

Chatchai

HRV measurements and modelled wellness interpretations. Not a diagnosis.

BMS-HRV-2.0 / BMS-HRV-2.0

Before

8 Sep 2026 23:48

After

9 Sep 2026 01:20

Summary

Wellness estimates

Before

8 Sep 2026 23:48

Heart Rate

84 bpm

Recording quality

100%

Duration

03:32

R-R Intervals

299

Overall Condition



A combined view of the body's current condition.

Body Balance



How evenly the body is managing effort and recovery.

Nerve and Hormone Balance



How smoothly nerve and hormone signals are working together.

Stress and Recovery



How the body is handling mental and emotional load.

Ability to Adapt



How ready the body is to respond and recover.

After

9 Sep 2026 01:20

Heart Rate

74 bpm

Recording quality

100%

Duration

04:00

R-R Intervals

299

Overall Condition



A combined view of the body's current condition.

Body Balance



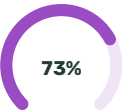
How evenly the body is managing effort and recovery.

Nerve and Hormone Balance



How smoothly nerve and hormone signals are working together.

Stress and Recovery



How the body is handling mental and emotional load.

Ability to Adapt



How ready the body is to respond and recover.

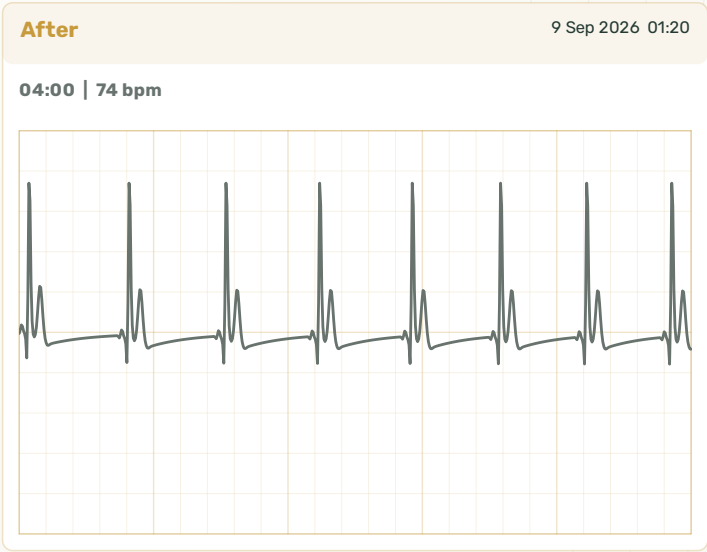
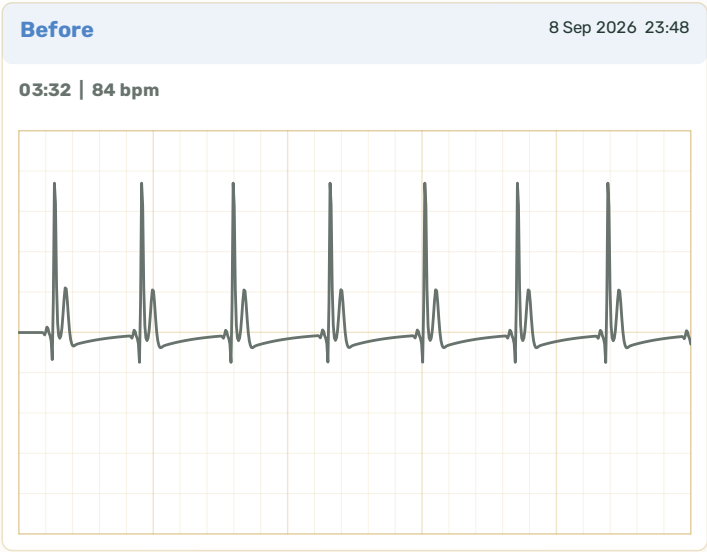
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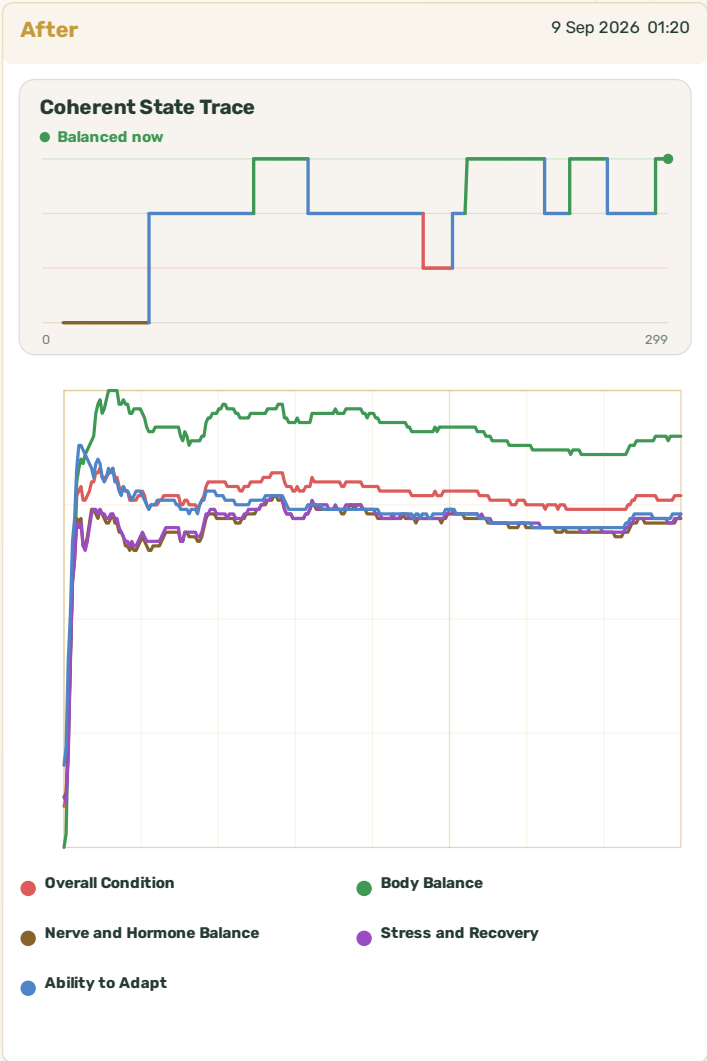
BMS-HRV-2.0 / BMS-HRV-2.0

