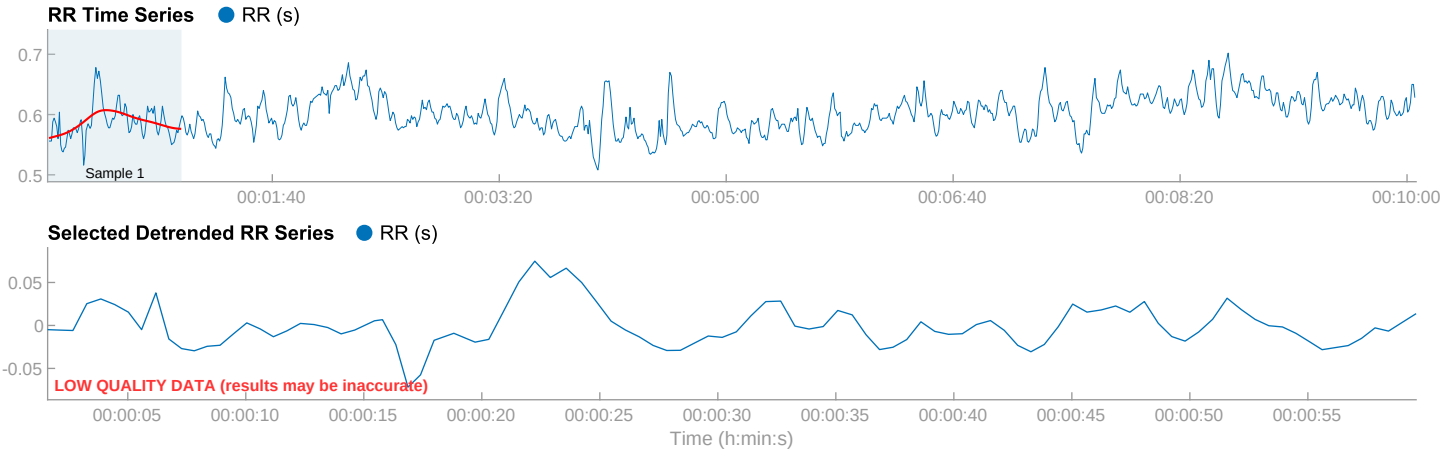
HRV Results (sample 1)

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.:	Automatic correction	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	6 (6.06 %)



AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

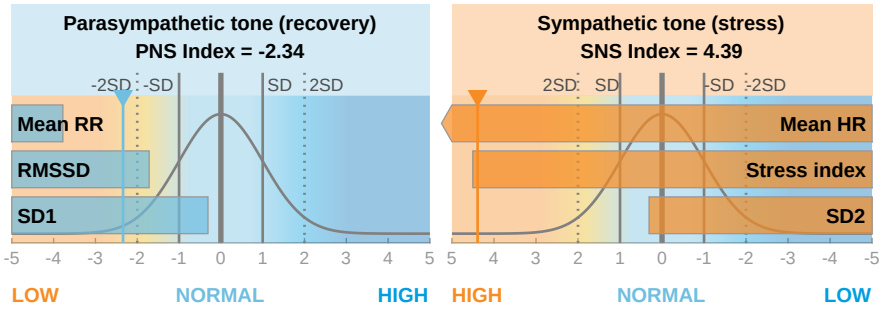
Mean RR	RMSSD	SD1
586 ms	**16.3** ms	**27.1** %

PNS Index = -2.34

Sympathetic Nervous System (SNS)

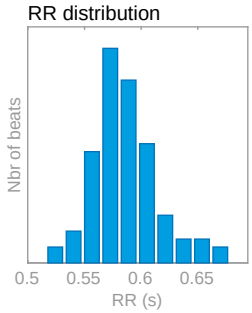
Mean HR	Stress index	SD2
102 bpm	**21.3**	**72.9** %

SNS Index = 4.39



Time-Domain Results

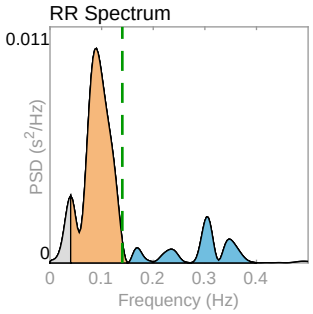
Variable	Units	Value
Mean RR*	(ms)	586
Mean HR*	(bpm)	102
Min HR	(bpm)	90
Max HR	(bpm)	110
SDNN	(ms)	23.4
RMSSD	(ms)	16.3
NN50	(beats)	1
pNN50	(%)	1.02
RR triangular index		4.71
TINN	(ms)	110.0
Stress Index (SI)		21.3
DC	(ms)	19.4
DCmod	(ms)	18.9
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.040	0.090	0.303
Power	(ms^2)	44	526	123
Power	(log)	3.795	6.265	4.814
Power	(%)	6.42	75.81	17.77
Power	(n.u.)		81.01	18.99

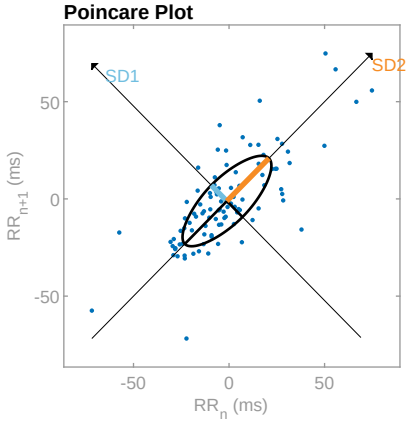
Total power	(ms^2)	693		
Total Power	(log)	6.541		
LF/HF ratio		4.266		
RESP	(Hz)	0.14		



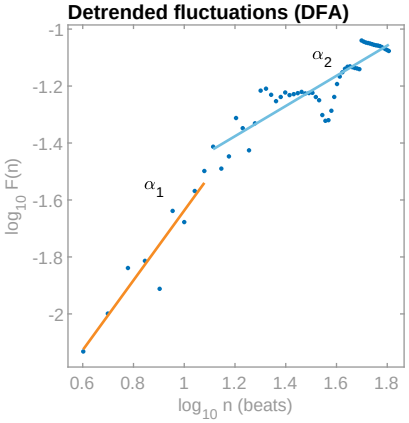
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	11.6
SD2	(ms)	31.2
SD2/SD1		2.695
Approximate Entropy (ApEn)		0.620
Sample Entropy (SampEn)		1.138
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.225
Long-term fluctuations, $\alpha 2$		0.530
Correlation Dimension (D2)		0.344
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	7.78
Max line length (Lmax)	(beats)	62
Recurrence rate (REC)	(%)	30.64
Determinism (DET)	(%)	98.47
Shannon Entropy (ShanEn)		2.619
Multi-Scale Entropy (MSE)		0.329 - 1.692

