

Effects of Intermittent Hypoxia and Electrical Muscle Stimulation on Cognitive and Physiological Metrics

Elizaveta Reganova ^{1,2}, Ksenia Solovyeva ^{2,3}, Dmitriy Buyanov ^{4,5}, Alexander Yu. Gerasimenko ^{4,6,*} and Dmitry Repin ⁷

¹ University of Genoa, Department of Informatics, Bioengineering, Robotics and System Engineering (DIBRIS) 16146 Genoa, Italy; lisa.reganova@gmail.com

² Functional Neurophysiology Laboratory, Autonomous Noncommercial Organization National Technology Initiative University 2035", 121205 Moscow, Russia; ks.p.solo@gmail.com (K.S.); dr@improbability.foundation (D.R.)

³ Tri-Institutional Center for Translational Research in Neuroimaging and Data Science (TReNDS), Georgia Institute of Technology, The Georgia State University, Atlanta, GA 30303, USA

⁴ Institute of Biomedical Systems, National Research University of Electronic Technology (MIET), Zelenograd, 124498 Moscow, Russia; buyancik@gmail.com

⁵ Medical Computer Systems Ltd., Zelenograd, 124460 Moscow, Russia

⁶ Institute for Bionic Technologies and Engineering, I.M. Sechenov First Moscow State Medical University, 119991 Moscow, Russia

⁷ Improbability Foundation, Rue De-Candolle 19, CH-1205 Geneva, Switzerland

* Correspondence: gerasimenko@bms.zone

Table S1. Changes in the values of biochemical and cognitive parameters. The group in which there was a significant change compared to the control group is highlighted in bold.

Parameter	Hypoxia	Control	EMS
Lactate, mmol/l	0.42 ± 0.17	−0.12 ± 0.23	−0.04 ± 0.13
MCV, fl	−0.40 ± 0.29	0.45 ± 0.31	0.30 ± 0.21
Adrenalin, pg/ml	−3.53 ± 3.51	6.04 ± 3.46	2.27 ± 2.88
Serotonin, ng/ml	10.73 ± 10.47	−22.57 ± 13.38	−13.0 ± 9.46
Norepinephrine, pg/ml	−15.25 ± 27.45	86.21 ± 37.83	−21.02 ± 30.41
Lymphocytes, %	0.72 ± 1.63	1.88 ± 0.89	−0.67 ± 0.91
LYM, 10 ⁹ /l	0.03 ± 0.10	0.15 ± 0.14	−0.12 ± 0.10
Contextual Memory	140.2 ± 19.83	50.5 ± 28.97	93.13 ± 15.48
Short Term Memory	57.0 ± 28.43	148.9 ± 28.6	160.73 ± 53.54
Reaction Time	8.87 ± 38.73	−73.3 ± 27.25	25.93 ± 53.0
Non verbal Memory	25.2 ± 27.83	1.4 ± 20.58	102.4 ± 45.14
Attention	214.14 ± 108.36	55.62 ± 49.76	−66.0 ± 65.83

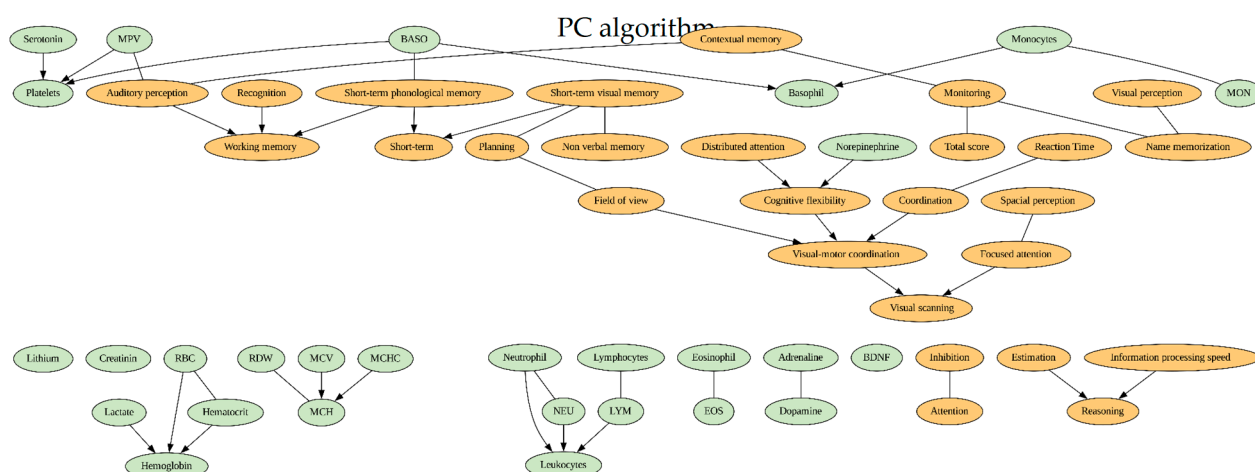


Figure S1. The result of causal analysis from PC algorithm from cognitive and biochemical parameters. Biochemical parameters - in green, cognitive parameters - in orange.