Rhythm

Electrocardiogram



Body Changes During This Scan



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BMS-HRV-2.0 / BMS-HRV-2.0

Rhythm

HRV Analysis

Before

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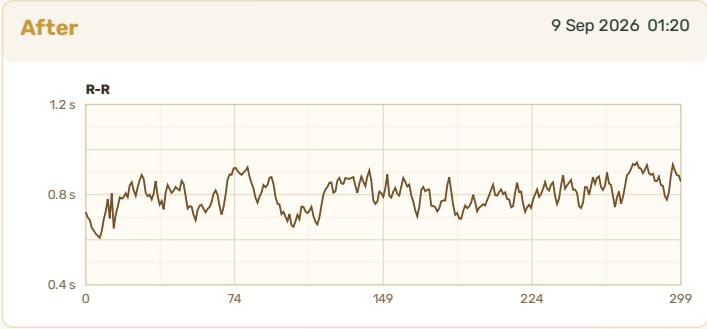
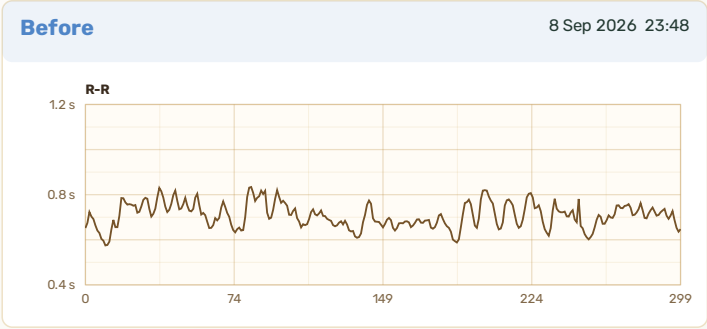
Heart Rate	Mean R-R
84.3 bpm	711.6 ms
SDNN	RMSSD
55.0 ms	27.6 ms
pNN50	Recording quality
6.0%	99.7%
VLF	LF
1403.9 ms²	1224.9 ms²
HF	LF/HF
507.6 ms²	2.41

