

### Supplementary File

Presented below are histograms visualizing the distribution of each participant's HRV values for each 5min HRV analysis (153 in total).

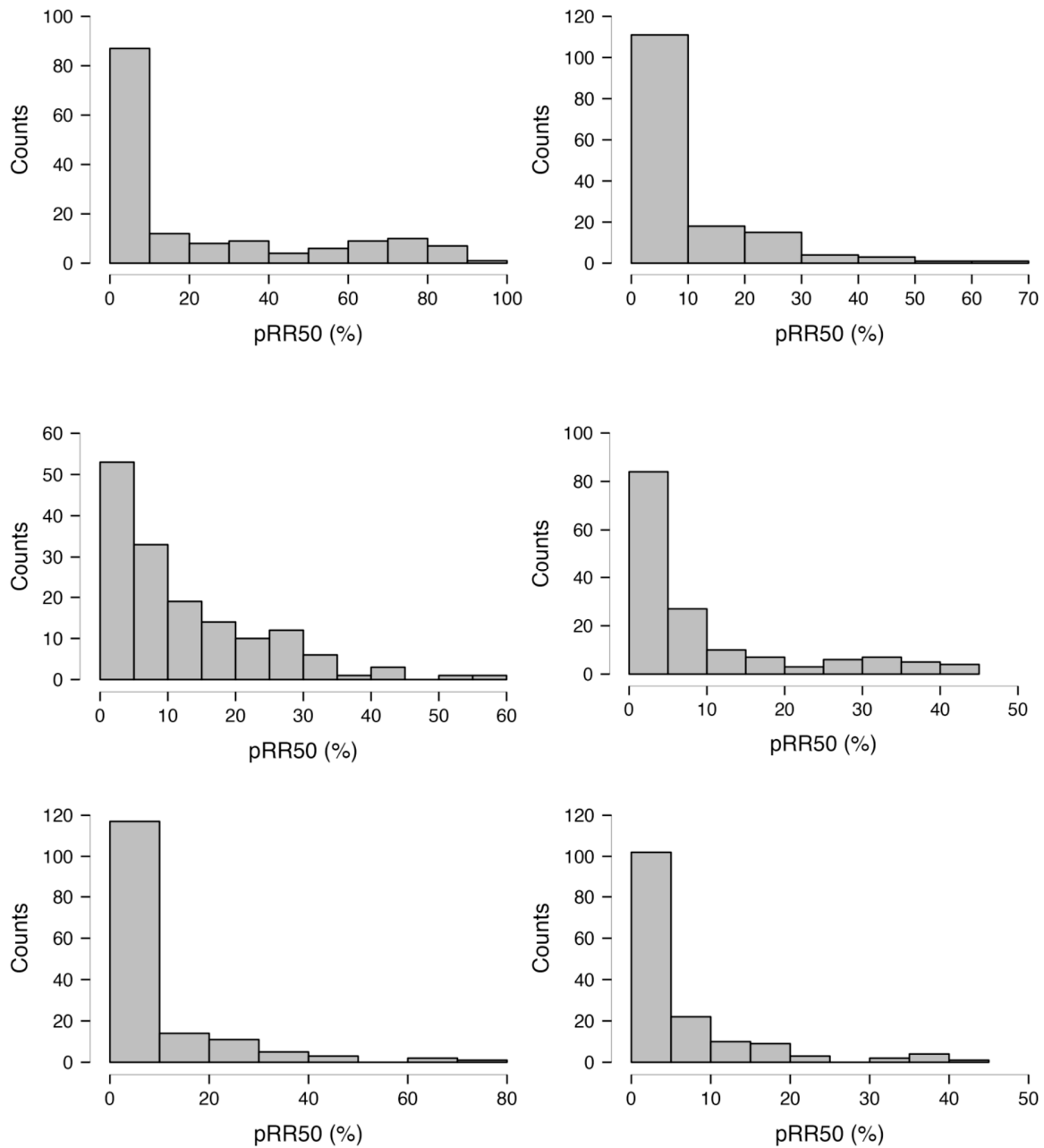


Figure S1. Histogram plots of each participant's pRR50 values for each 5 min HRV analysis.