Poincare Plot



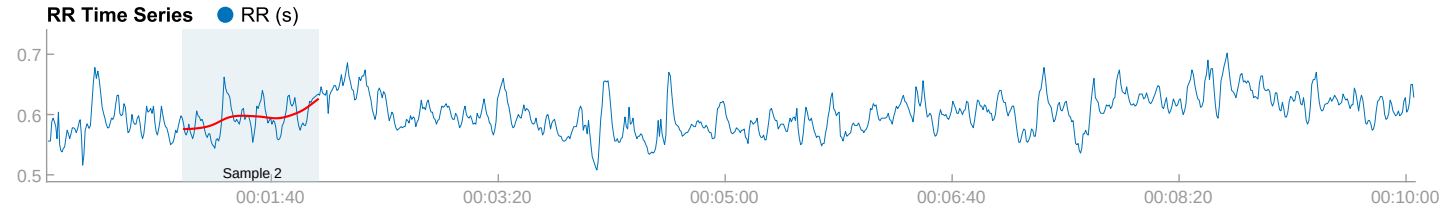
Detrended fluctuations (DFA)

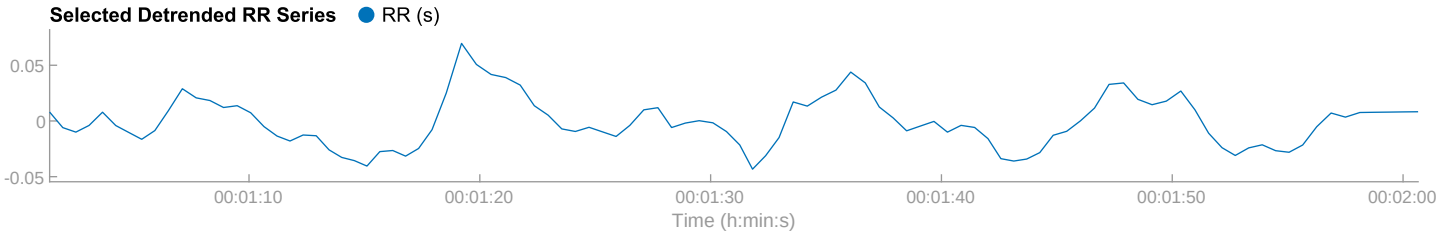


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	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)

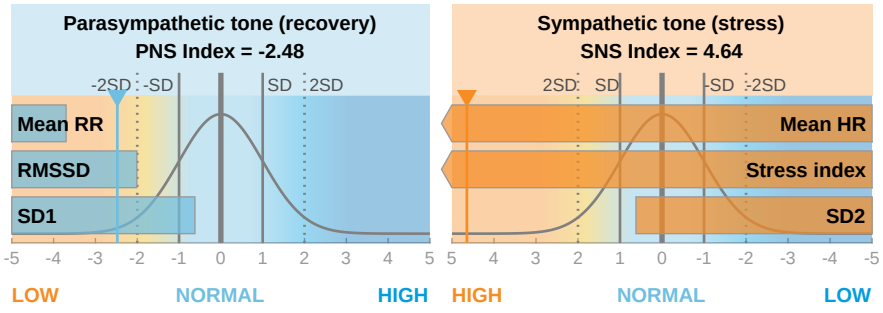
Mean RR	RMSSD	SD1
593 ms	**11.9** ms	**22.1** %

PNS Index = -2.48

Sympathetic Nervous System (SNS)

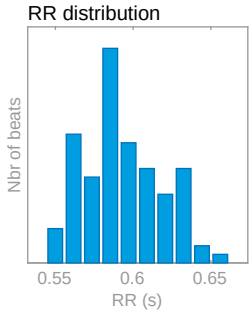
Mean HR	Stress index	SD2
101 bpm	**23.1**	**77.9** %

SNS Index = 4.64



Time-Domain Results

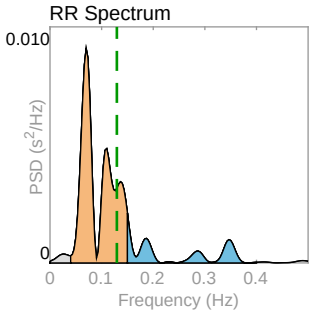
Variable	Units	Value
Mean RR*	(ms)	593
Mean HR*	(bpm)	101
Min HR	(bpm)	94
Max HR	(bpm)	109
SDNN	(ms)	21.8
RMSSD	(ms)	11.9
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.39
TINN	(ms)	104.0
Stress Index (SI)		23.1
DC	(ms)	12.6
DCmod	(ms)	13.0
SDANN	(ms)	-
SDNN index	(ms)	-



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

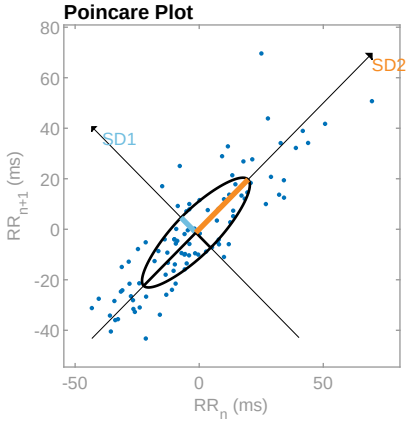
Total power	(ms^2)	513		
Total Power	(log)	6.240		
LF/HF ratio		4.769		
RESP	(Hz)	0.13		