After

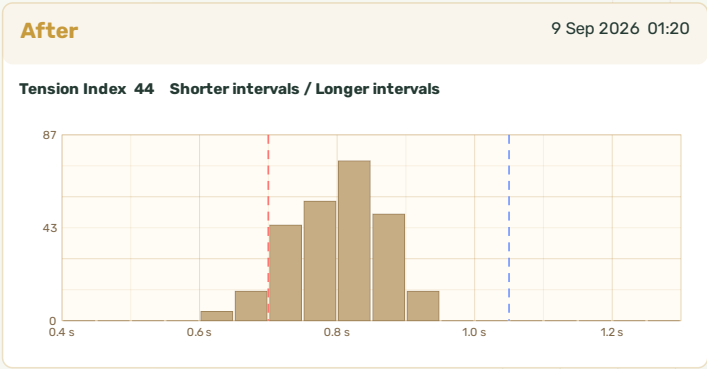
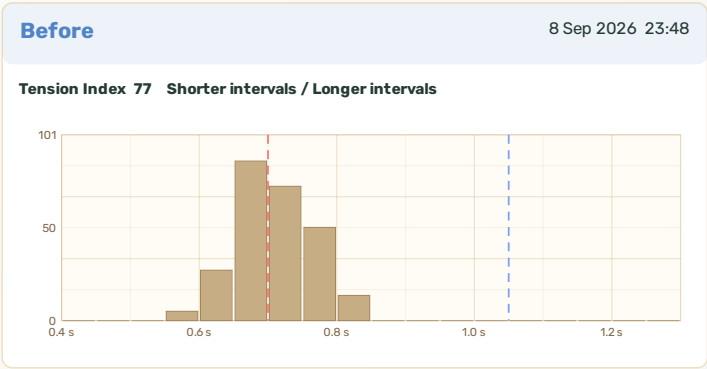
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Heart Rate	Mean R-R
74.5 bpm	805.6 ms
SDNN	RMSSD
66.8 ms	34.2 ms
pNN50	Recording quality
11.7%	99.8%
VLF	LF
1849.3 ms²	1033.4 ms²
HF	LF/HF
408.6 ms²	2.53

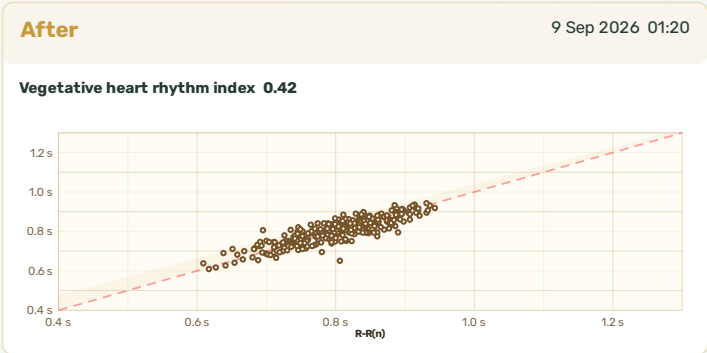
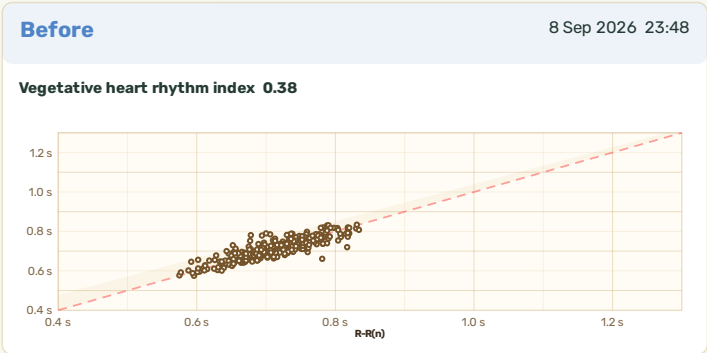
Rhythmogram



Histogram of R-R Intervals



Scatterogram



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Rhythm

Spectrum Diagram

Before

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Band	Percentage
VLF	45%
LF	39%
HF	16%

BMS-HRV-2.0 • 299 accepted intervals • 294 adjacent pairs • 124.8 s uninterrupted spectrum segment.
Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

VLF 45%

Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

LF 39%

Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

HF 16%

Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

After

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Band	Percentage
VLF	57%
LF	31%
HF	12%

BMS-HRV-2.0 • 299 accepted intervals • 295 adjacent pairs • 232.7 s uninterrupted spectrum segment.
Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

VLF 57%

Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

LF 31%

Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

HF 12%

Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

Educational wellness information for practitioner review. Values and reference ranges describe the recorded functional pattern; they are not a diagnosis or a treatment recommendation.

