

Additional file 4

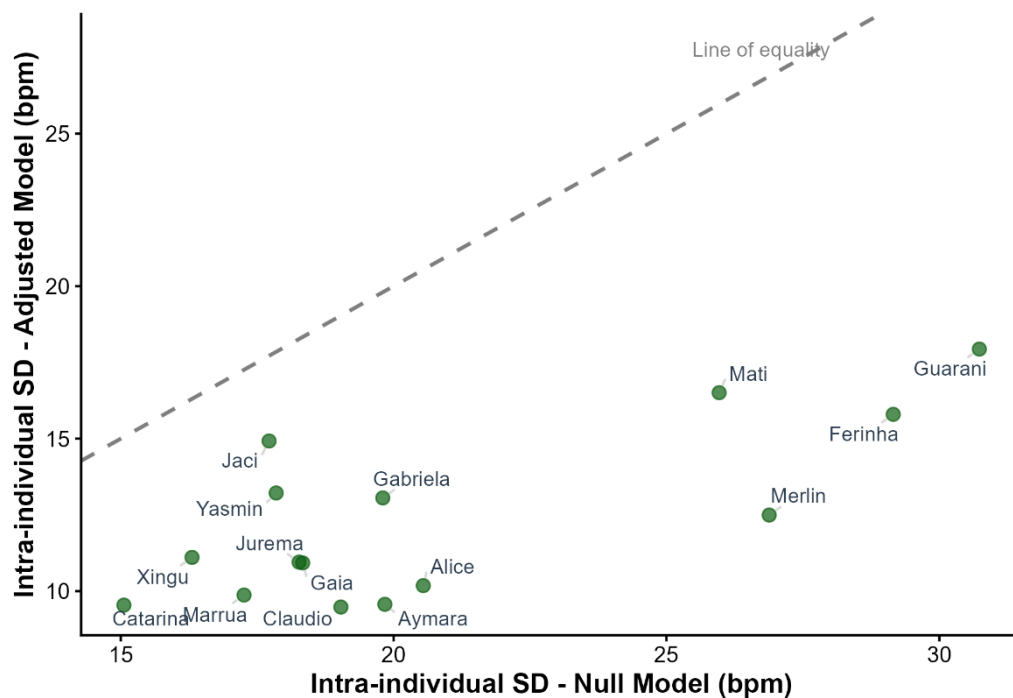


Figure 1. Reduction in intra-individual variability of heart rate after adjusting for covariates. Each dot represents a single subject. The x-axis shows the residual standard deviation (SD) from the null model, and the y-axis shows the residual SD from the fully adjusted model (including activity, hour, season, ambient temperature, day of the week). The dashed diagonal line represents the line of equality ($y=x$), where variability remains unchanged. The position of all data points below the line indicates a consistent reduction in unexplained variability across all subjects upon inclusion of the predictors.