1.Quellenverzeichnis nach Themen

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1. Einleitung

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Phanachet?

2. Funktionelle Magnetresonanztomographie (fMRT)

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The Social Readjustment Rating Scale Holmes & Rahe 1967 Stresstypenbestimmung (eigene Darstellung)

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Erholsam schlafen und Schlafhygiene (Magisan 2019 Informationen zum Schlaf Gesundheitsvortrag in Kempten. Firma Magisan) Informationsbrochure

3. Video Herzratenvariabilität (Quellen, Abbildungen):

Herzschlag (Stock Bilder 123 RF, erworben von Jürgen Berkmiller)

Smartwatch (Stock Bilder 123 RF, erworben von Jürgen Berkmiller)

HRV Diagnostik (Firma Firma Biosign)

Beat to Beat, Peak to Peak (vgl. Biosign, eigene Darstellung)

HRV Ruhemessung EKG (eigene Darstellung)

HF mit gut funktionierendem Parasympathikus (Firma Biosign)

HF mit unzureichender parasympathischer Aktivität (Firma Biosign)

HF bei der RSA Messung (Firma Biosign)

Bewertung der HRV Parameter im Altersvergleich (Firma Biosign)

Biofeedbacktraining (vgl. Firma Biosign, eigene Darstellung)

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