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BMS-HRV-2.0 / BMS-HRV-2.0

Before

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After

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Balance

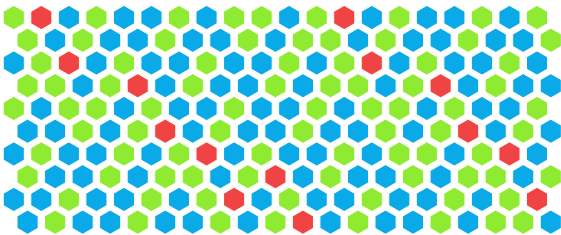
Functional State Graphics

Neurodynamic Matrix

Before

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Nerve and Hormone Balance 66%



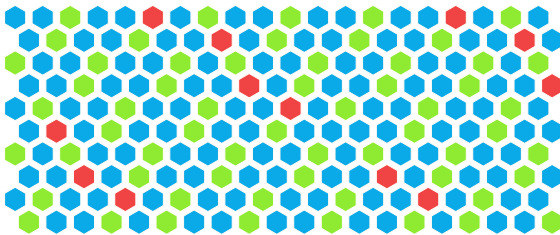
0% 100%

- Normal 51%
- With changes 42%
- With violations 7%

After

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Nerve and Hormone Balance 72%



0% 100%

- Normal 64%
- With changes 30%
- With violations 6%

Energy Flow Harmony

Before

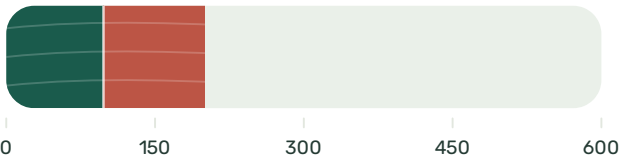
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Energy Resources

200

Energy Balance

1.04



- Accumulation / Recovery 98
- Expenditure / Consumption 102

After

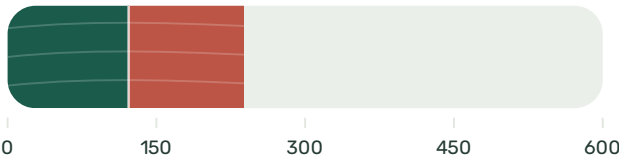
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Energy Resources

238

Energy Balance

0.95



- Accumulation / Recovery 122
- Expenditure / Consumption 116

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BMS-HRV-2.0 / BMS-HRV-2.0

Before

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After

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Balance

Mind and Emotions

Before

8 Sep 2026 23:48



After

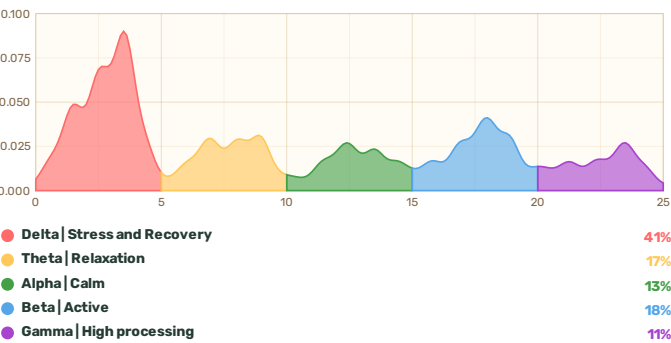
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Nervous System Patterns