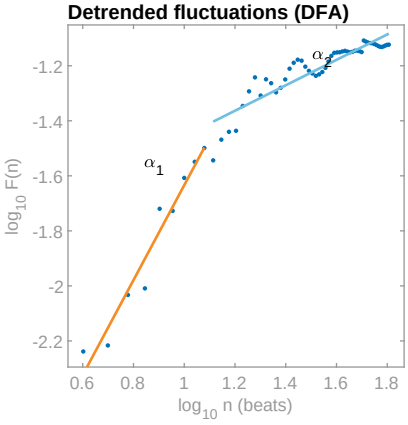
Nonlinear Results

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

Poincare Plot



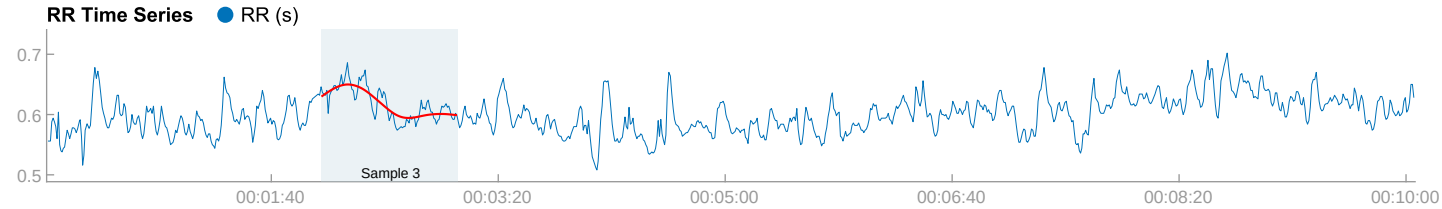
Detrended fluctuations (DFA)

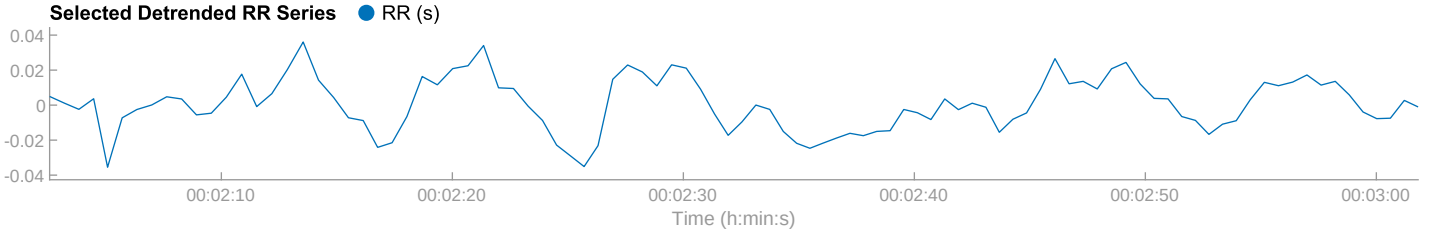


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	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)

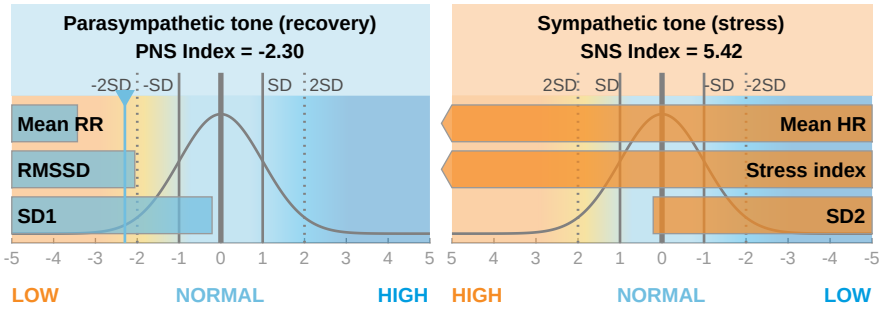
Mean RR	RMSSD	SD1
617 ms	**11.1** ms	**28.6** %

PNS Index = -2.30

Sympathetic Nervous System (SNS)

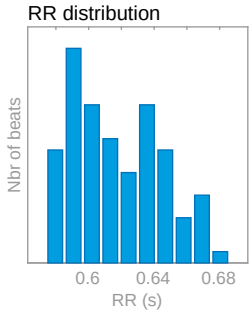
Mean HR	Stress index	SD2
97 bpm	**30.3**	**71.4** %

SNS Index = 5.42



Time-Domain Results

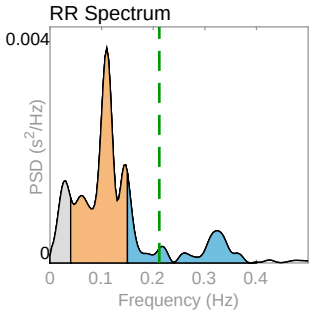
Variable	Units	Value
Mean RR*	(ms)	617
Mean HR*	(bpm)	97
Min HR	(bpm)	90
Max HR	(bpm)	104
SDNN	(ms)	14.9
RMSSD	(ms)	11.1
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.85
TINN	(ms)	60.0
Stress Index (SI)		30.3
DC	(ms)	8.8
DCmod	(ms)	12.3
SDANN	(ms)	-
SDNN index	(ms)	-



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

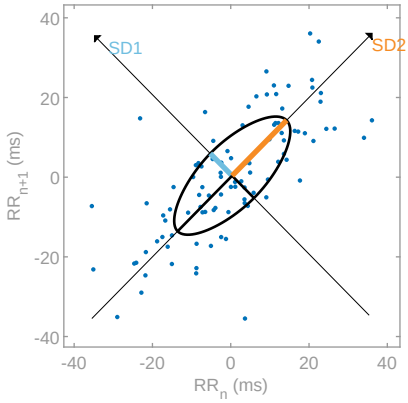
Total power	(ms^2)	278		
Total Power	(log)	5.629		
LF/HF ratio		2.921		
RESP	(Hz)	0.21		



