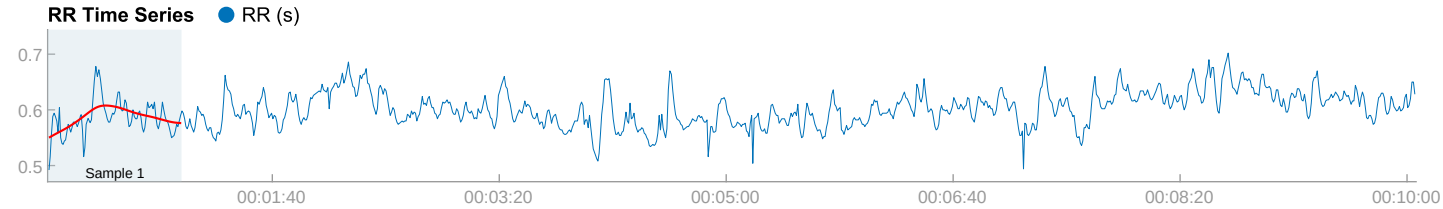
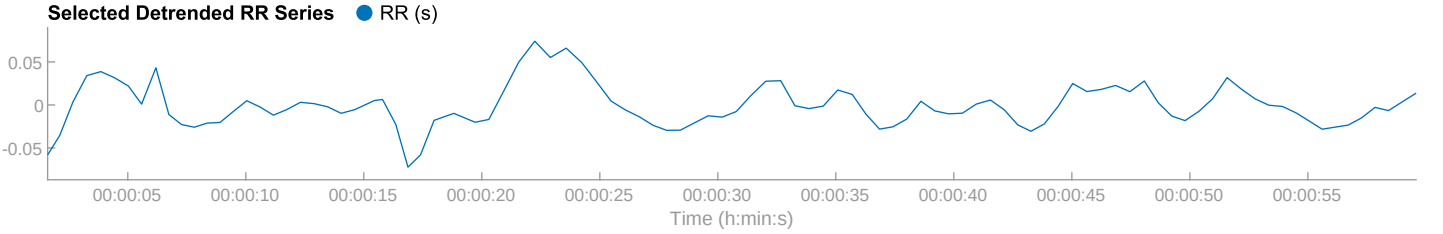
HRV Results (sample 1)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:02
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	4 (4.04 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

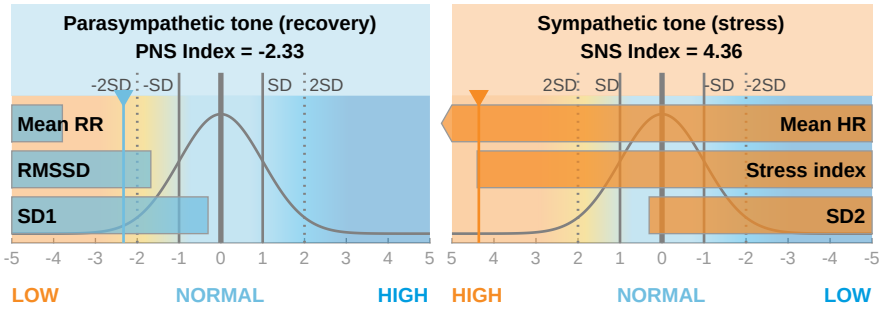
Mean RR	RMSSD	SD1
585 ms	**16.9** ms	**27.1** %

PNS Index = -2.33

Sympathetic Nervous System (SNS)

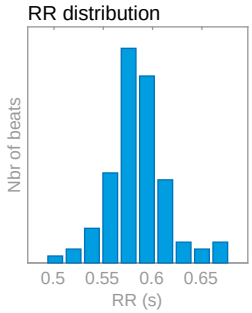
Mean HR	Stress index	SD2
103 bpm	**21.0**	**72.9** %

SNS Index = 4.36



Time-Domain Results

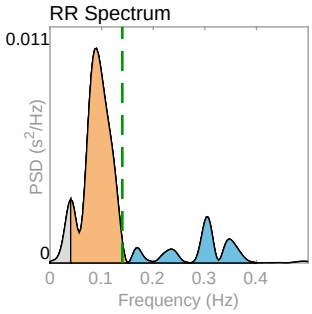
Variable	Units	Value
Mean RR*	(ms)	585
Mean HR*	(bpm)	103
Min HR	(bpm)	90
Max HR	(bpm)	117
SDNN	(ms)	24.6
RMSSD	(ms)	16.9
NN50	(beats)	1
pNN50	(%)	1.02
RR triangular index		5.82
TINN	(ms)	114.0
Stress Index (SI)		21.0
DC	(ms)	20.9
DCmod	(ms)	19.2
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.090	0.303
Power	(ms^2)	40	525	123
Power	(log)	3.693	6.263	4.814
Power	(%)	5.84	76.26	17.90
Power	(n.u.)		80.99	19.01

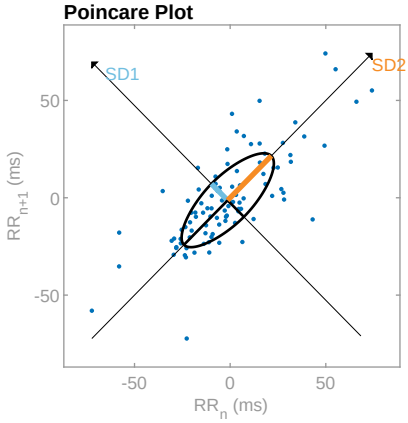
Total power	(ms^2)	688		
Total Power	(log)	6.534		
LF/HF ratio		4.260		
RESP	(Hz)	0.14		



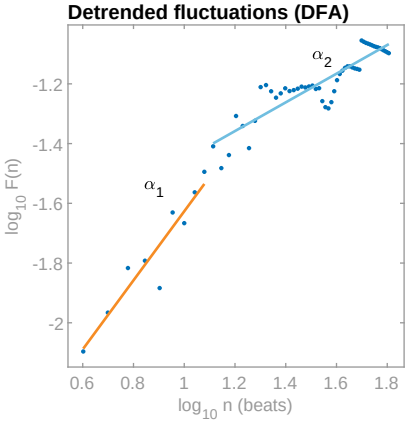
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	12.0
SD2	(ms)	32.3
SD2/SD1		2.691
Approximate Entropy (ApEn)		0.614
Sample Entropy (SampEn)		1.144
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.156
Long-term fluctuations, $\alpha 2$		0.480
Correlation Dimension (D2)		0.367
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	9.20
Max line length (Lmax)	(beats)	62
Recurrence rate (REC)	(%)	34.10
Determinism (DET)	(%)	98.55
Shannon Entropy (ShanEn)		2.825
Multi-Scale Entropy (MSE)		0.555 - 1.728

Poincare Plot



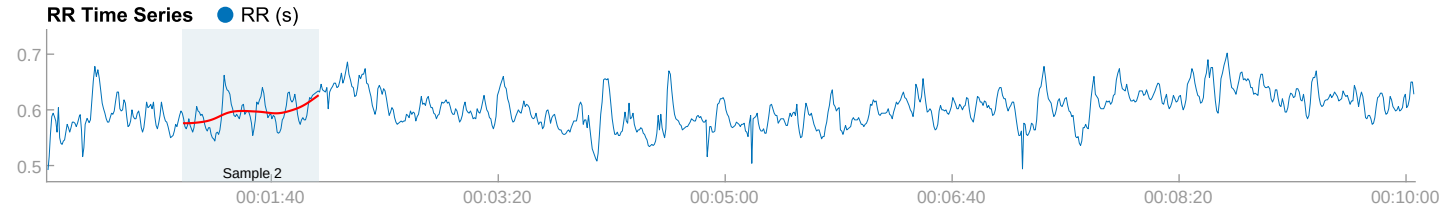
Detrended fluctuations (DFA)

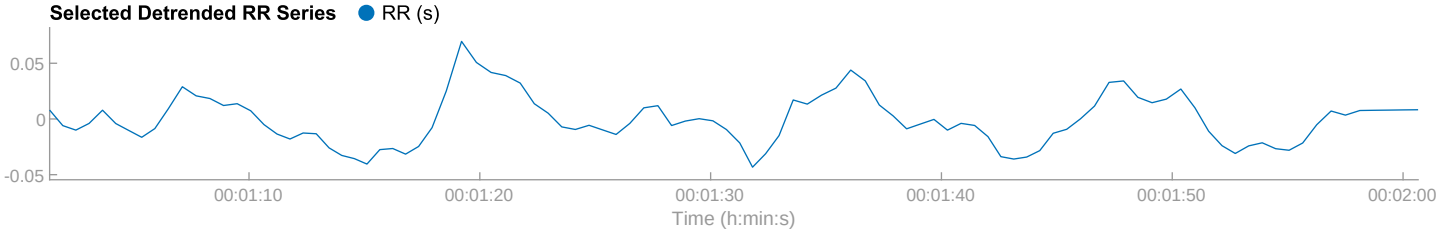


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 2)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:01:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