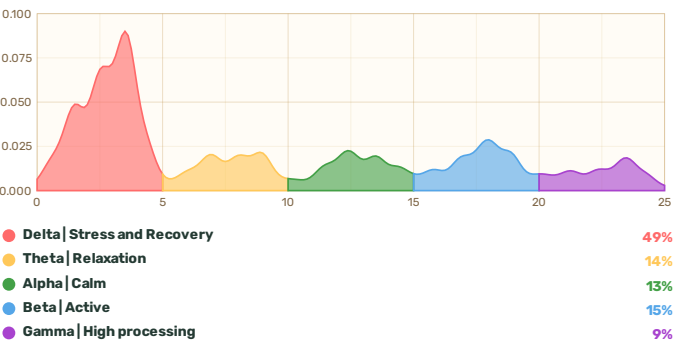
Before

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After

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Circulation Regulation

Before

8 Sep 2026 23:48

RMSSD

27.6 ms

SDNN

55.0 ms

Usable heartbeats

100%

Scan confidence

97%

After

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RMSSD

34.2 ms

SDNN

66.8 ms

Usable heartbeats

100%

Scan confidence

97%

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BMS-HRV-2.0 / BMS-HRV-2.0

Before

8 Sep 2026 23:48

After

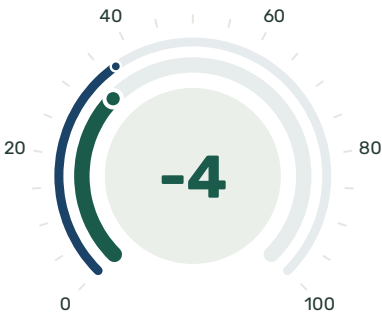
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Balance

Biological Age

Before

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Age at Measurement

37 years

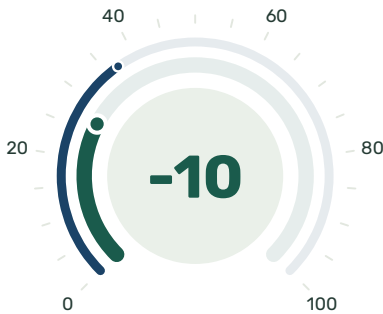
Biological Age

33 years

4 years younger than calendar age

After

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Age at Measurement

37 years

Biological Age

27 years

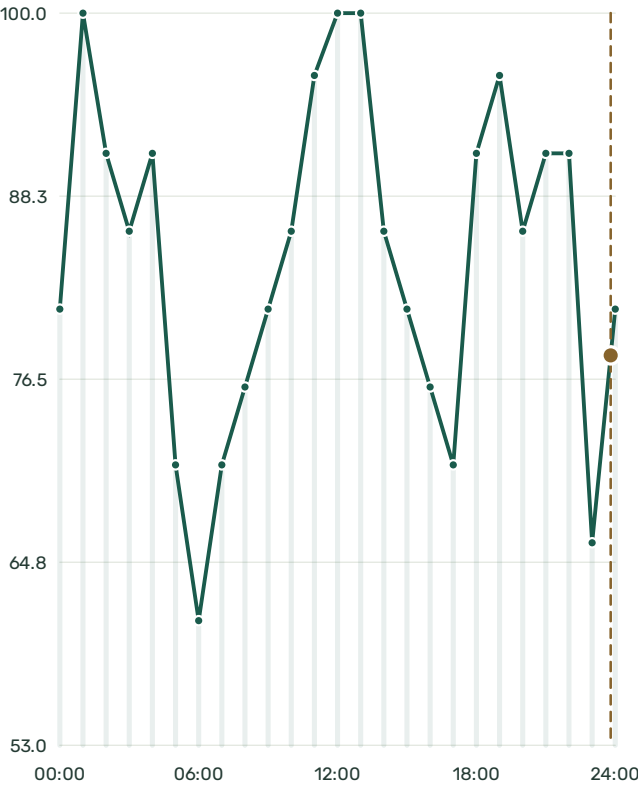
10 years younger than calendar age

Daily Forecast

Before

8 Sep 2026 23:48

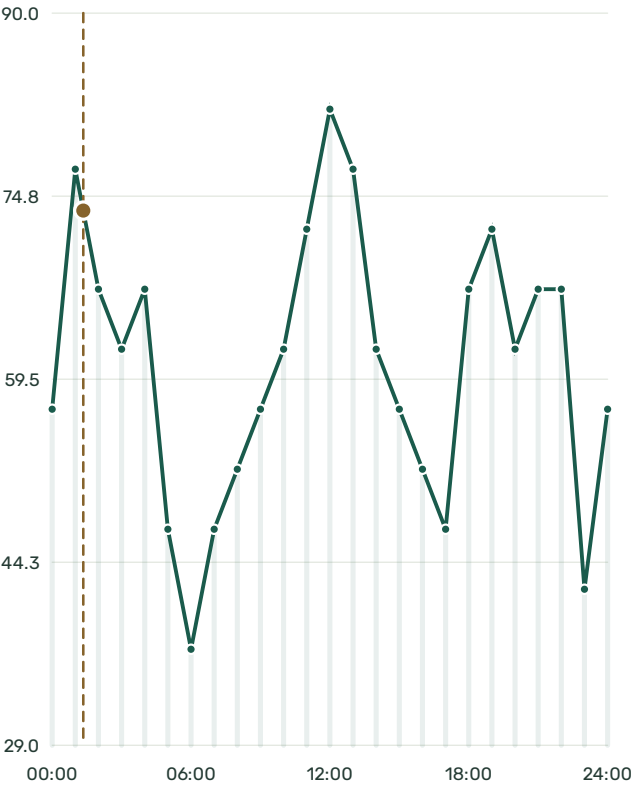
Scan Time 23:48



After

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Scan Time 01:20



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BMS-HRV-2.0 / BMS-HRV-2.0

Before

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After

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Energy

Aura and Chakra Analysis

Aura Field

Before

8 Sep 2026 23:48



Playful, optimistic, curious and expressive.

