

Autonomic Assessment Report

Personal information:

First Name: James
Last Name: Owen
Gender: Male
Date of Birth: 04/18/1960

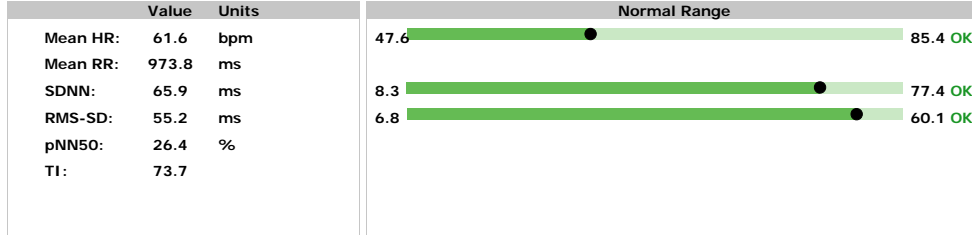
Test information:

Date: 01/19/2009
Time: 15:30
Trial: 1

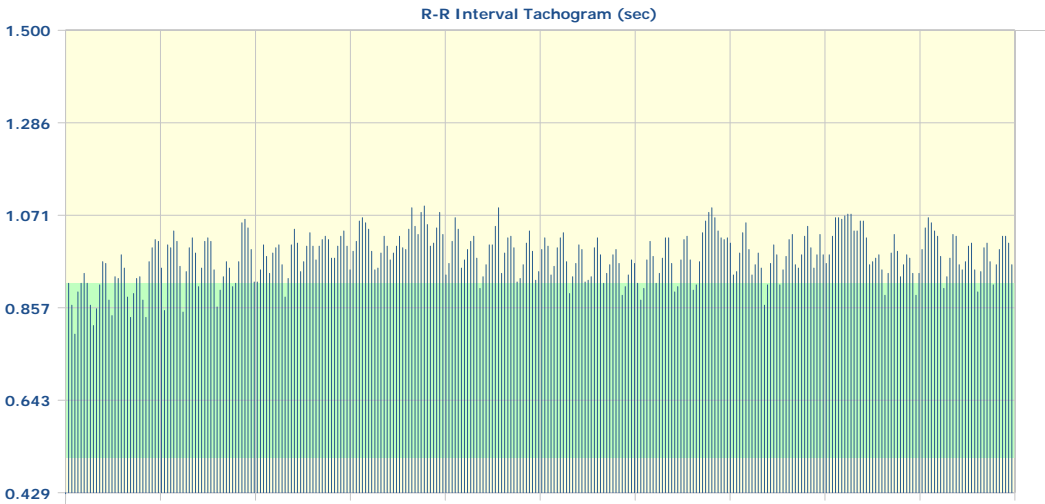
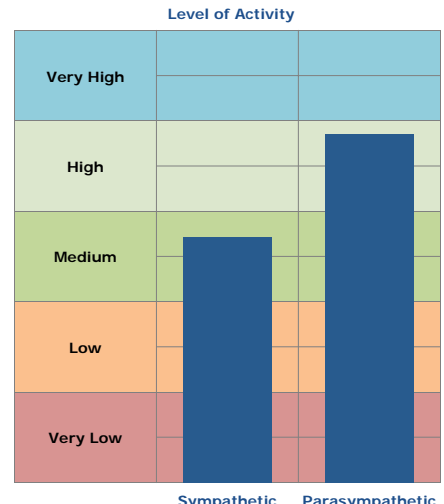
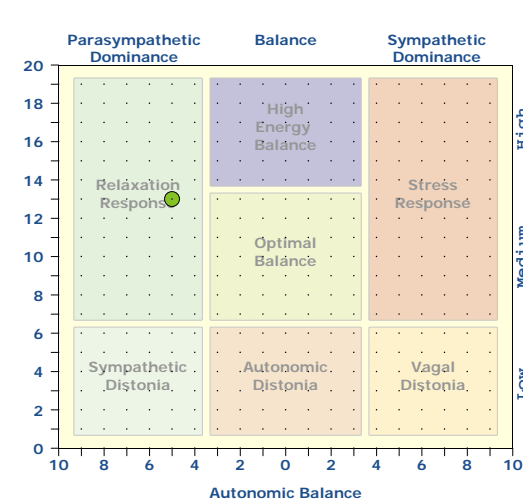
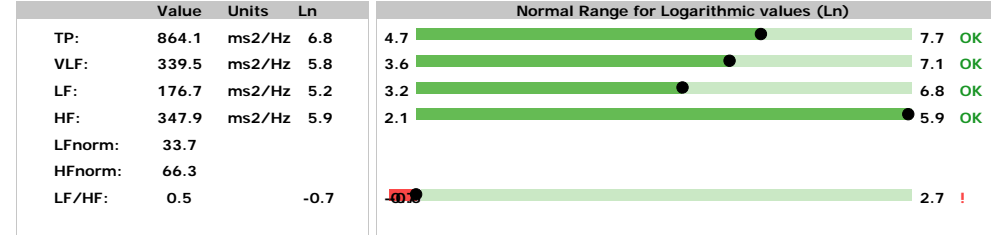
Test data statistic and quality check:

Total number of heartbeats: 307
Number of normal heartbeats: 305
Number of ectopic heartbeats: 2
% of ectopic heartbeats: 0.7
Quality check index: Acceptable

Time Domain Analysis



Frequency Domain Analysis



Test Summary:

Prevailing rhythm: Normocardia – resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

Autonomic function condition: Relaxation response. The autonomic nervous system is out of balance (-5 points) with slight predominance of parasympathetic regulation. The autonomic tonus is medium (13 points out of 20). The level of functional activity of sympathetic nervous system is normal (10 points out of 20). The level of functional activity of parasympathetic nervous system is higher than normal (15 points out of 20). This may be a sign of achieving mentally / physically restful condition and good relaxation.

Recommendations: If similar results appear 3 or more times in a row but there are no other signs of relaxation, it is recommended to perform a thorough health checkup. Maintaining a healthy lifestyle may help to keep the autonomic function at an optimal level.