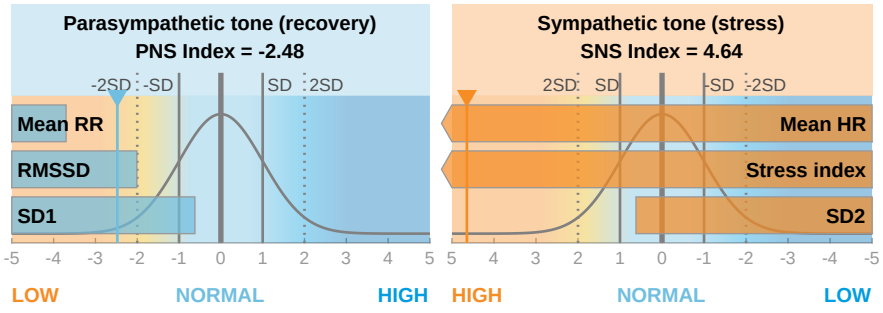
Mean RR	RMSSD	SD1
593 ms	**11.9** ms	**22.1** %

PNS Index = -2.48

Sympathetic Nervous System (SNS)

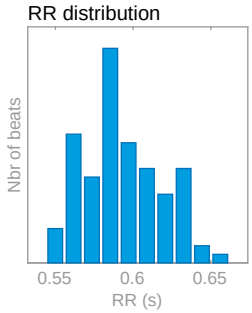
Mean HR	Stress index	SD2
101 bpm	**23.1**	**77.9** %

SNS Index = 4.64



Time-Domain Results

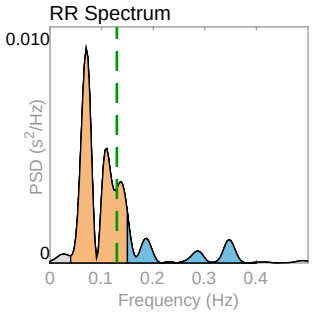
Variable	Units	Value
Mean RR*	(ms)	593
Mean HR*	(bpm)	101
Min HR	(bpm)	94
Max HR	(bpm)	109
SDNN	(ms)	21.8
RMSSD	(ms)	11.9
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.39
TINN	(ms)	104.0
Stress Index (SI)		23.1
DC	(ms)	12.6
DCmod	(ms)	13.0
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

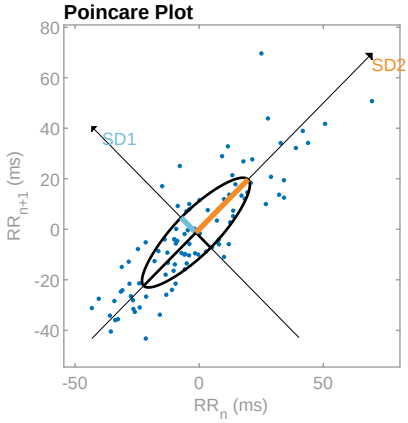
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.070	0.150
Power	(ms^2)	11	415	87
Power	(log)	2.409	6.028	4.466
Power	(%)	2.17	80.87	16.96
Power	(n.u.)		82.66	17.33

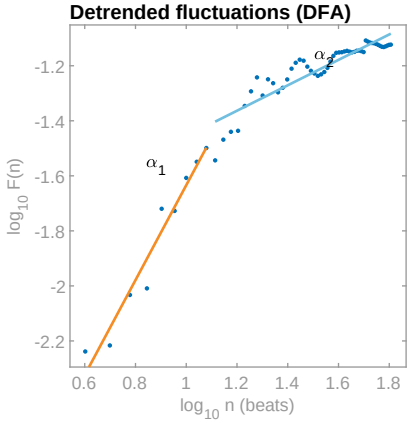
Total power	(ms^2)	513		
Total Power	(log)	6.240		
LF/HF ratio		4.769		
RESP	(Hz)	0.13		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	8.4
SD2	(ms)	29.8
SD2/SD1		3.531
Approximate Entropy (ApEn)		0.597
Sample Entropy (SampEn)		1.086
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.724
Long-term fluctuations, $\alpha 2$		0.462
Correlation Dimension (D2)		0.328
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	8.55
Max line length (Lmax)	(beats)	91
Recurrence rate (REC)	(%)	27.15
Determinism (DET)	(%)	96.78
Shannon Entropy (ShanEn)		2.720
Multi-Scale Entropy (MSE)		-0.065 - 2.099

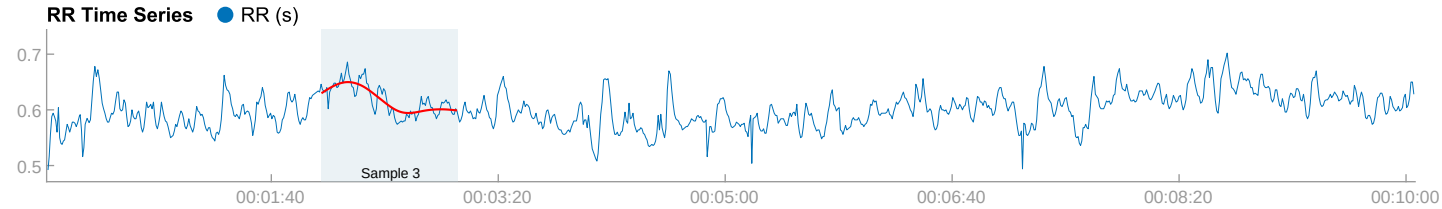


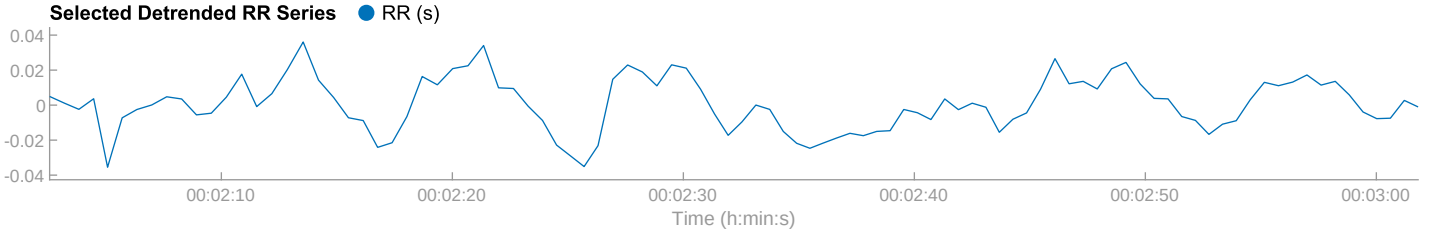


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 3)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:02:03
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

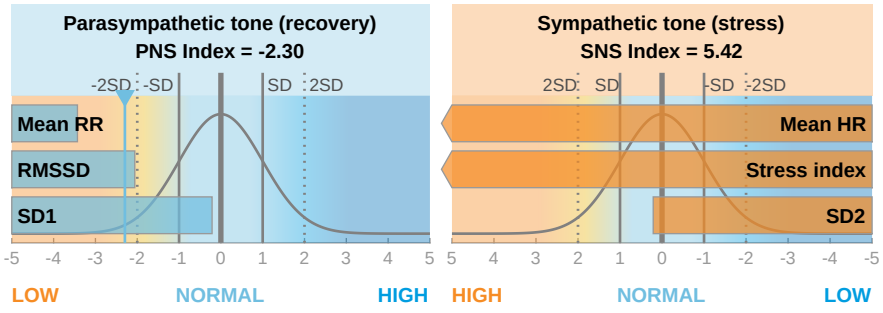
Mean RR	RMSSD	SD1
617 ms	**11.1** ms	**28.6** %

PNS Index = -2.30

Sympathetic Nervous System (SNS)

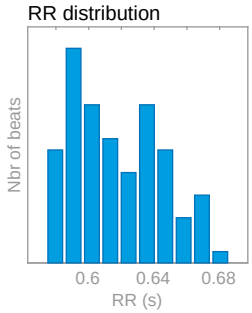
Mean HR	Stress index	SD2
97 bpm	**30.3**	**71.4** %

SNS Index = 5.42



Time-Domain Results

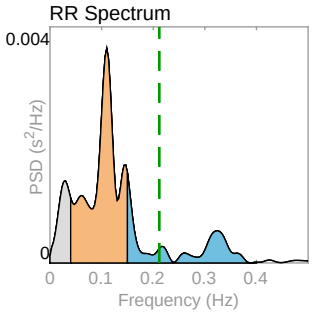
Variable	Units	Value
Mean RR*	(ms)	617
Mean HR*	(bpm)	97
Min HR	(bpm)	90
Max HR	(bpm)	104
SDNN	(ms)	14.9
RMSSD	(ms)	11.1
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.85
TINN	(ms)	60.0
Stress Index (SI)		30.3
DC	(ms)	8.8
DCmod	(ms)	12.3
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