After

9 Sep 2026 01:20



Quiet, transformative, imaginative and spiritually aware.

Chakra Activity Map

Before

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● Crown chakra (Sahasrara)	66%
● Brow chakra (Ajna)	65%
● Throat chakra (Visuddha)	66%
● Heart chakra (Anahata)	71%
● Solar plexus chakra (Manipura)	66%
● Sacral chakra (Svadhithana)	63%
● Root chakra (Muladhara)	62%

After

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● Crown chakra (Sahasrara)	73%
● Brow chakra (Ajna)	69%
● Throat chakra (Visuddha)	72%
● Heart chakra (Anahata)	90%
● Solar plexus chakra (Manipura)	73%
● Sacral chakra (Svadhithana)	73%
● Root chakra (Muladhara)	73%

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Before

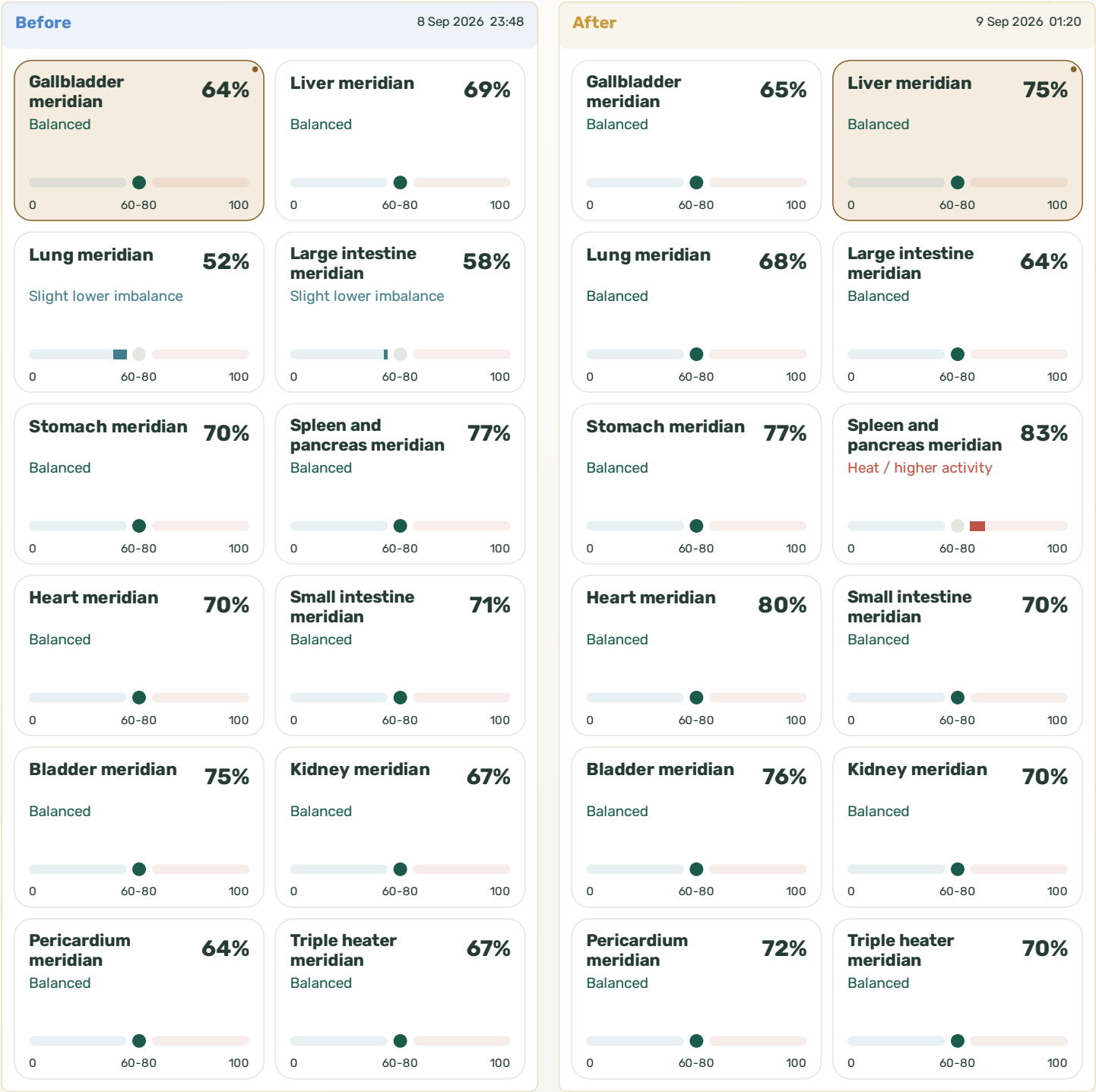
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Energy

