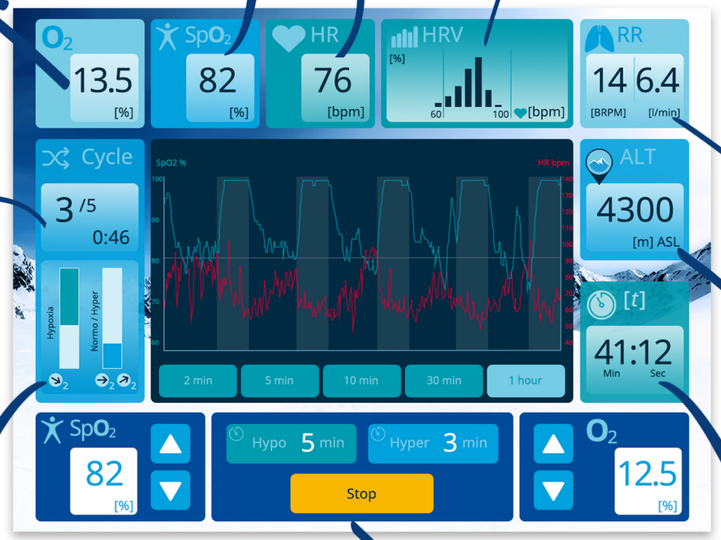
# Description
## of the "Training Session" screen

**Current $SpO_2$ value** measured with pulsoximeter

**Current Heart Rate (HR)** measured with pulsoximeter

**Current oxygen value** $O_2$ in the system



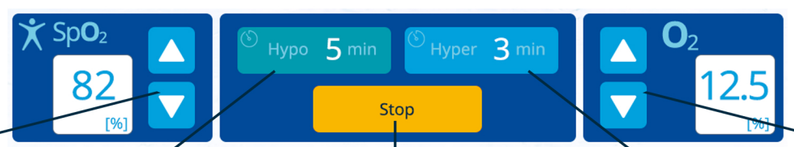

**Cycle**
The current cycle and the total number of cycles are shown. The countdown displays the remaining duration of the current hypoxia or hyper/normophase.

**Status bar for Hypo- and Hyper-/Normo-Time**
The respective status bar visualizes the remaining time of the phase to be completed.

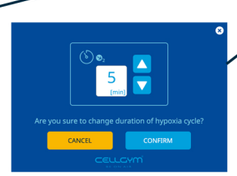
The status bar for the hypoxia phase starts from the top. The status bar for the normo and hyperoxia phase starts from the bottom.

**Current total time**
of the training session. Time runs backwards and shows the remaining total training time

**Control panel for changing the training parameters**
The control panel is the only area that allows the modification of training parameters. Touching on a button or an arrow field opens the following Popups on which you can change the values and confirm or cancel:

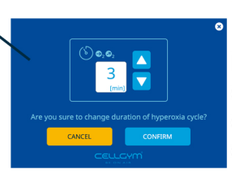



**Popup for changing $SpO_2$ value** with pushed buttons

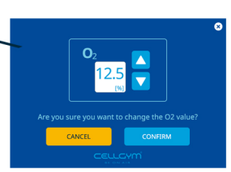




Popup to change minutes of hypoxia cycle


Popup to stop training session




Popup to change minutes of hyper/normo cycle



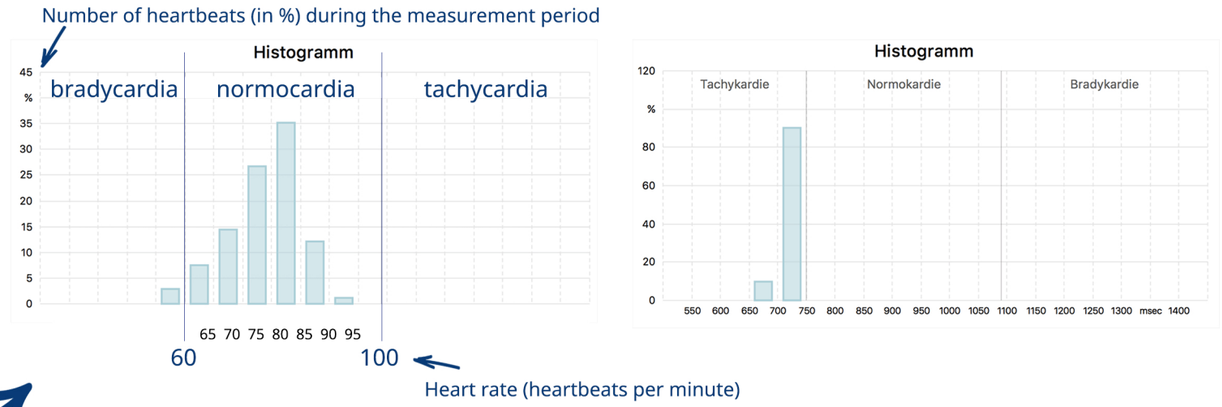

**Popup for changing $O_2$ value**

**Histogramm of Heart rate variability (HRV)** measured with ECG.

The values are collected in a cluster of 60 seconds and update the display of the measured values in the histogram every 60 seconds.

*Here is an example* for the interpretation of the measured values:

**Example for HRV Histogramm** „Good vs. Bad Regulation“




**many bars = a lot of parasympathetic**

**few bars = little parasympatheticus**

In the histogram, the measured RR distances are divided into fixed time ranges, e.g. 60 bpm - 65 bpm, etc.
The percentage of the values in a time range becomes visible in the height of the bar. The more bars are present in width, the more variable the heart beats, the better the autonomic nervous system can regulate.

If you only have one or two bars (right histogram), this means that the measured RR intervals are almost identical. Accordingly, the heart is full throttle to be efficient. It does not adapt individually.

The distribution should be similar to a Gaussian curve.

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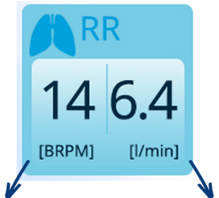
**Respiratory rate (RR)**
measured with system and mask.




Breath Rate Per Minute

Respiratory minute volume [l/min]

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**Altitude [m] ASL** (Above Sea Level)

The simulated altitude is calculated from current oxygen O2 in the system.
For the calculation of the altitude please refer to the attached table (separate pdf-file).

Example for the calculation of altitude from oxygen in 1% steps.

| 20,9 - x | |
|---|---|
| 0 | 0 |
| 1 | 410 |
| 2 | 840 |
| 3 | 1290 |
| 4 | 1750 |
| 5 | 2250 |
| 6 | 2760 |
| 7 | 3310 |
| 8 | 3890 |
| 9 | 4500 |
| 10 | 5160 |
| 11 | 5870 |
| 12 | 6640 |
| 13 | 7490 |
| 14 | 8420 |