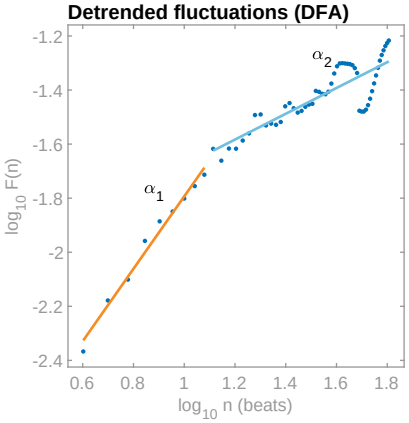
Nonlinear Results

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

Poincare Plot



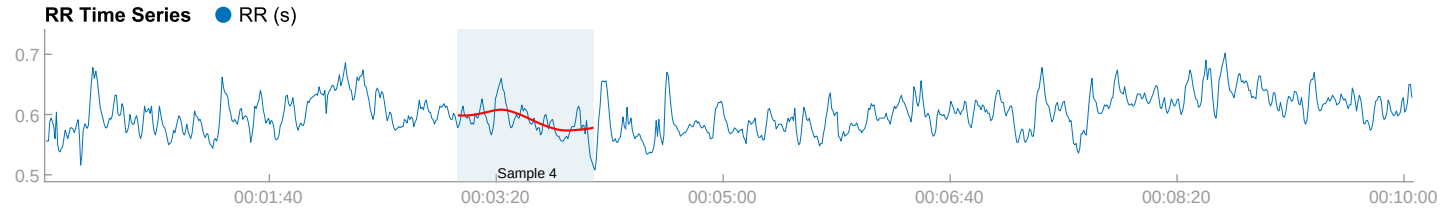
Detrended fluctuations (DFA)

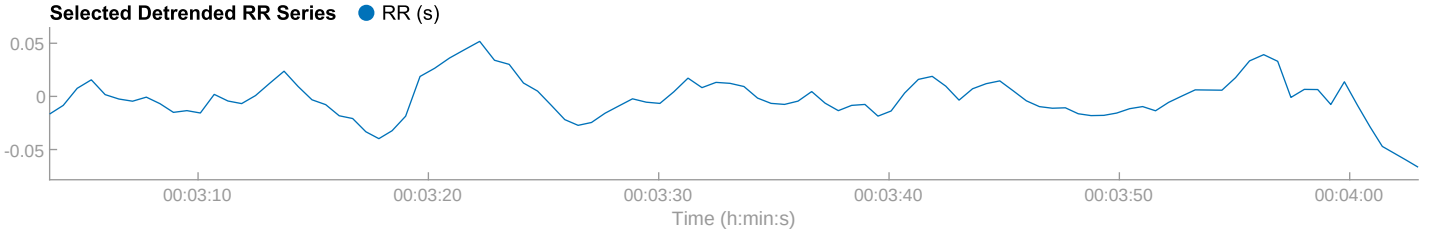


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	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)

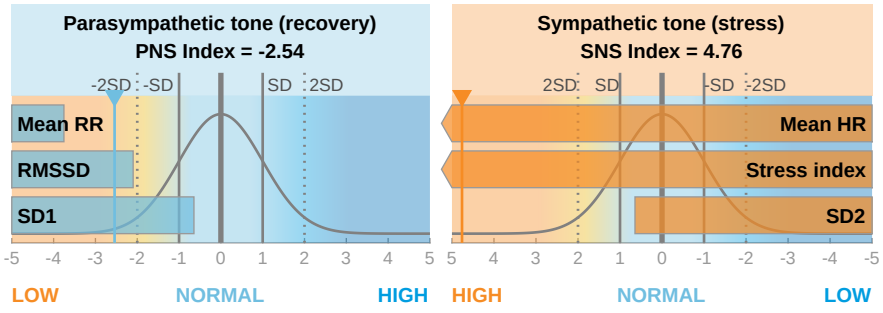
Mean RR	RMSSD	SD1
588 ms	**10.5** ms	**21.7** %

PNS Index = -2.54

Sympathetic Nervous System (SNS)

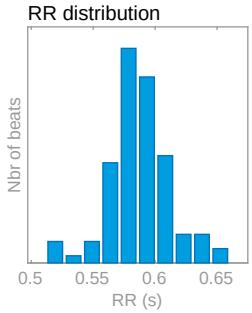
Mean HR	Stress index	SD2
102 bpm	**23.5**	**78.3** %

SNS Index = 4.76



Time-Domain Results

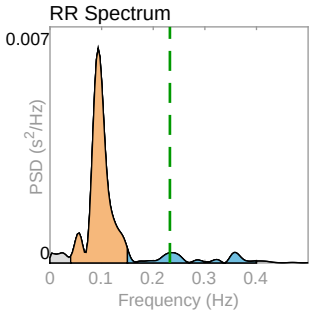
Variable	Units	Value
Mean RR*	(ms)	588
Mean HR*	(bpm)	102
Min HR	(bpm)	93
Max HR	(bpm)	116
SDNN	(ms)	20.3
RMSSD	(ms)	10.5
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.08
TINN	(ms)	92.0
Stress Index (SI)		23.5
DC	(ms)	10.5
DCmod	(ms)	11.2
SDANN	(ms)	-
SDNN index	(ms)	-



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	85.21	10.96
Power	(n.u.)		88.59	11.39

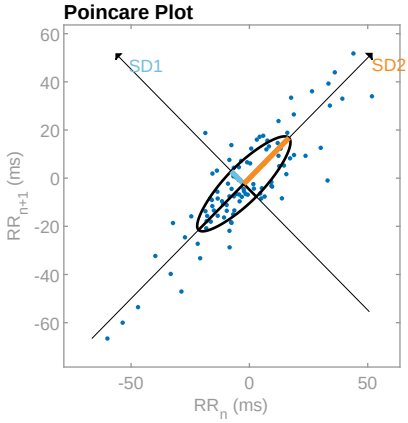
Total power	(ms^2)	278		
Total Power	(log)	5.629		
LF/HF ratio		7.778		
RESP	(Hz)	0.23		



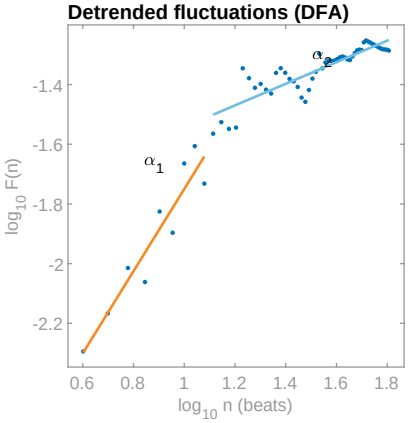
Nonlinear Results

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

Poincare Plot



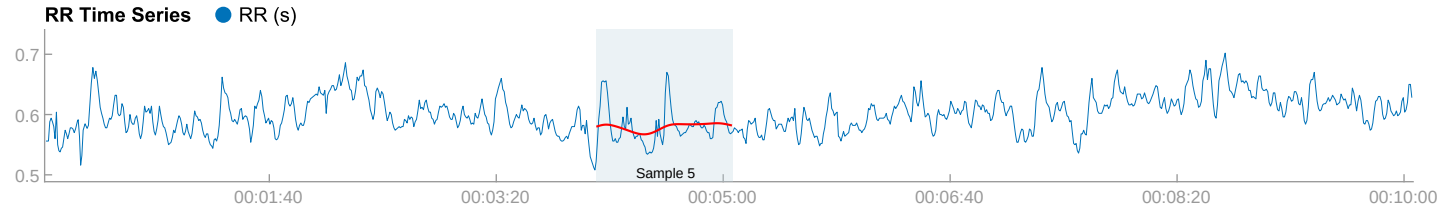
Detrended fluctuations (DFA)