Chart of the Meridians



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BMS-HRV-2.0 / BMS-HRV-2.0

A guide to your results

Before

8 Sep 2026 23:48

After

9 Sep 2026 01:20

A guide to your results

Start with heart rate and HRV, then explore the calculated balance and energy views. Each chapter offers a different perspective on the same recording. Exact values stay visible alongside the graphics; your own repeated sessions provide the most useful context.

Wellness estimates

These five calculated scores describe overall condition, body balance, nerve and hormone balance, stress and recovery, and adaptation. Each bar uses the same 0-100 scale. Read the exact percentage and description together, then compare the pattern with your previous sessions.

HRV Analysis

Heart rate describes the pace of your heart. SDNN describes overall variation between accepted beats; RMSSD and pNN50 describe neighboring beat-to-beat changes. Total power and LF/HF describe the frequency view when the recording supports it. Read these together with recording quality and your own history.

Compare recordings of similar duration and conditions. A single higher value is not automatically an improvement; LF/HF is not a direct stress measurement. Look for consistent changes over several sessions.

Histogram of R-R Intervals

Distribution of accepted R-R intervals grouped by duration.

Scatterogram

Plots every R-R interval against the next one. A compact cloud near the diagonal indicates a stable rhythm; the vegetative heart rhythm index reference is 0.25-0.60.

Neurodynamic Matrix

Shows the calculated proportions of the three neurodynamic categories.

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A guide to your results

Before

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A guide to your results

Look for patterns across your own sessions. Similar posture, breathing, time of day and good electrode contact make comparisons more useful. Notice changes alongside how you felt that day.

Energy Flow Harmony

Green shows accumulation and recovery; coral red shows expenditure and consumption. The filled area represents total energy resources, while the relative sides represent energy balance. The flexible contour changes with the recorded resource total and balance. References: resources 150-600 units; balance 1.0-2.5.

Psychoemotional state

Shows the calculated stress and recovery pattern for this recording.

Nervous System Patterns

Illustrative patterns generated from wellness scores. The horizontal axis is a model scale, not EEG frequency or measured brain activity.

Biological Age

Compares the calculated biological-age estimate with calendar age.

Daily Forecast

Illustrative daily curve from the legacy wellness model. Not a validated health prediction or a guide to the best time for activity.

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BMS-HRV-2.0 / BMS-HRV-2.0

A guide to your results

Before

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After

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A guide to your results

Look for patterns across your own sessions. Similar posture, breathing, time of day and good electrode contact make comparisons more useful. Notice changes alongside how you felt that day.

Aura Field

Body color uses the accepted heartbeat pattern with age-aware interpretation. The surrounding field follows the Aura Percentage.

Chakra Activity Map

Each circular lotus marker shows the calculated activity of one chakra. Its name and exact percentage are printed beside the map.

Chart of the Meridians

Twelve percentage badges and proportional colored bars summarize the calculated Meridian scores. Blue means cold/lower activity, green balance, and red heat/higher activity on this scale. These are score-based interpretations; the two colors do not represent independently measured signals. Five Elements remains a separate view.

Reference scale: Cold below 50 • Slight imbalance 50-59 • Balanced 60-80 • Heat above 80

Five Elements

Notice the relative pattern and exact scores across your own recordings, rather than judging one color or one region in isolation. Use the translated names and meanings as a way to reflect on your experience; compare them with the measured rhythm information in the other chapters.