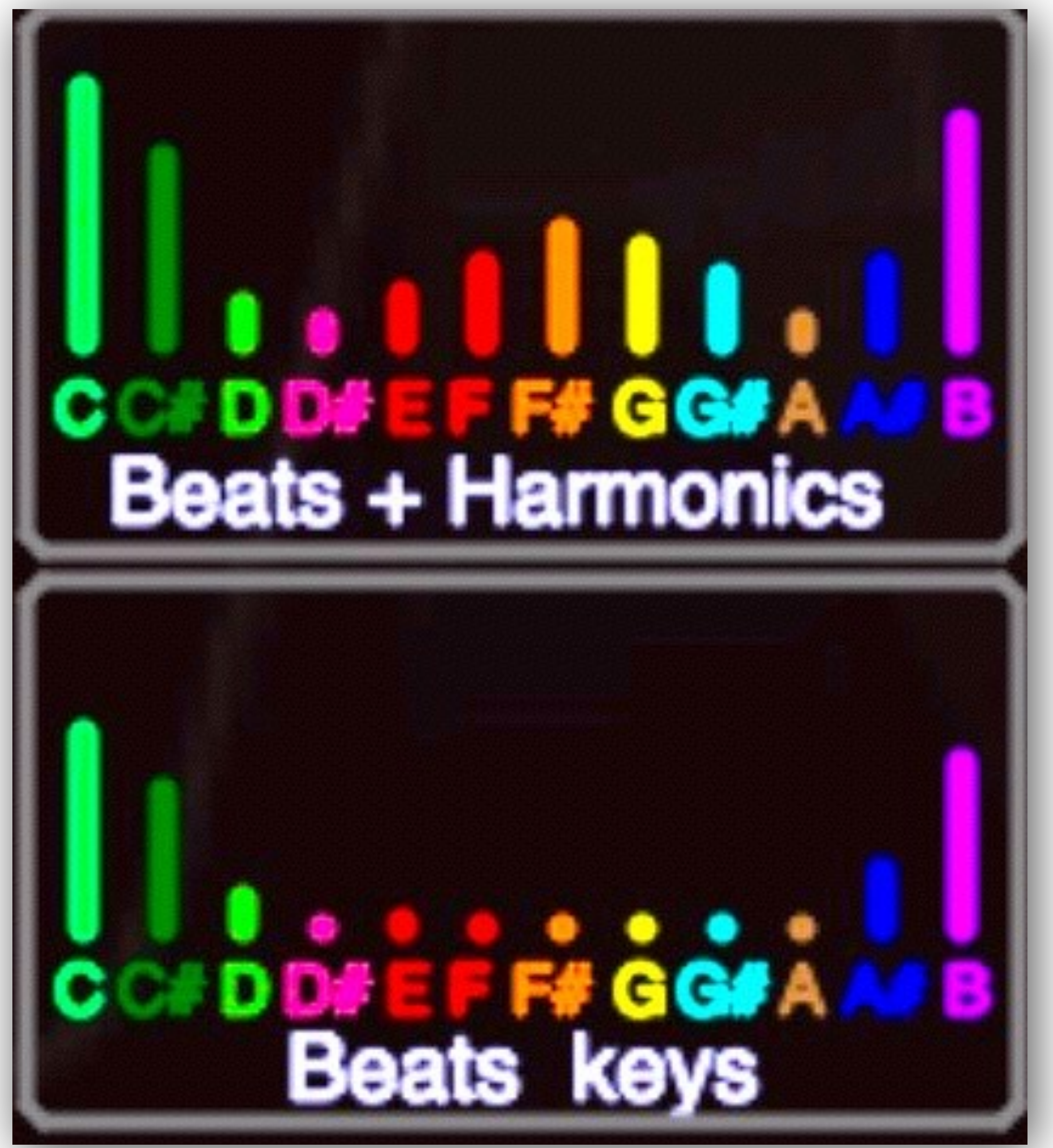


Third order spectrum analysis related to the coherence of the breathing.

HRV analysis in pink;

PPG/blood pressure wave analysis in green (only available with light sensors).

The coherence is related to the amplitude of the peak.



Analysis of the musical keys in your heart/HRV.