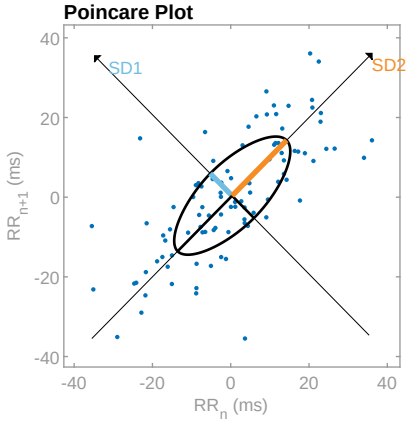
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.110	0.150
Power	(ms^2)	37	180	61
Power	(log)	3.617	5.191	4.119
Power	(%)	13.37	64.53	22.09
Power	(n.u.)		74.49	25.50

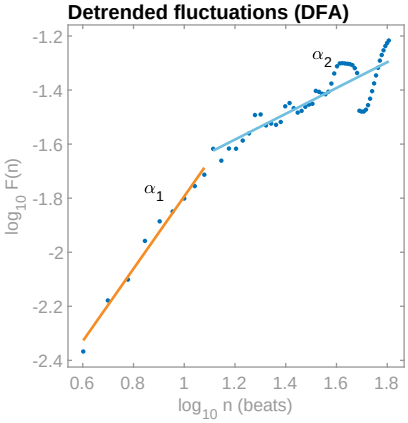
Total power	(ms^2)	278		
Total Power	(log)	5.629		
LF/HF ratio		2.921		
RESP	(Hz)	0.21		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	7.9
SD2	(ms)	19.7
SD2/SD1		2.492
Approximate Entropy (ApEn)		0.615
Sample Entropy (SampEn)		1.438
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.339
Long-term fluctuations, $\alpha 2$		0.477
Correlation Dimension (D2)		0.014
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	7.31
Max line length (Lmax)	(beats)	49
Recurrence rate (REC)	(%)	20.76
Determinism (DET)	(%)	97.26
Shannon Entropy (ShanEn)		2.579
Multi-Scale Entropy (MSE)		0.426 - 1.438

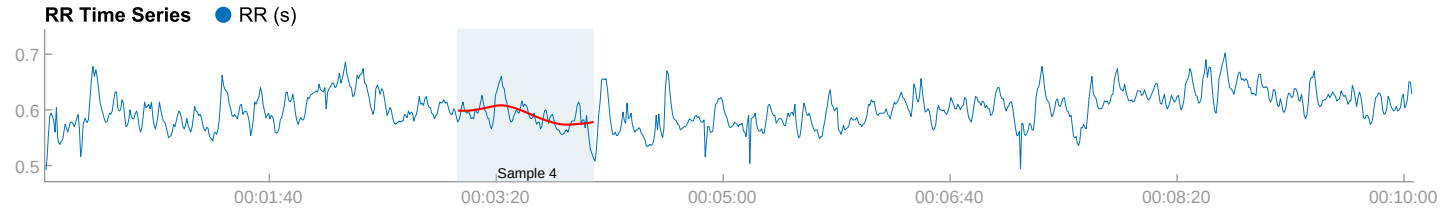


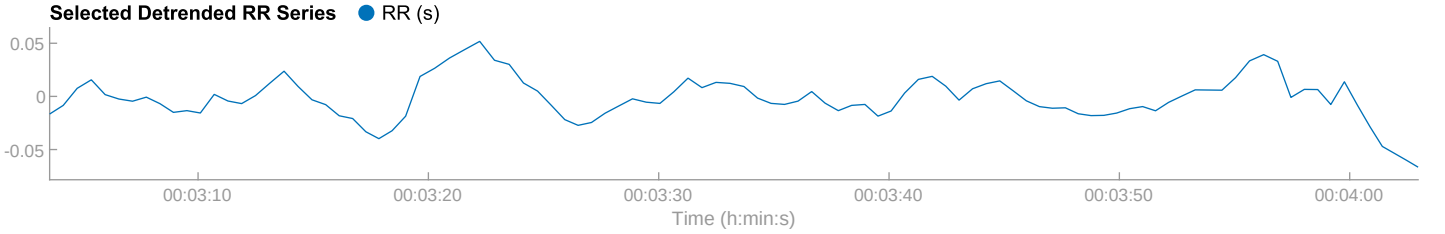


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 4)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:03:04
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

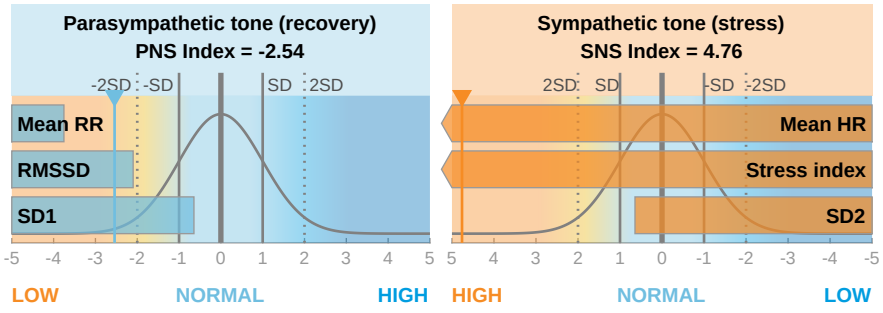
Mean RR	RMSSD	SD1
588 ms	**10.5** ms	**21.7** %

PNS Index = -2.54

Sympathetic Nervous System (SNS)

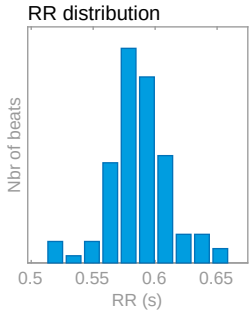
Mean HR	Stress index	SD2
102 bpm	**23.5**	**78.3** %

SNS Index = 4.76



Time-Domain Results

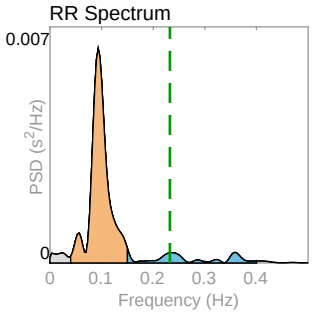
Variable	Units	Value
Mean RR*	(ms)	588
Mean HR*	(bpm)	102
Min HR	(bpm)	93
Max HR	(bpm)	116
SDNN	(ms)	20.3
RMSSD	(ms)	10.5
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.08
TINN	(ms)	92.0
Stress Index (SI)		23.5
DC	(ms)	10.5
DCmod	(ms)	11.2
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

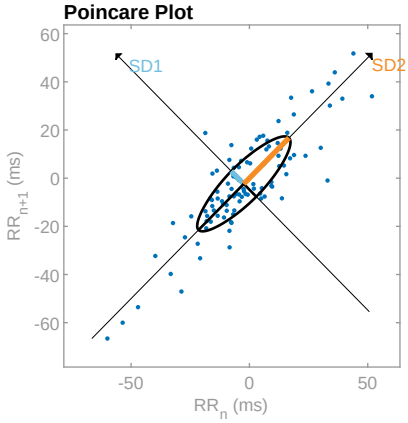
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.023	0.093	0.150
Power	(ms^2)	11	237	31
Power	(log)	2.361	5.469	3.418
Power	(%)	3.81	85.22	10.96
Power	(n.u.)		88.59	11.39

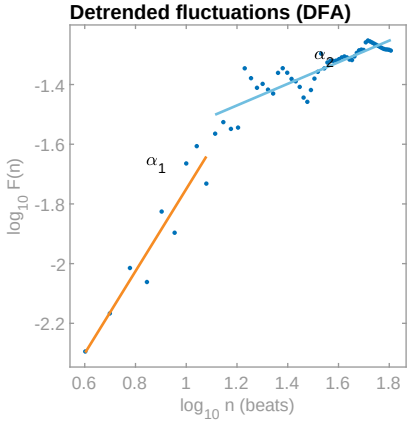
Total power	(ms^2)	278		
Total Power	(log)	5.629		
LF/HF ratio		7.778		
RESP	(Hz)	0.23		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	7.5
SD2	(ms)	27.0
SD2/SD1		3.609
Approximate Entropy (ApEn)		0.679
Sample Entropy (SampEn)		1.328
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.377
Long-term fluctuations, $\alpha 2$		0.362
Correlation Dimension (D2)		0.134
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	12.21
Max line length (Lmax)	(beats)	92
Recurrence rate (REC)	(%)	44.98
Determinism (DET)	(%)	99.18
Shannon Entropy (ShanEn)		3.096
Multi-Scale Entropy (MSE)		0.118 - 1.884