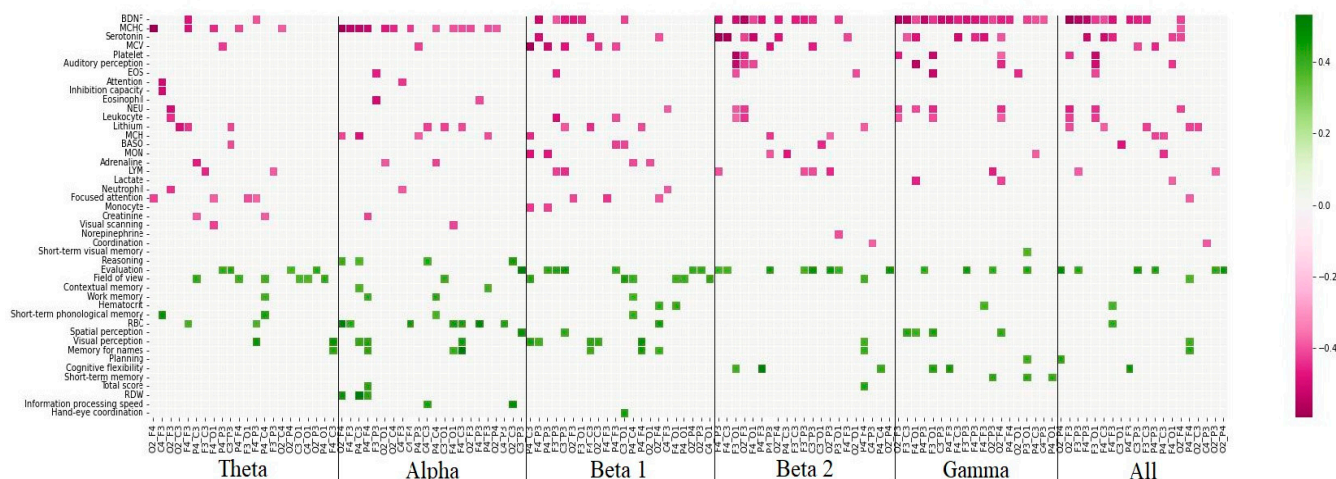


Figure S2. Spearman's rank correlation between cognitive/biochemical parameters and FC in open-eyes state before the experiment. FC calculated using the coherence method. Colors indicate the correlation coefficients.

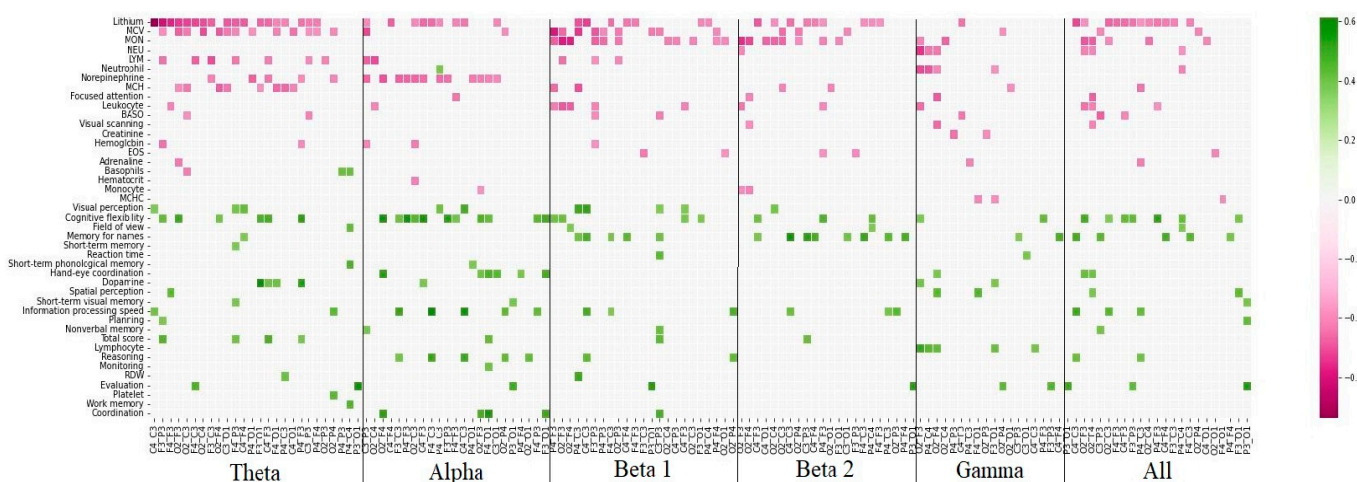


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