

Smart Pulse REPORT READING GUIDE

It represents the status of physical & mental stress. The lower value is the better.

Physical Stress: It indicates the degree of the pressure to our body which is suffering from fatigue or stress.

Mental Stress: It indicates the degree of the emotional stress (Anxiety/Worry/Anger/Tension/Lethargy) which is suffering mentally.

Stress Score is given in reference to the Physical and Mental Stress and how they relate to the ability for handling or dealing with the internal and external stress placed upon it. A score of 50 or less is ideal. The Stress Score is directly related to the autonomic nerve function and the relationship or disparity between the Physical/Mental Stress and the Stress Resistance.

***Green Zone:** Good condition with low stress

***Yellow Zone:** Averaging condition with a little stress

***Red Zone:** Chronic stress condition with a lot of stress

Autonomic Nerve Balance: It indicates the balance degree of SNS(tension) and PNS(relax). The balanced ratio means that you are in healthy condition.

***Balanced:** It means that sympathetic nerve and parasympathetic nerve are properly balanced each other. In general, ratio of SNS and PNS is 6:4, 5:5, 4:6 and it means the balance of autonomic nerve system.

***SNS Dominant:** If sympathetic nerve is excessively high, it means that the person has anxiety, irritation, and excessive nervousness. In other words, if the person has excitation or stress severely and has sleep disorder, aggressive character, agitation and overheating on body, it is highly dominant.

***PNS Dominant:** If parasympathetic nerve is excessively dominant, it means that the person has depression or can't be bothering anything or loses the motivation.

Stress Resistance represents the overall health condition of your body. The higher value means a healthier condition which can be more adaptable to the physical & mental stress.

Stress Resistance: As an indicator of how much we are adaptable to the stress, it will be greatly resistant to the stress in the healthy people under the same stress while it will be lower in resistance for the unhealthy people if they lose the resistant ability in the body or have a weak autonomic nerve system function.



If your heart rate were in the averaged range of the same age group, the bar would be located in the Green Zone.

Heart Rate: This is your average heart rate measured during the test. It is typically between 60 and 90 beats per minute. But in someone such as athletes, it may be lower.

Ectopic beat: This means the heart rhythms deviated from the normal range and it may also appear when you move or talk much during the test. If it occurs over 5 times, the measurement must be repeated. If it still remains high, you may have an irregular heart beat(Arrhythmia).

A healthy blood vessel is flexible & supple and it leads to get a higher score of Arterial & Peripheral Elasticity.

Arterial Elasticity: It shows the degree of the blood flow and contraction power of artery from the heart to other parts of the body.

Peripheral Elasticity: It shows the degree of the blood circulation of peripheral blood vessel delivering to the furthest from the heart.

Type of Arterial Health: It displays the distribution of the aging level in percentage for your blood vessel by 7 Types. (The percent ages may be spread out or 100% in a given wave type)

*Type 1: Blood circulation and artery state are great!

*Type 2: Blood circulation and artery state are good but a slight build-up is beginning to occur.

*Type 3~4: Blood circulation and artery state are becoming poor and build-up is starting.

*Type 5: Blood circulation and artery state are not good and build-up is getting increased.

*Type 6~7: Blood circulation and artery state are very serious and build-up is becoming serious.

Arterial Score: It represents the overall health condition of your blood vessel. The higher score means the blood circulation and artery state are better.