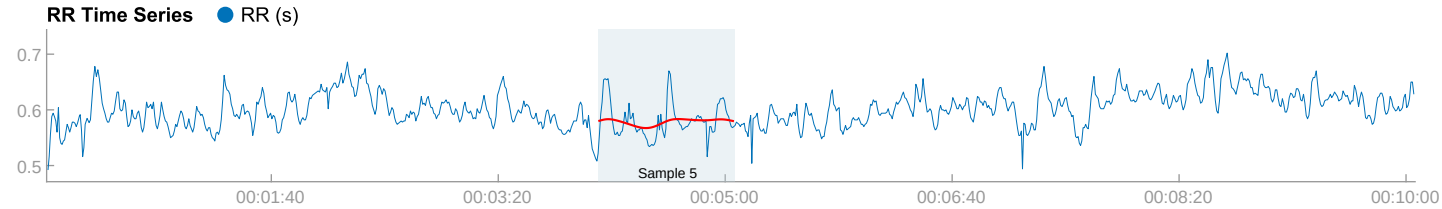


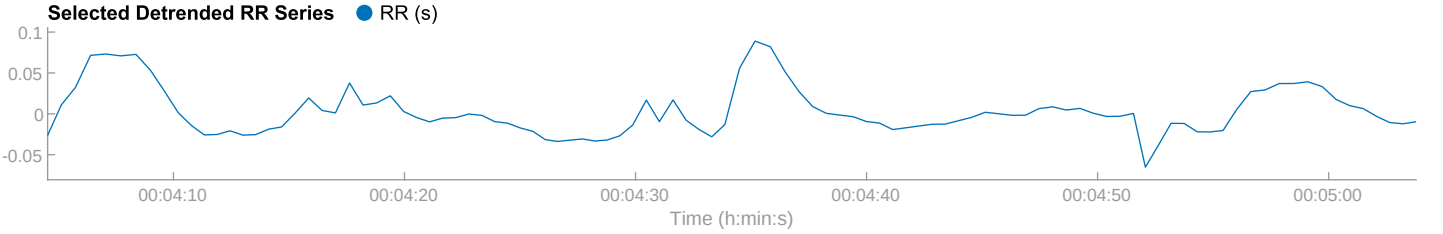


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 5)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:04:05
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

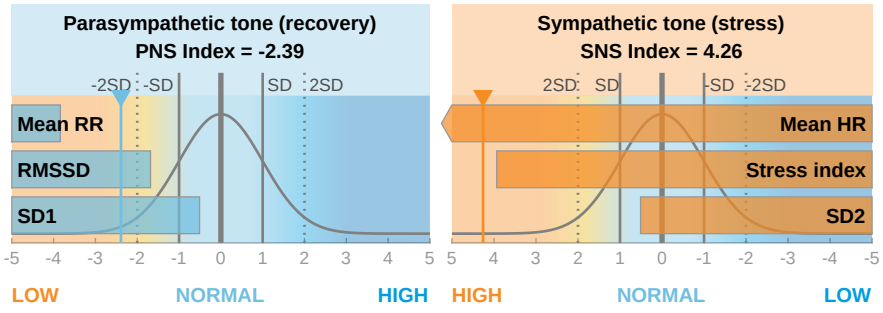
Mean RR	RMSSD	SD1
580 ms	**16.8** ms	**23.8** %

PNS Index = -2.39

Sympathetic Nervous System (SNS)

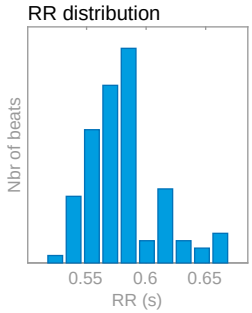
Mean HR	Stress index	SD2
103 bpm	**19.8**	**76.2** %

SNS Index = 4.26



Time-Domain Results

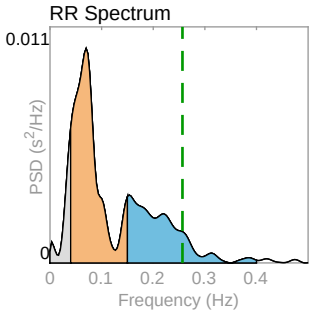
Variable	Units	Value
Mean RR*	(ms)	580
Mean HR*	(bpm)	103
Min HR	(bpm)	92
Max HR	(bpm)	112
SDNN	(ms)	28.2
RMSSD	(ms)	16.8
NN50	(beats)	2
pNN50	(%)	1.96
RR triangular index		5.42
TINN	(ms)	116.0
Stress Index (SI)		19.8
DC	(ms)	15.8
DCmod	(ms)	18.5
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.070	0.153
Power	(ms^2)	75	491	283
Power	(log)	4.313	6.196	5.646
Power	(%)	8.79	57.83	33.36
Power	(n.u.)		63.41	36.57

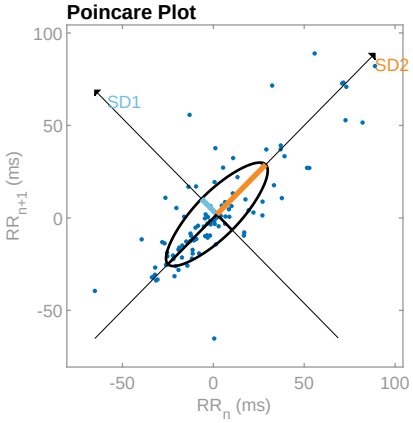
Total power	(ms^2)	849		
Total Power	(log)	6.744		
LF/HF ratio		1.734		
RESP	(Hz)	0.26		



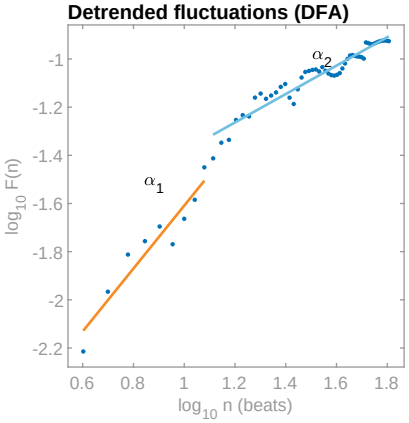
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	11.9
SD2	(ms)	38.1
SD2/SD1		3.197
Approximate Entropy (ApEn)		0.652
Sample Entropy (SampEn)		1.005
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.305
Long-term fluctuations, $\alpha 2$		0.590
Correlation Dimension (D2)		0.557
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	11.36
Max line length (Lmax)	(beats)	42
Recurrence rate (REC)	(%)	40.70
Determinism (DET)	(%)	98.55
Shannon Entropy (ShanEn)		3.108
Multi-Scale Entropy (MSE)		0.118 - 1.751

Poincare Plot



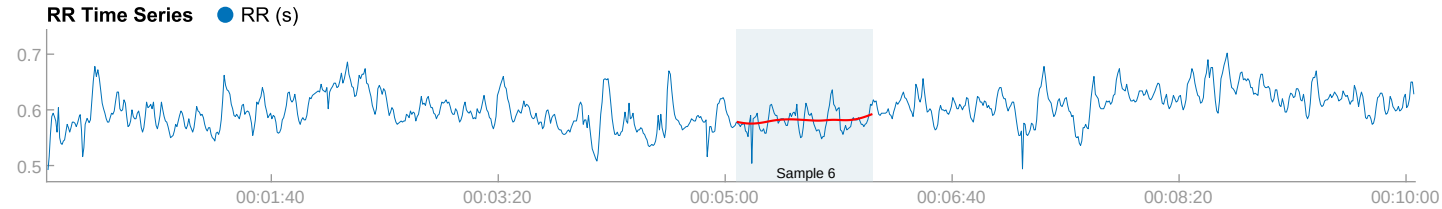
Detrended fluctuations (DFA)

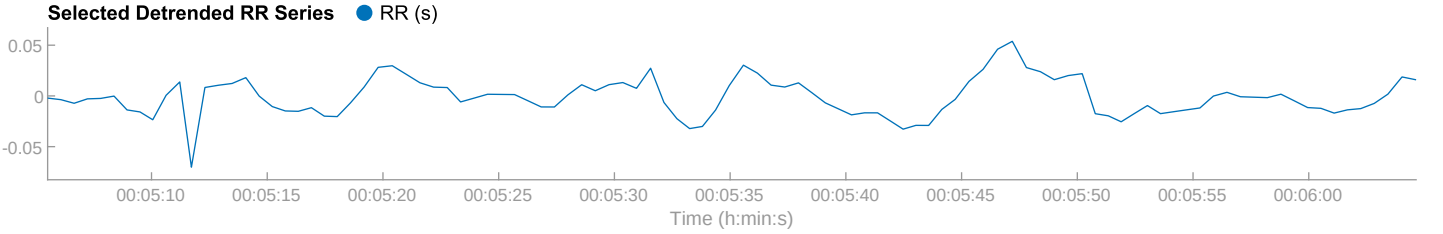


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 6)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:05:06
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

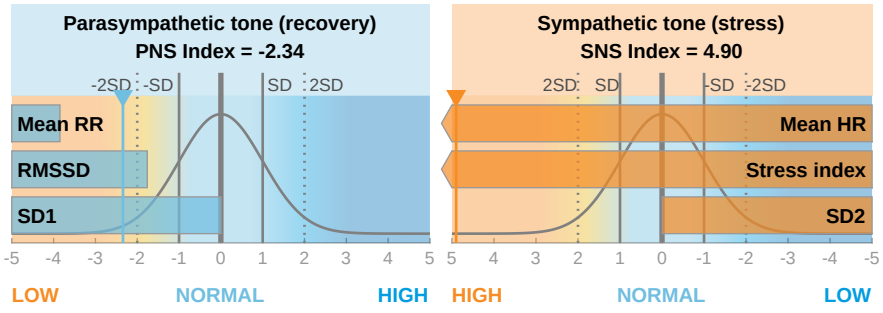
Mean RR	RMSSD	SD1
580 ms	**15.6** ms	**32.1** %