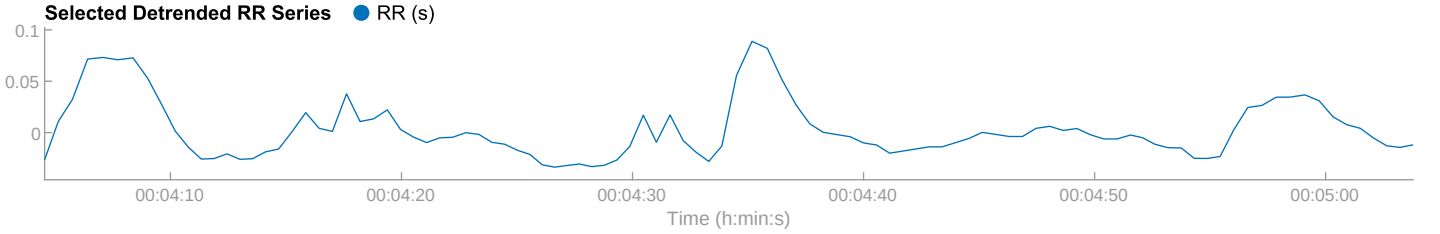


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	2 (1.94 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

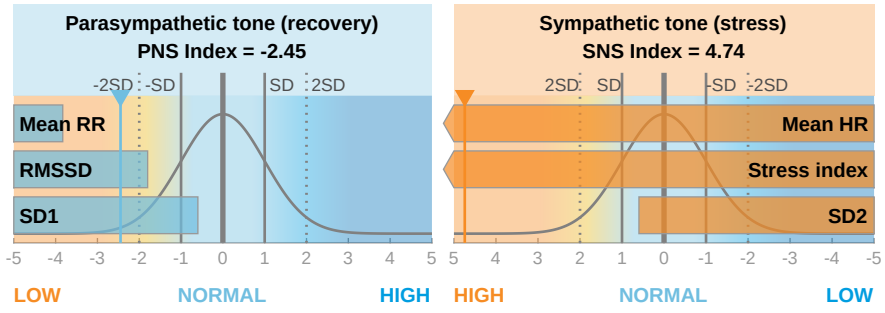
Mean RR	RMSSD	SD1
581 ms	**15.0** ms	**22.4** %

PNS Index = -2.45

Sympathetic Nervous System (SNS)

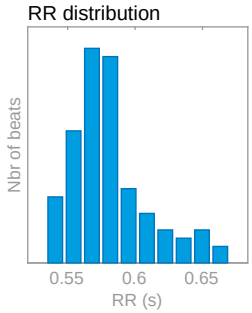
Mean HR	Stress index	SD2
103 bpm	**22.8**	**77.6** %

SNS Index = 4.74



Time-Domain Results

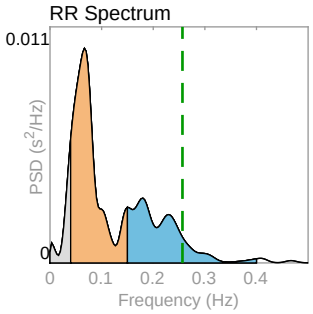
Variable	Units	Value
Mean RR*	(ms)	581
Mean HR*	(bpm)	103
Min HR	(bpm)	92
Max HR	(bpm)	112
SDNN	(ms)	27.1
RMSSD	(ms)	15.0
NN50	(beats)	1
pNN50	(%)	0.98
RR triangular index		5.72
TINN	(ms)	108.0
Stress Index (SI)		22.8
DC	(ms)	16.2
DCmod	(ms)	17.9
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.040	0.067	0.180
Power	(ms^2)	68	493	277
Power	(log)	4.223	6.201	5.625
Power	(%)	8.13	58.80	33.05
Power	(n.u.)		64.00	35.97

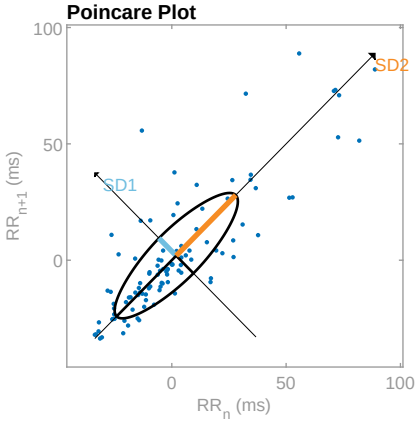
Total power	(ms^2)	839		
Total Power	(log)	6.732		
LF/HF ratio		1.779		
RESP	(Hz)	0.26		



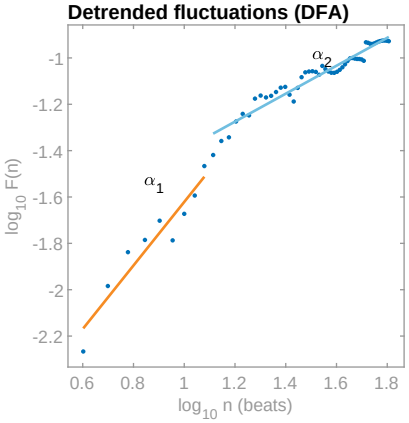
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	10.7
SD2	(ms)	36.9
SD2/SD1		3.456
Approximate Entropy (ApEn)		0.603
Sample Entropy (SampEn)		0.787
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.371
Long-term fluctuations, $\alpha 2$		0.603
Correlation Dimension (D2)		0.491
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	12.25
Max line length (Lmax)	(beats)	42
Recurrence rate (REC)	(%)	44.34
Determinism (DET)	(%)	98.77
Shannon Entropy (ShanEn)		3.153
Multi-Scale Entropy (MSE)		0.118 - 2.336

