

Supplementary Table S2 Spectral analysis of HRV under paced breathing

	Baseline	Post-intervention	Follow-up
<i>HRV biofeedback</i>			
LF	41.69 [20.18,113.6]	168.1 [36.59,820.5]	117 [22.29,439.7]
HF	20.79 [4.09,191.5]	131.2 [19.14,521.8]	32.8 [8.90,97.18]
<i>Sham biofeedback</i>			
LF	26.36 [6.56,174.8]	24.99 [15.71,246.6]	34.22 [9.59,89.68]
HF	30.76 [6.53,155]	87.51 [21.69,790.7]	29.18 [7.83,170.5]

Legend to Supplementary Table S1

All values in median [interquartile range]. Interaction effects between group and time points of measurement were not significant for LF and HF under paced breathing ($p>0.05$).

Abbreviations: LF, low frequency; HF, high frequency