PNS Index = -2.34

Sympathetic Nervous System (SNS)

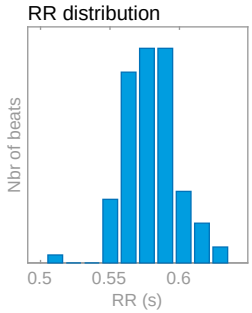
Mean HR	Stress index	SD2
104 bpm	**24.3**	**67.9** %

SNS Index = 4.90



Time-Domain Results

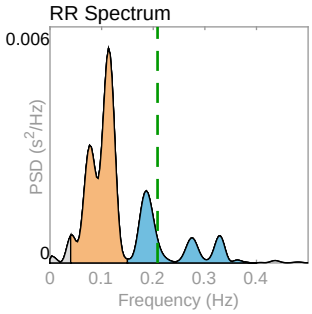
Variable	Units	Value
Mean RR*	(ms)	580
Mean HR*	(bpm)	104
Min HR	(bpm)	97
Max HR	(bpm)	108
SDNN	(ms)	18.3
RMSSD	(ms)	15.6
NN50	(beats)	2
pNN50	(%)	1.96
RR triangular index		5.42
TINN	(ms)	96.0
Stress Index (SI)		24.3
DC	(ms)	12.4
DCmod	(ms)	14.2
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

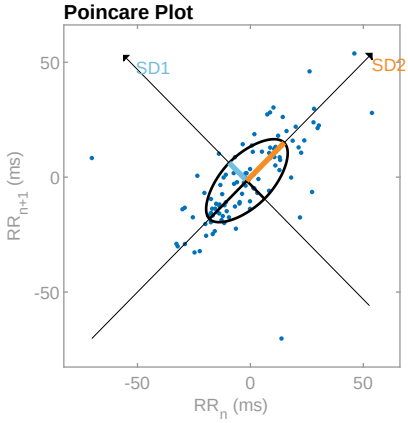
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.113	0.187
Power	(ms^2)	8	243	100
Power	(log)	2.112	5.494	4.604
Power	(%)	2.35	69.22	28.43
Power	(n.u.)		70.89	29.11

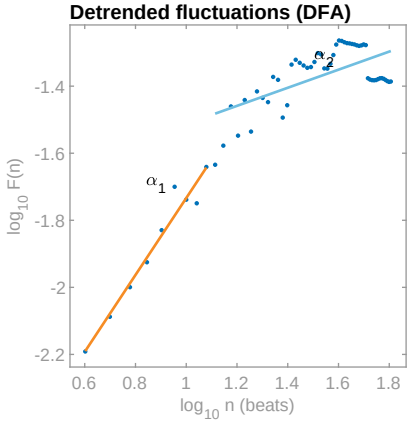
Total power	(ms^2)	351		
Total Power	(log)	5.862		
LF/HF ratio		2.435		
RESP	(Hz)	0.21		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	11.1
SD2	(ms)	23.4
SD2/SD1		2.117
Approximate Entropy (ApEn)		0.589
Sample Entropy (SampEn)		1.086
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.146
Long-term fluctuations, $\alpha 2$		0.270
Correlation Dimension (D2)		0.121
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	6.77
Max line length (Lmax)	(beats)	81
Recurrence rate (REC)	(%)	25.44
Determinism (DET)	(%)	96.98
Shannon Entropy (ShanEn)		2.431
Multi-Scale Entropy (MSE)		0.652 - 2.485

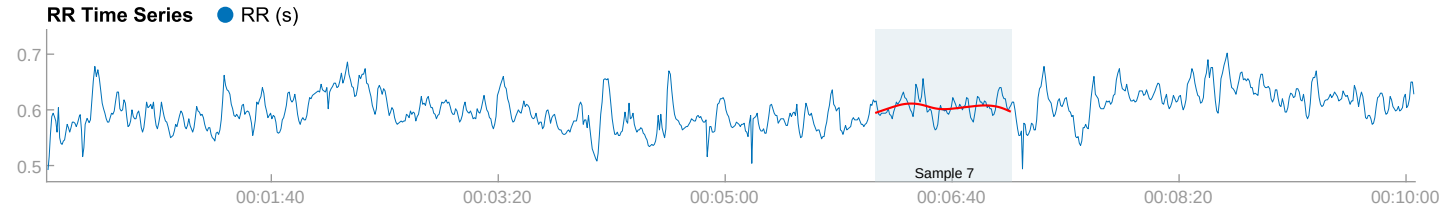


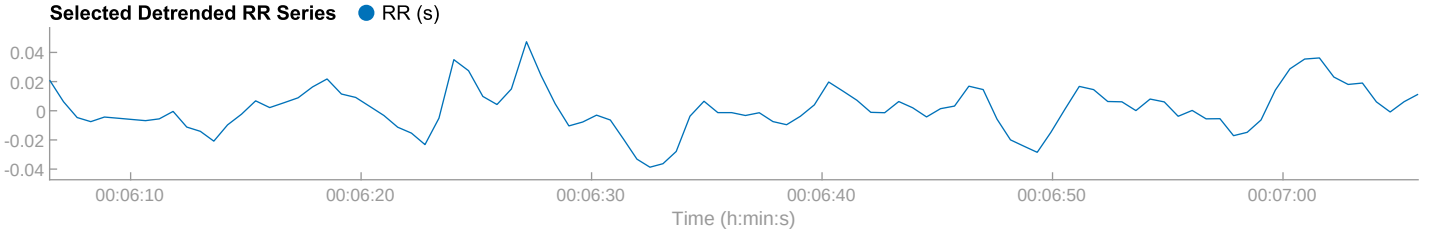


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 7)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:06:06
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

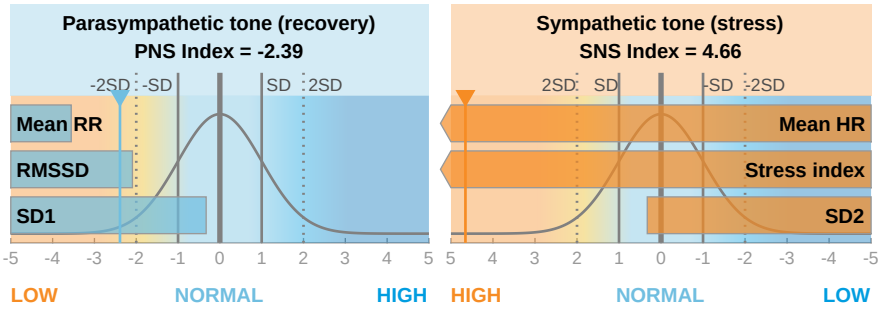
Mean RR	RMSSD	SD1
606 ms	**10.6** ms	**26.8** %

PNS Index = -2.39

Sympathetic Nervous System (SNS)

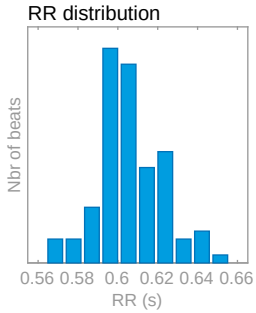
Mean HR	Stress index	SD2
99 bpm	**24.5**	**73.2** %

SNS Index = 4.66



Time-Domain Results

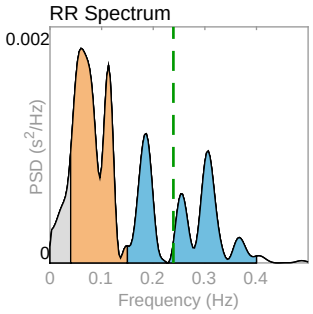
Variable	Units	Value
Mean RR*	(ms)	606
Mean HR*	(bpm)	99
Min HR	(bpm)	95
Max HR	(bpm)	105
SDNN	(ms)	15.6
RMSSD	(ms)	10.6
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		3.41
TINN	(ms)	68.0
Stress Index (SI)		24.5
DC	(ms)	11.6
DCmod	(ms)	11.8
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

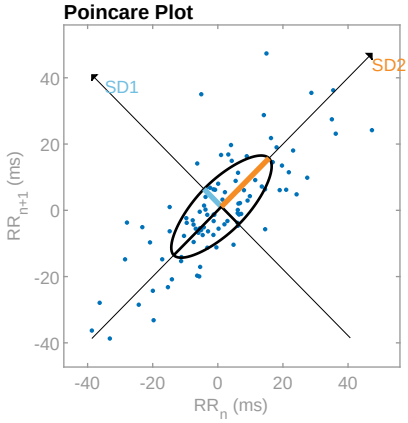
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.060	0.187
Power	(ms^2)	22	146	106
Power	(log)	3.113	4.982	4.660
Power	(%)	8.21	53.19	38.58
Power	(n.u.)		57.95	42.03