Poincare Plot



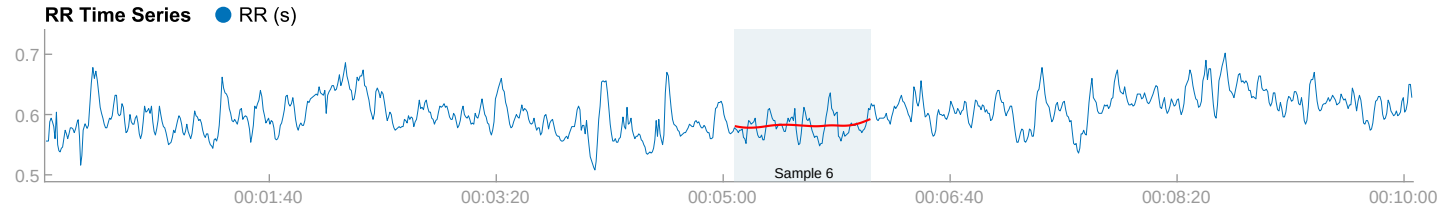
Detrended fluctuations (DFA)

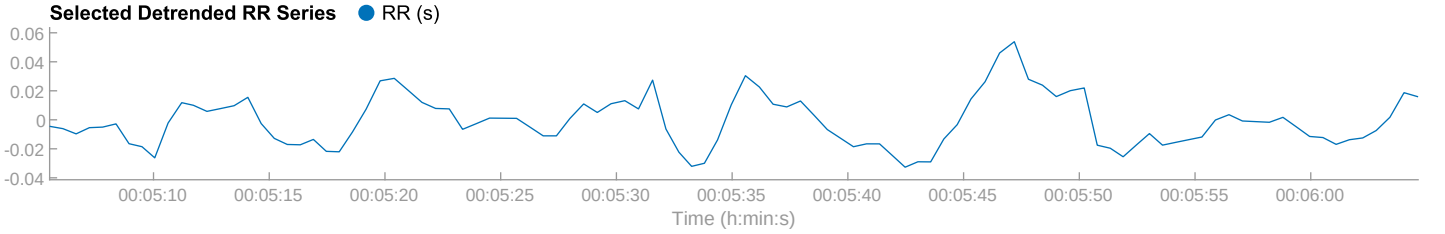


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	1 (0.97 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

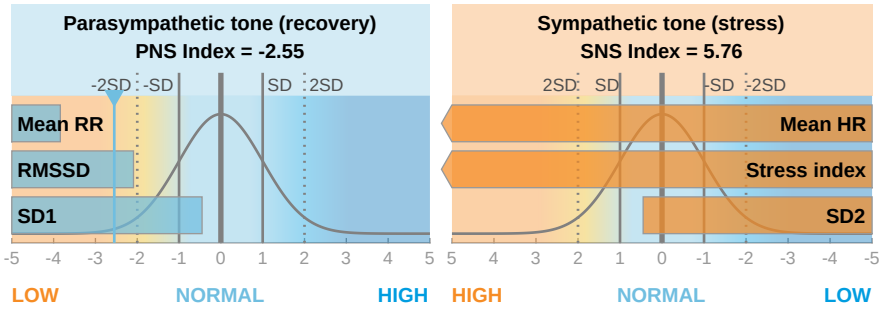
Mean RR	RMSSD	SD1
580 ms	**10.7** ms	**24.8** %

PNS Index = -2.55

Sympathetic Nervous System (SNS)

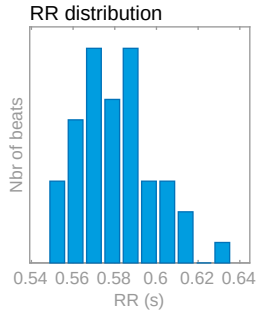
Mean HR	Stress index	SD2
103 bpm	**29.2**	**75.2** %

SNS Index = 5.76



Time-Domain Results

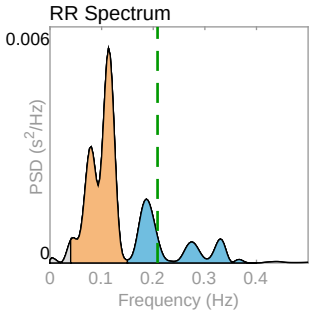
Variable	Units	Value
Mean RR*	(ms)	580
Mean HR*	(bpm)	103
Min HR	(bpm)	97
Max HR	(bpm)	108
SDNN	(ms)	17.1
RMSSD	(ms)	10.7
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		5.15
TINN	(ms)	73.0
Stress Index (SI)		29.2
DC	(ms)	10.3
DCmod	(ms)	10.4
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.040	0.113	0.187
Power	(ms^2)	7	244	99
Power	(log)	1.877	5.497	4.598
Power	(%)	1.87	69.76	28.38
Power	(n.u.)		71.08	28.92

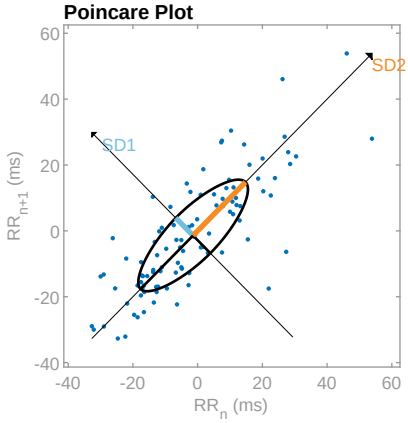
Total power	(ms^2)	350		
Total Power	(log)	5.857		
LF/HF ratio		2.458		
RESP	(Hz)	0.21		



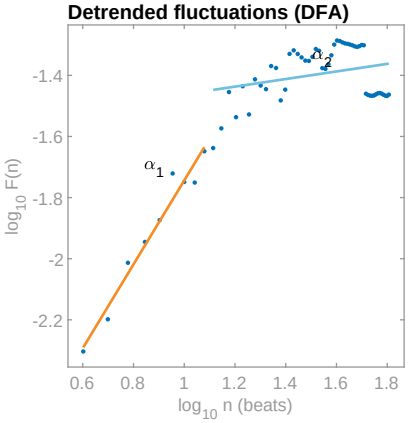
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	7.6
SD2	(ms)	23.0
SD2/SD1		3.031
Approximate Entropy (ApEn)		0.586
Sample Entropy (SampEn)		1.102
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.373
Long-term fluctuations, $\alpha 2$		0.124
Correlation Dimension (D2)		0.094
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	7.91
Max line length (Lmax)	(beats)	42
Recurrence rate (REC)	(%)	28.81
Determinism (DET)	(%)	98.19
Shannon Entropy (ShanEn)		2.757
Multi-Scale Entropy (MSE)		0.247 - 2.157

