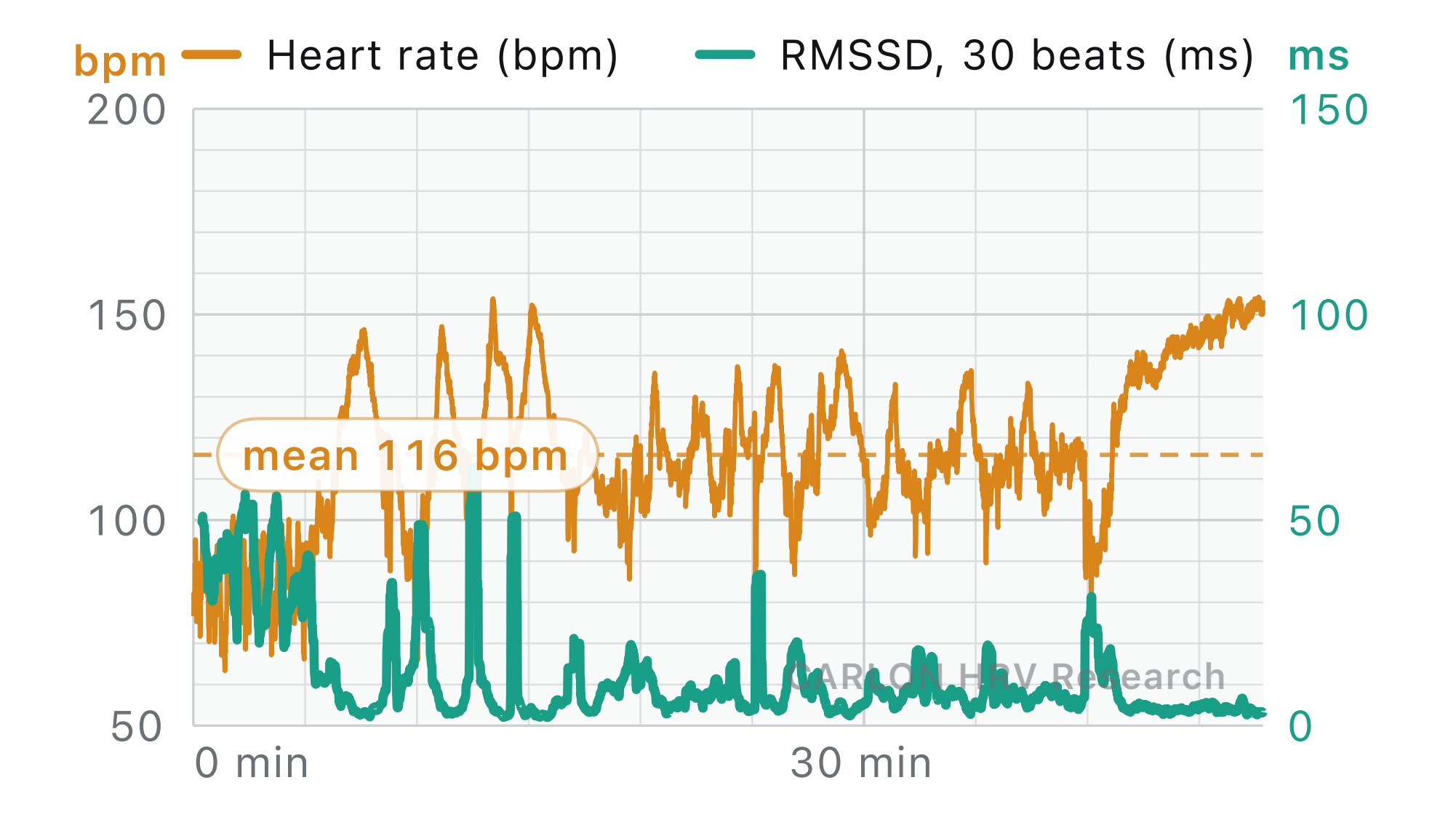

bpm
Heart rate (bpm)
RMSSD, 30 beats (ms)
ms
200
150
100
50
150
100
50
0
mean 116 bpm
CARLON HRV Research
0 min
30 min