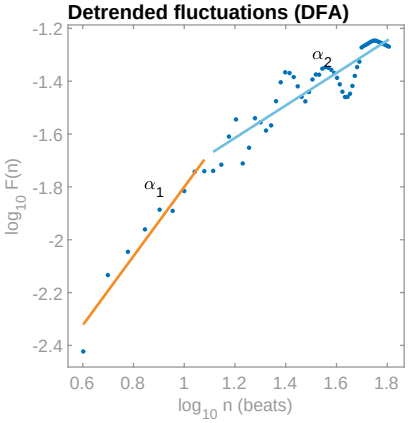
Total power	(ms^2)	274		
Total Power	(log)	5.613		
LF/HF ratio		1.379		
RESP	(Hz)	0.24		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	7.6
SD2	(ms)	20.7
SD2/SD1		2.738
Approximate Entropy (ApEn)		0.601
Sample Entropy (SampEn)		1.240
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.309
Long-term fluctuations, $\alpha 2$		0.615
Correlation Dimension (D2)		0.030
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	8.14
Max line length (Lmax)	(beats)	55
Recurrence rate (REC)	(%)	25.80
Determinism (DET)	(%)	98.18
Shannon Entropy (ShanEn)		2.709
Multi-Scale Entropy (MSE)		0.385 - 2.117

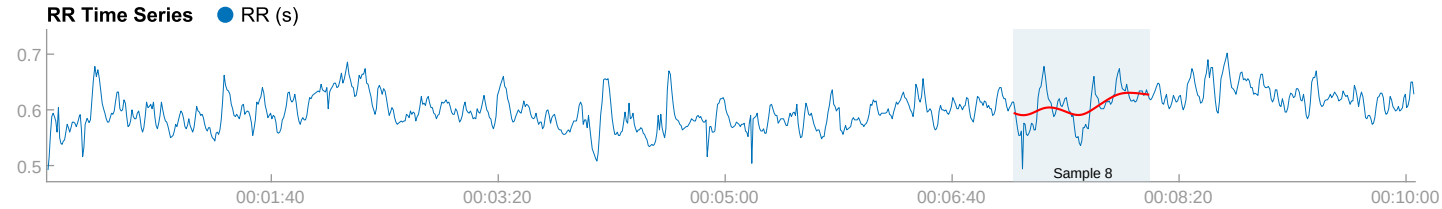


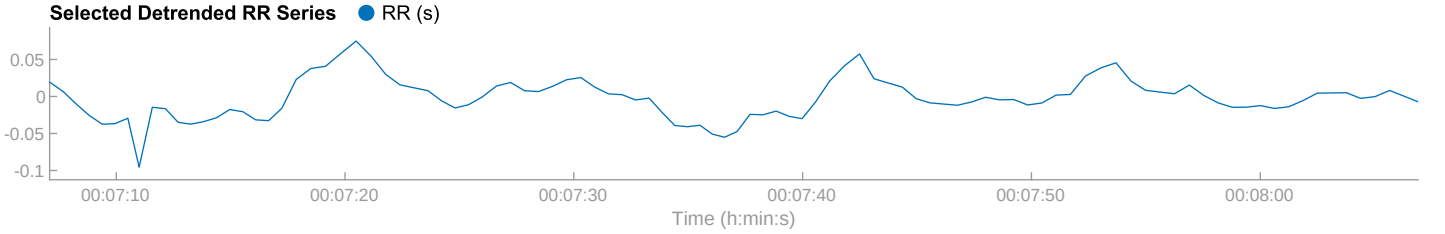


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 8)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:07:07
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

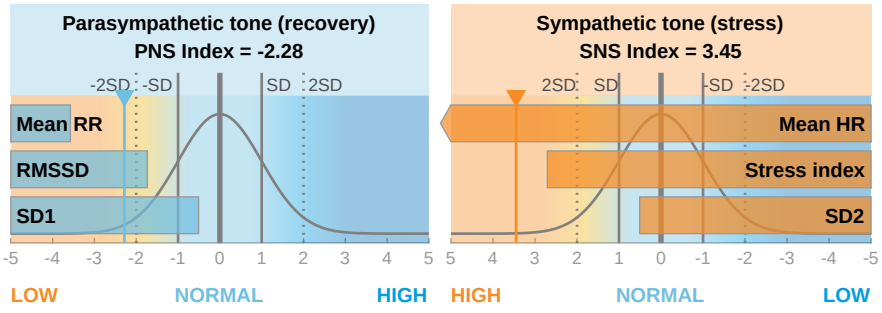
Mean RR	RMSSD	SD1
604 ms	**16.0** ms	**23.9** %

PNS Index = -2.28

Sympathetic Nervous System (SNS)

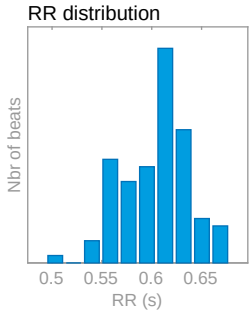
Mean HR	Stress index	SD2
99 bpm	**16.7**	**76.1** %

SNS Index = 3.45



Time-Domain Results

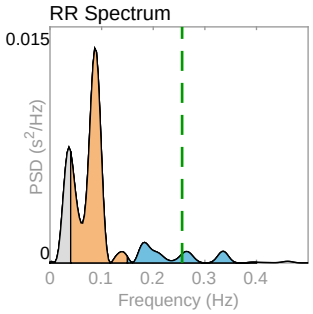
Variable	Units	Value
Mean RR*	(ms)	604
Mean HR*	(bpm)	99
Min HR	(bpm)	91
Max HR	(bpm)	110
SDNN	(ms)	26.7
RMSSD	(ms)	16.0
NN50	(beats)	2
pNN50	(%)	2.02
RR triangular index		6.67
TINN	(ms)	131.0
Stress Index (SI)		16.7
DC	(ms)	13.5
DCmod	(ms)	15.9
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.087	0.183
Power	(ms^2)	121	489	95
Power	(log)	4.794	6.193	4.556
Power	(%)	17.13	69.37	13.50
Power	(n.u.)		83.71	16.29

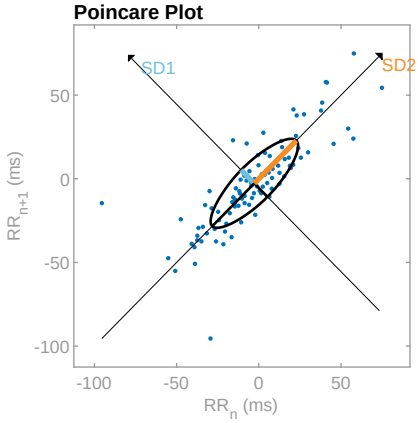
Total power	(ms^2)	705		
Total Power	(log)	6.559		
LF/HF ratio		5.139		
RESP	(Hz)	0.26		



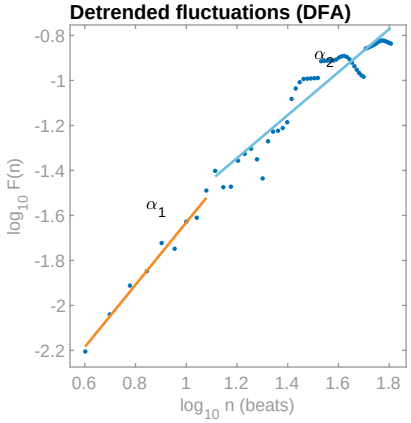
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	11.3
SD2	(ms)	36.2
SD2/SD1		3.190
Approximate Entropy (ApEn)		0.651
Sample Entropy (SampEn)		1.142
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.386
Long-term fluctuations, $\alpha 2$		0.956
Correlation Dimension (D2)		1.440
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	9.58
Max line length (Lmax)	(beats)	82
Recurrence rate (REC)	(%)	30.00
Determinism (DET)	(%)	98.71
Shannon Entropy (ShanEn)		2.888
Multi-Scale Entropy (MSE)		0.097 - 2.156

Poincare Plot



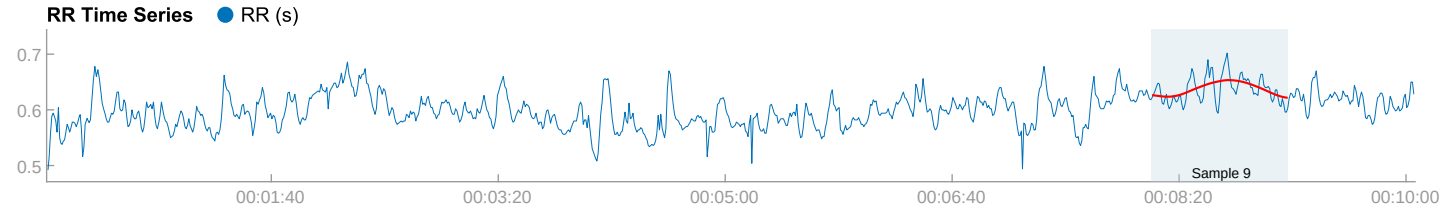
Detrended fluctuations (DFA)