Poincare Plot



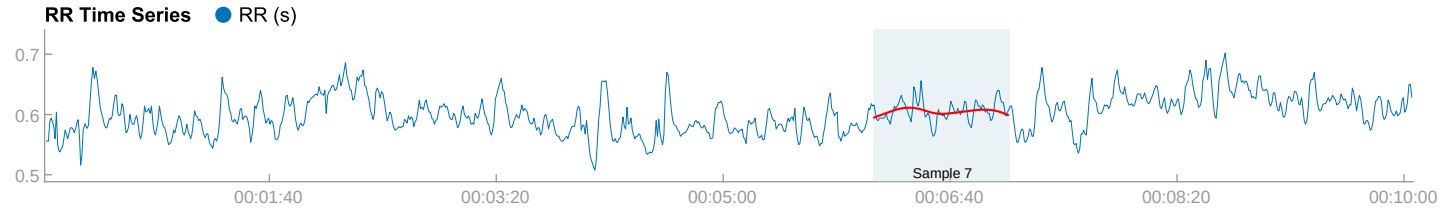
Detrended fluctuations (DFA)

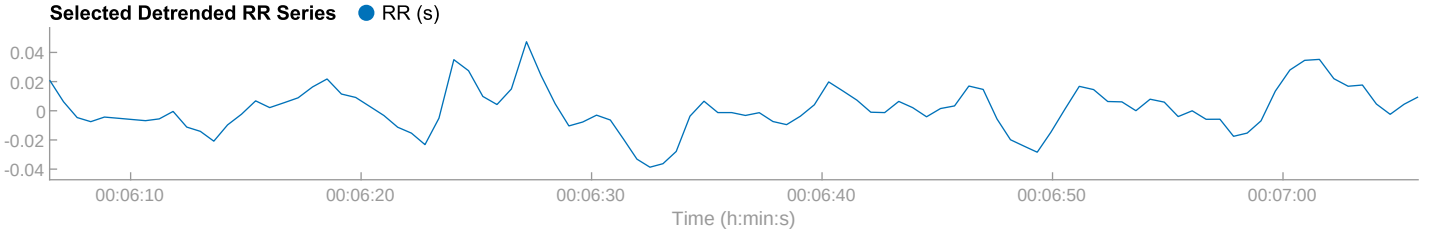


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	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)

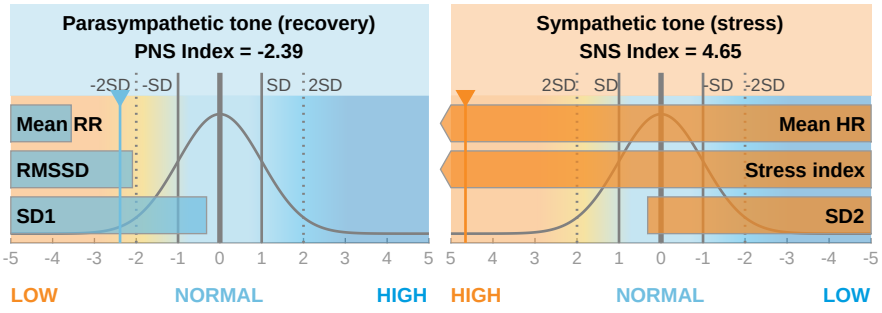
Mean RR	RMSSD	SD1
606 ms	**10.6** ms	**26.9** %

PNS Index = -2.39

Sympathetic Nervous System (SNS)

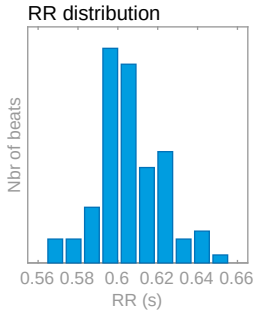
Mean HR	Stress index	SD2
99 bpm	**24.5**	**73.1** %

SNS Index = 4.65



Time-Domain Results

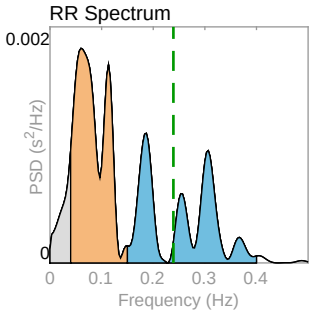
Variable	Units	Value
Mean RR*	(ms)	606
Mean HR*	(bpm)	99
Min HR	(bpm)	95
Max HR	(bpm)	105
SDNN	(ms)	15.5
RMSSD	(ms)	10.6
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		3.30
TINN	(ms)	68.0
Stress Index (SI)		24.5
DC	(ms)	10.7
DCmod	(ms)	11.1
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

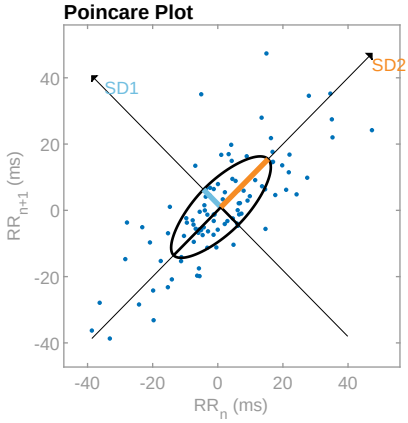
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.060	0.187
Power	(ms^2)	21	146	106
Power	(log)	3.065	4.982	4.660
Power	(%)	7.85	53.41	38.71
Power	(n.u.)		57.96	42.01

