

HRV 3 Step Assessment Report

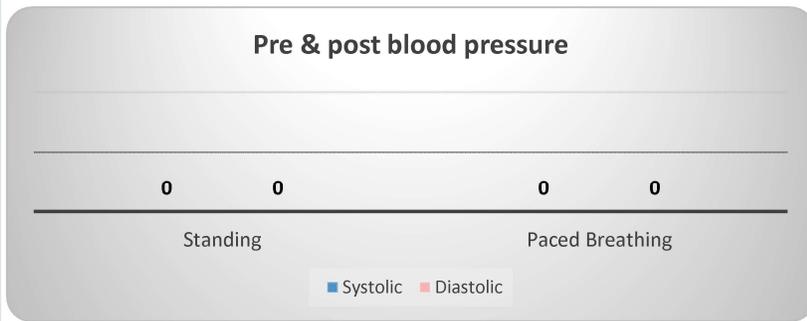


Client: , Jacqui
 Session Date: 3/20/2026

Script: HRV 3 step assessment
 Session Time: 11:37:58 AM

Time domain Metrics	Standing	Sitting		Paced breathing	
Heart rate mean (beats/min)	89.588	85.355	↓	86.766	↑
Respiration rate mean (breaths/min)	15.25	15.924	↑	7.334	↓
IBI Mean	673.677	705.829	↑	692.828	↓
IBI std dev (SDRR)	72.941	56.684	↓	30.307	↓
HR max-min mean (beats/min)	6.622	3.763	↓	8.691	↑

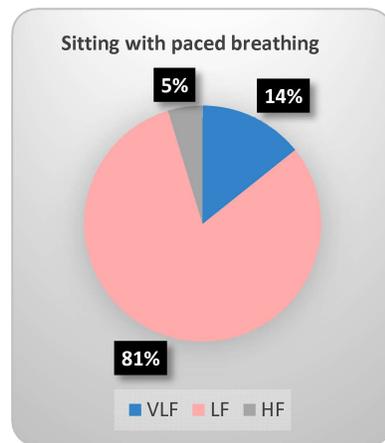
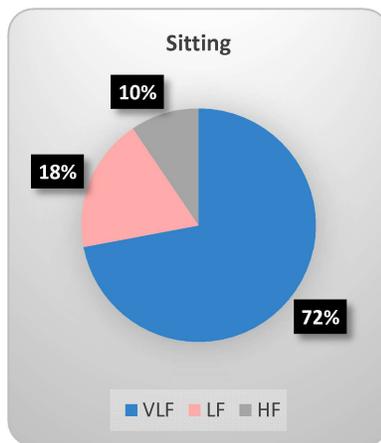
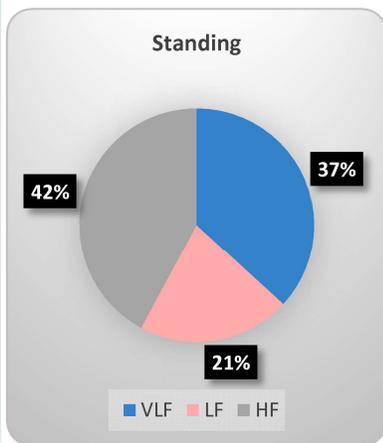
The time domain metrics are a reflection of the beat to beat variations in timing between consecutive heartbeats. They are responsive to rapid changes in physiological dominance.



Systolic ▢ 0 mm Hg
 Diastolic ▢ 0 mm Hg

HRV frequency domain Metrics	Standing	Sitting		Paced breathing	
VLF % power mean	36.827	72.045	↑	14.258	↓
LF % power mean	21.024	18.457	↓	81.02	↑
HF % power mean	42.148	9.498	↓	4.722	↓
HRV LF/HF (means)	0.18	1.981	↑	18.937	↑
HRV peak freq. mean (Hz)	0.066	0.016	↓	0.098	↑

The frequency domain metrics reflect slower processes and are responsive to longer lasting trends in physiological changes.



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Report Overview

Step 1 - Standing: This position increases your arousal because standing up without moving requires attention. Your cardiovascular system is under mild stress because it has to maintain constant blood flow and blood pressure from your head to your toes. In this position, your sympathetic nervous system is dominant, so your heart rate and blood pressure may be elevated while heart rate variability (HRV) measures would tend to be low.

Step 2 - Sitting: As you sit, your cardiovascular system has to rapidly adapt to the changes in internal pressure to maintain blood flow and blood pressure. Sitting is also a more restful position which allows for relaxation to happen. Your sympathetic nervous system will give way to your parasympathetic system, so you might notice decreasing heart rate and increasing HRV measures.

Step 3 - Paced breathing: Breathing slowly and regularly at 6 breaths per minute helps your body to relax and improves its ability to self-regulate. You should notice a significant decrease in heart rate and blood pressure and an increase in all or most HRV measures.

The tables of statistics show green arrows to indicate changes that are following the physiological expectations and red arrows to indicate changes in the other direction or lack of change. Practicing slow regular breathing exercises as often as you can, 10 to 20 minutes a day, will help your body learn to self-regulate faster and maintain high levels of heart rate variability.

Expected Changes: (↑ increase ↓ decrease □ no change)

Time and Frequency Domain Metrics	From Step 1-2 Standing to Sitting	From Step 2-3 Normal to Paced breathing
Heart rate mean (beats/min)	↓	↓
Respiration rate mean (breaths/min)	↓	↓
IBI Mean	↑	↑
IBI std dev (SDRR)	↑	↑
HR max-min mean (beats/min)	□	↑
VLF % power mean	↓	↓
LF % power mean	↑	↑
HF % power mean	↑	↓
HRV LF/HF (means)	↓	↑
HRV peak freq. mean (Hz)	↓	↓

Notes:



Signature _____