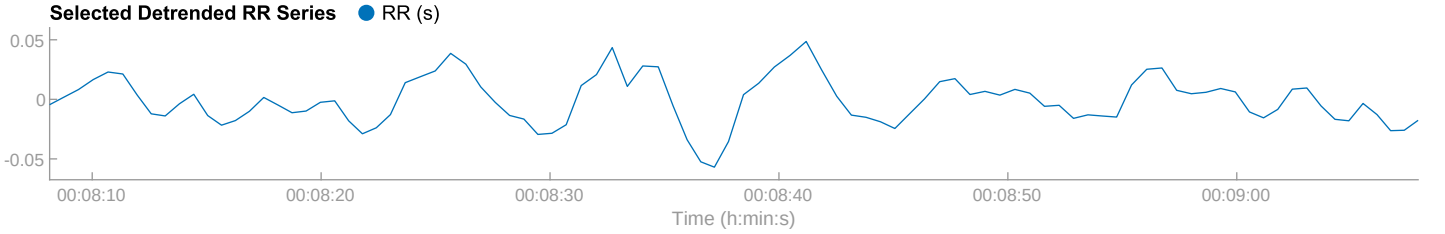


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 9)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:08:08
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

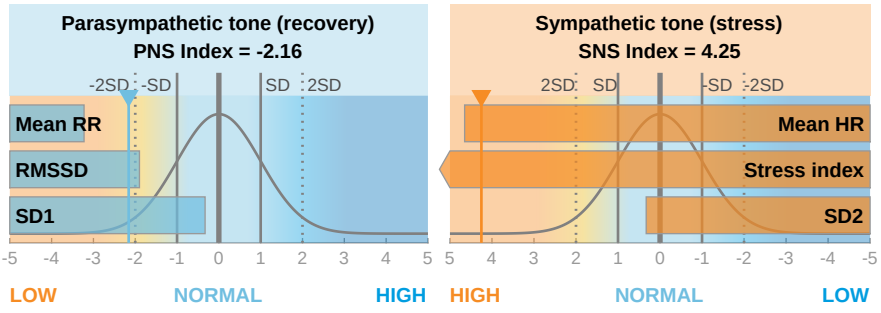
Mean RR	RMSSD	SD1
636 ms	**13.5** ms	**26.7** %

PNS Index = -2.16

Sympathetic Nervous System (SNS)

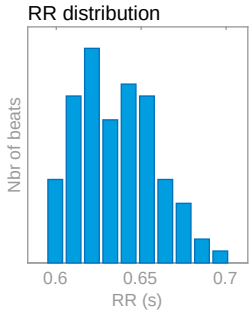
Mean HR	Stress index	SD2
94 bpm	**24.1**	**73.3** %

SNS Index = 4.25



Time-Domain Results

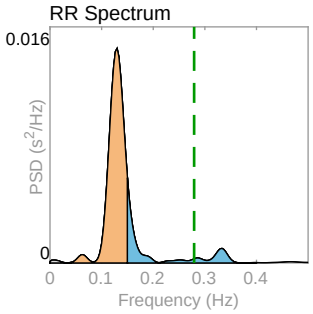
Variable	Units	Value
Mean RR*	(ms)	636
Mean HR*	(bpm)	94
Min HR	(bpm)	88
Max HR	(bpm)	100
SDNN	(ms)	19.7
RMSSD	(ms)	13.5
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.52
TINN	(ms)	86.0
Stress Index (SI)		24.1
DC	(ms)	13.8
DCmod	(ms)	13.4
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

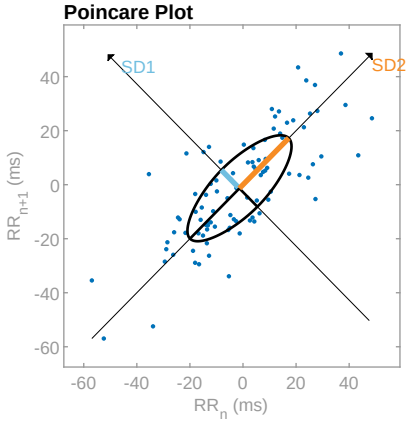
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.007	0.130	0.150
Power	(ms^2)	4	501	121
Power	(log)	1.371	6.216	4.795
Power	(%)	0.63	80.04	19.33
Power	(n.u.)		80.55	19.45

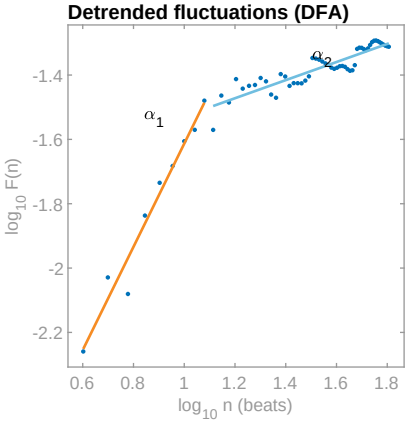
Total power	(ms^2)	626		
Total Power	(log)	6.439		
LF/HF ratio		4.141		
RESP	(Hz)	0.28		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	9.6
SD2	(ms)	26.3
SD2/SD1		2.741
Approximate Entropy (ApEn)		0.647
Sample Entropy (SampEn)		1.509
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.604
Long-term fluctuations, $\alpha 2$		0.281
Correlation Dimension (D2)		0.179
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	9.07
Max line length (Lmax)	(beats)	40
Recurrence rate (REC)	(%)	29.61
Determinism (DET)	(%)	98.54
Shannon Entropy (ShanEn)		2.863
Multi-Scale Entropy (MSE)		0.482 - 1.691

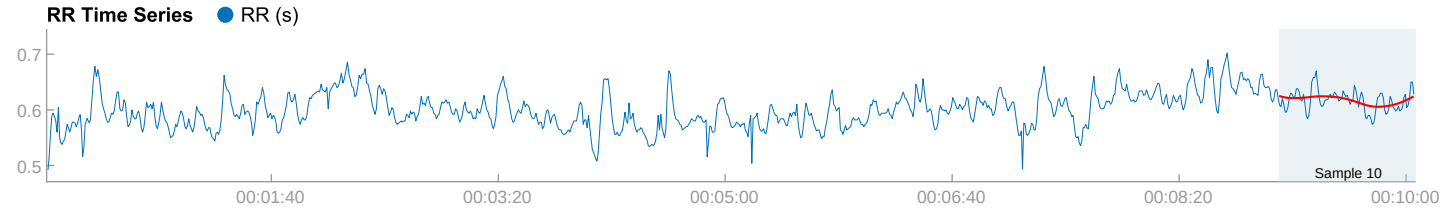


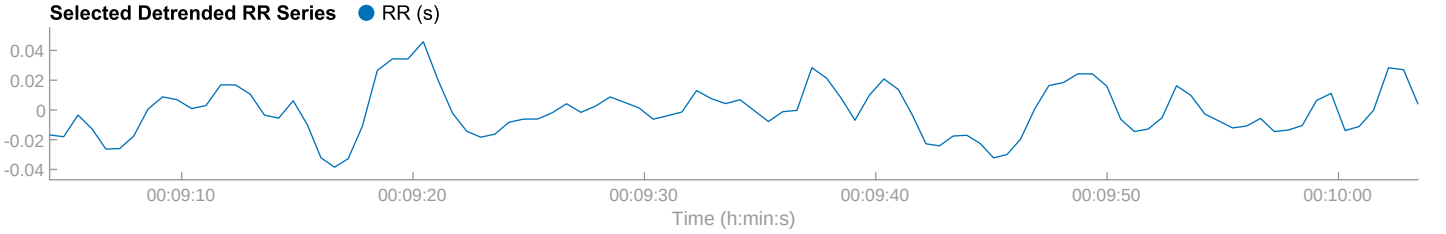


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 10)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:09:04
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

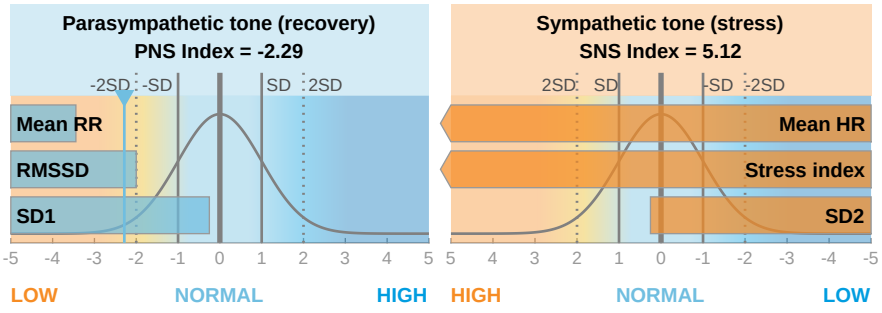
Mean RR	RMSSD	SD1
616 ms	**12.0** ms	**28.0** %

