# ANTI-STRESS BIOFEEDBACK BREATHWORK TRAINING

The anti-stress biofeedback training is available in both platforms and utilizes a well-known RSA (respiratory sinus arrhythmia) biofeedback technique based on recording and analyzing heart rate during deep breathing at a slow rate for 5 minutes. In the case of our PC version it is already installed. In the case of the cloud version it will be available on smart phones as an app. It delivers the following output metrics:

Training Score – a quantitative measure indicating how well the body responded to deep paced breathing providing stress reduction effect. This metric is continuously captured and indicated during a training session providing a feedback loop. An averaged level of this score is provided at the end of the training. The higher levels of the score indicate better stress reducing effects of training.

Training Focus – a quantitative measure of the ability to maintain the best possible level of training score during a training session. High focus indicates that a trainee took the best efforts in achieving best training results.

HR Variation – a quantitative measure showing how much heart rate was varying under effect of deep slow breathing. Higher values of HR variation indicate that baroreflex function works well. Baroreflex is a key physiological mechanism aimed to provide quick cardiovascular adaptation to maintain stable blood supply to the brain.

We now offer 4 different Breathwork modules: RSA, Square Yoga, Zen 4-7-8, and Deep Breathing. You can also import meditation music, a favorite song, or suggestive speech programs to listen to while training.
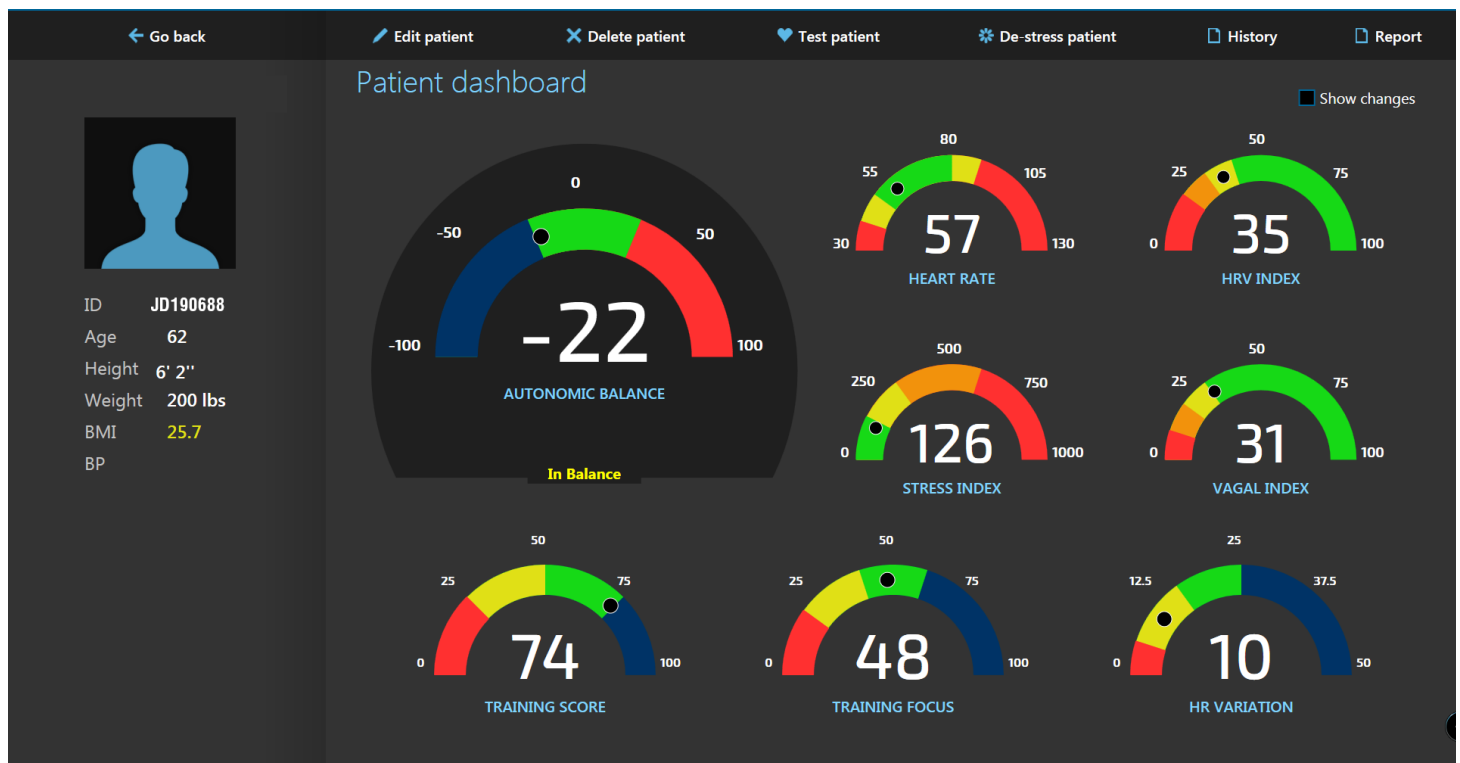
Training Score		
0 … 25	Red	Low responsiveness to breathing. This could be a sign of poor efforts to focus on breathing pace or very low body adaptivity (low responsiveness of baroreflex mechanism).
25 … 50	Yellow	Moderate responsiveness to breathing. This could be a sign of not adequate efforts to focus on breathing pace or decreased body adaptivity (decreased responsiveness of baroreflex mechanism).
50 … 75	Green	High responsiveness to breathing. This is a sign of adequate efforts to focus on breathing pace and good body adaptivity (good responsiveness of baroreflex mechanism).
75 … 100	Blue	Excellent responsiveness to breathing. This is a sign of strong efforts to focus on breathing pace and very good body adaptivity (high responsiveness of baroreflex mechanism).
Training Focus		
0 … 20	Red	Poor focus on breathing pace. The training outcome is low.
20 … 40	Yellow	Fair focus on breathing pace. The training outcome is mediocre.
40 … 60	Green	Good focus on breathing pace. The training outcome is good as much as the heart is able to respond to deep breathing.
60 … 100	Blue	Excellent focus on breathing pace. The training outcome is very good as much as the heart is able to respond to deep breathing.
HR Variation		
0 … 5	Red	The heart is poorly responding to deep breathing. This could be a sign of cardiovascular or autonomic dysfunction.
5 … 15	Yellow	The heart is fairly responding to deep breathing. This is typical for aging people or could be a sign of mild decrease in baroreflex function.
15 … 25	Green	The heart is well responding to deep breathing. Baroreflex mechanism is in good shape.
25 … 50	Blue	The heart is perfectly responding to deep breathing. Baroreflex mechanism is in excellent shape.