The amplitude of the displayed musical notes indicates the key signatures of your heart music !
(you can tune to your lover, DJ or guru)

Stress vs Relaxation indicator:
% Fit between HRV and PPG (blood pressure) LF waves
(only available with light sensors)

Last
4 minutes

Previous
2 minutes

Last
2 minutes

Evolution
during
4 minutes

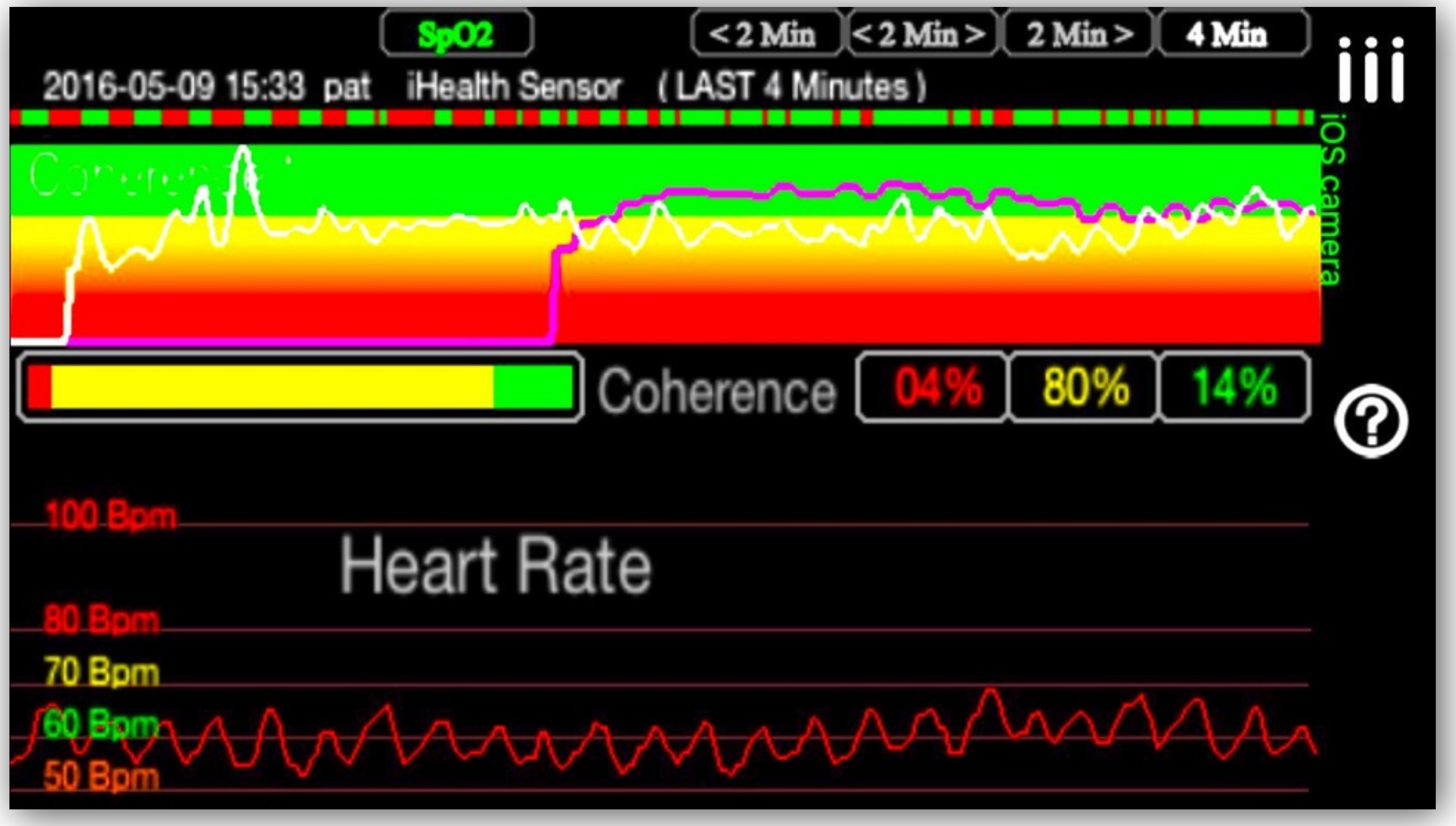
Comparison
2 first minutes
2 last minutes

COLORS:
< 50%
>=50% & < 60%
>=60% & < 70%
>= 70%

Last 4 minutes averaging

Coherence display options:
full FFT3 coherence vs simple dominant harmonic amplitude coherence

see : « How iTHRVE measures coherence »



HRV % Coherence evolution over time

Options to display graphs:

- Cortisol level
- Adrenalin
- LF/HF
- FFT3: heart/breath Coherence (by third order spectrum analysis)
- Coher(ence) curve by simple single dominant harmonic amplitude