Heart rate variability measures (SDNN, VLF/LF/HF) are linked to anxiety and stress related conditions and cognitive decline.\(^1\)

Low HRV predicts heart disease incidence and is linked to cognitive impairment.\(^2\)\(^-\)\(^6\)

The resting brain speed (alpha) is a reliable marker of cognitive capacity and is a reliable marker for early detection of mild cognitive decline.\(^7\)\(^,\)\(^8\)

EEG shows how well functioning brain regions compensate for dysfunctional regions which allows specific determination of varied treatments and an ability to track changes over time.\(^9\)

Evoke Neuroscience EEG analysis can identify the specific electrical frequency markers of physiological aging and memory performance.\(^10\)\(^-\)\(^12\)

Event-Related Potentials (ERP) measure real-time cognitive processing essential for healthy brain functions and early risk measures of dementia, including:
- decision making, organization, attention, memory \((N2, P3a, \text{and } P3b)\)\(^13\)\(^-\)\(^18\)
- visual processing \((P1, P2)\)\(^19\)
- language processing \((N4, P6)\)\(^20\)\(^,\)\(^21\)

Inattention, impulsivity, motor processing speed, and reaction time linked to cognitive impairment are also measureable using ERP testing.\(^22\)
REFERENCES

18. Olichney, JM, et al. (2008). Patients with MCI and N400 or P600 abnormalities are at very high risk for conversion to dementia, *Neurology*, 70(19), 1763-70