PNS Index = -2.29

Sympathetic Nervous System (SNS)

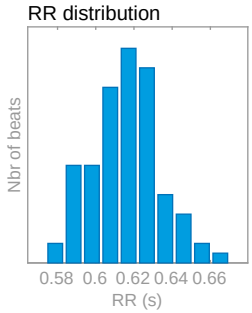
Mean HR	Stress index	SD2
97 bpm	**28.3**	**72.0** %

SNS Index = 5.12



Time-Domain Results

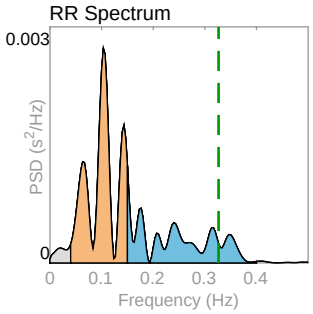
Variable	Units	Value
Mean RR*	(ms)	616
Mean HR*	(bpm)	97
Min HR	(bpm)	91
Max HR	(bpm)	103
SDNN	(ms)	16.6
RMSSD	(ms)	12.0
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.22
TINN	(ms)	73.0
Stress Index (SI)		28.3
DC	(ms)	16.0
DCmod	(ms)	15.7
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

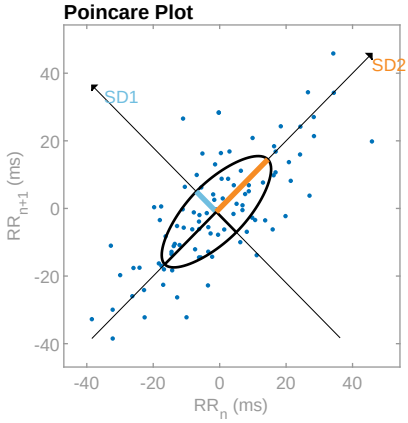
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.103	0.150
Power	(ms^2)	7	132	77
Power	(log)	1.961	4.881	4.349
Power	(%)	3.29	60.92	35.79
Power	(n.u.)		62.99	37.00

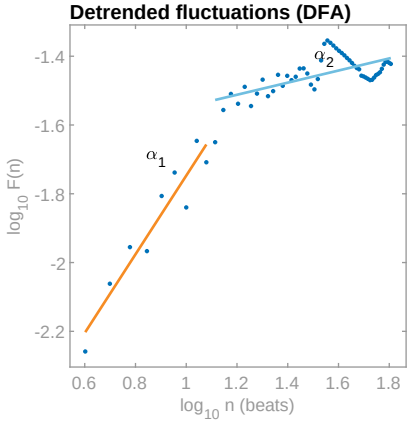
Total power	(ms^2)	216		
Total Power	(log)	5.376		
LF/HF ratio		1.702		
RESP	(Hz)	0.33		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	8.5
SD2	(ms)	22.0
SD2/SD1		2.574
Approximate Entropy (ApEn)		0.494
Sample Entropy (SampEn)		1.505
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.144
Long-term fluctuations, $\alpha 2$		0.176
Correlation Dimension (D2)		0.056
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	8.53
Max line length (Lmax)	(beats)	64
Recurrence rate (REC)	(%)	28.72
Determinism (DET)	(%)	97.39
Shannon Entropy (ShanEn)		2.783
Multi-Scale Entropy (MSE)		0.940 - 2.847

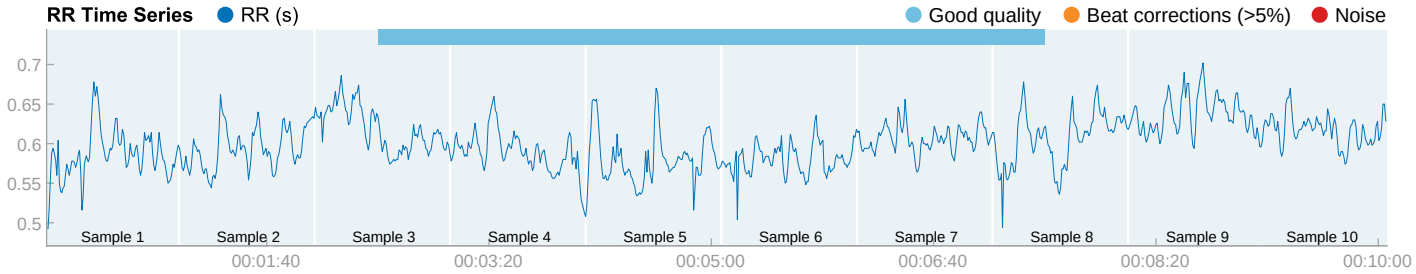


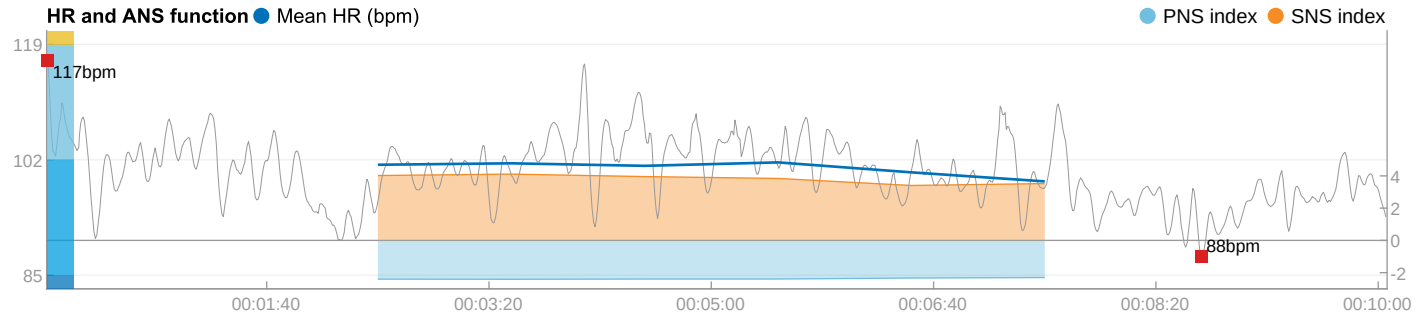


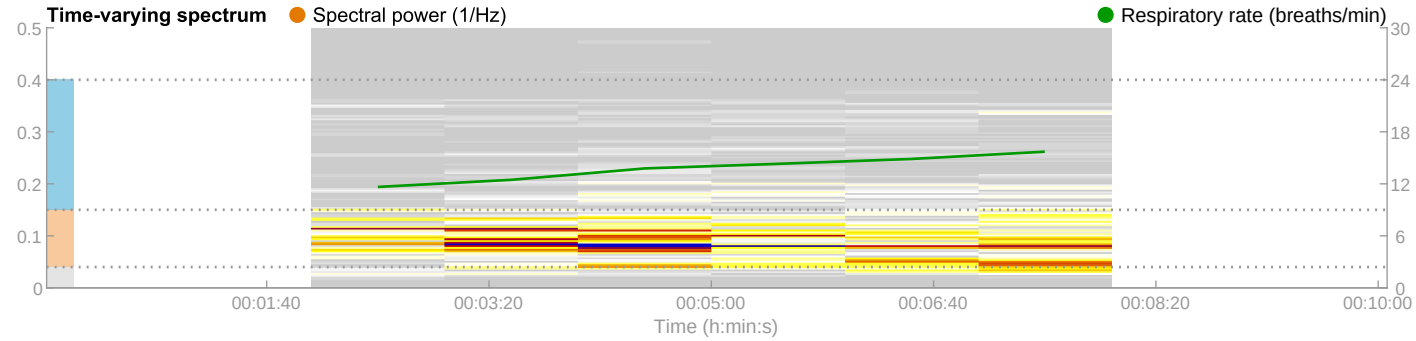
*Results are calculated from the non-detrended selected RR series.

Time-varying HRV Results

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:02:30
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Threshold (strong)	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	4 (0.40 %)







Heart rate (HR)

MAXIMUM	0.0%	00:00:00
HARD	0.0%	00:00:00
MODERATE	0.0%	00:00:00
LIGHT	34.3%	00:03:27
VERY LIGH	65.7%	00:06:35
INACTIVE	0.0%	00:00:00

Parasympathetic tone (PNS index)

VERY LOW	100.0%	00:10:02
LOW	0.0%	00:00:00
NORMAL	0.0%	00:00:00
HIGH	0.0%	00:00:00
VERY HIGH	0.0%	00:00:00

Sympathetic tone (SNS index)

VERY HIGH	100.0%	00:10:02
HIGH	0.0%	00:00:00
NORMAL	0.0%	00:00:00
LOW	0.0%	00:00:00
VERY LOW	0.0%	00:00:00

PNS Index	SNS Index
AVG -2.37	AVG 3.81
Min -2.41	Min 3.41
Max -2.30	Max 4.11

Energy Expenditure
43 / 54 kcal
BMR | Activity