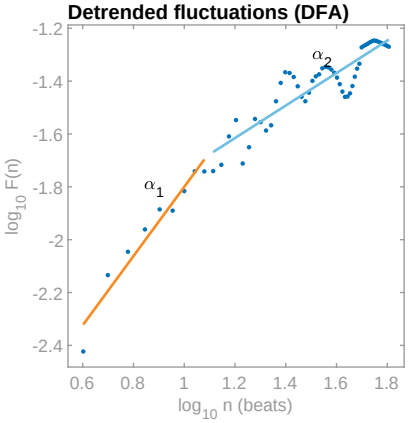
Total power	(ms^2)	273		
Total Power	(log)	5.609		
LF/HF ratio		1.380		
RESP	(Hz)	0.24		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	7.6
SD2	(ms)	20.5
SD2/SD1		2.716
Approximate Entropy (ApEn)		0.588
Sample Entropy (SampEn)		1.273
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.309
Long-term fluctuations, $\alpha 2$		0.615
Correlation Dimension (D2)		0.029
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	7.77
Max line length (Lmax)	(beats)	55
Recurrence rate (REC)	(%)	25.63
Determinism (DET)	(%)	98.07
Shannon Entropy (ShanEn)		2.677
Multi-Scale Entropy (MSE)		0.385 - 1.830

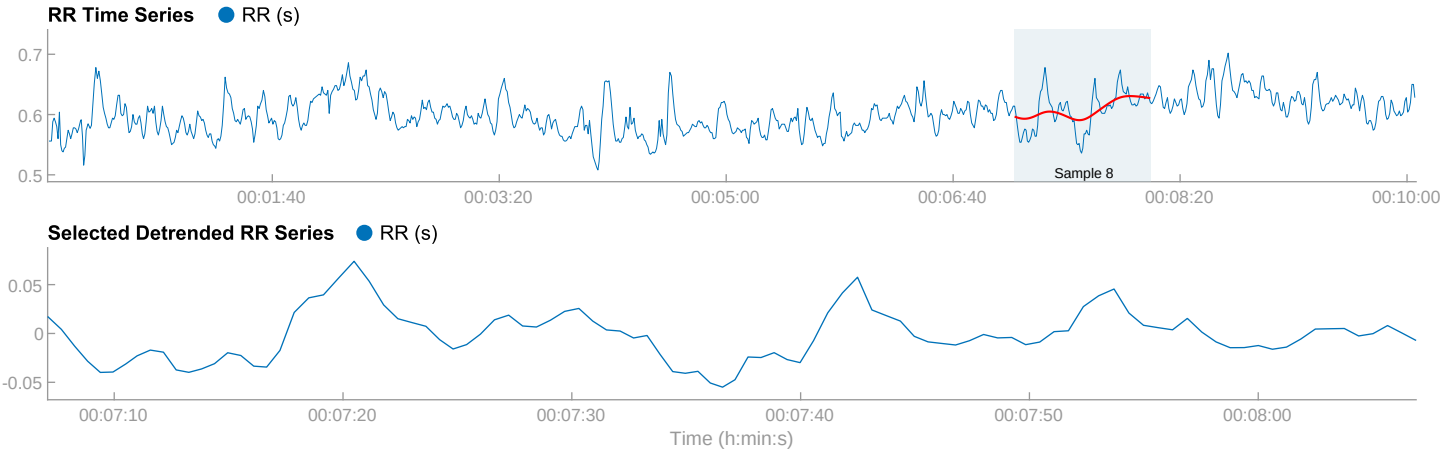




*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	Sample length:	00:01:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	1 (1.00 %)



AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

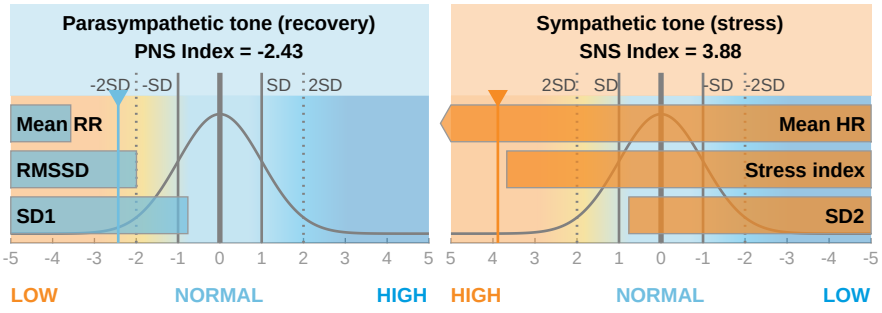
Mean RR	RMSSD	SD1
605 ms	**12.1** ms	**19.8** %

PNS Index = -2.43

Sympathetic Nervous System (SNS)

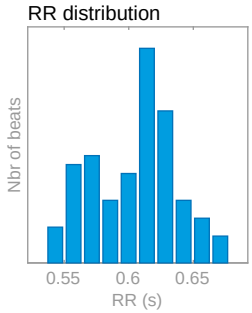
Mean HR	Stress index	SD2
99 bpm	**19.2**	**80.2** %

SNS Index = 3.88



Time-Domain Results

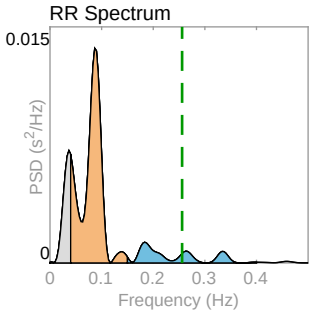
Variable	Units	Value
Mean RR*	(ms)	605
Mean HR*	(bpm)	99
Min HR	(bpm)	91
Max HR	(bpm)	110
SDNN	(ms)	25.3
RMSSD	(ms)	12.1
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		6.25
TINN	(ms)	111.0
Stress Index (SI)		19.2
DC	(ms)	14.0
DCmod	(ms)	12.2
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.037	0.087	0.183
Power	(ms^2)	117	489	95
Power	(log)	4.763	6.193	4.553
Power	(%)	16.69	69.76	13.54
Power	(n.u.)		83.74	16.25

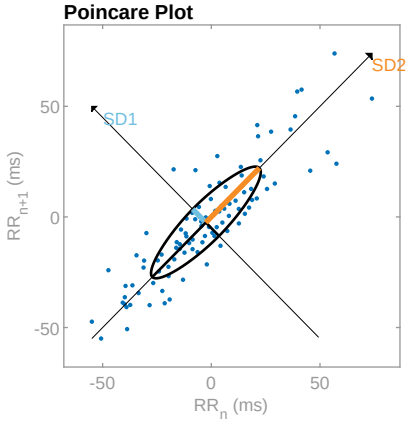
Total power	(ms^2)	701		
Total Power	(log)	6.553		
LF/HF ratio		5.152		
RESP	(Hz)	0.26		



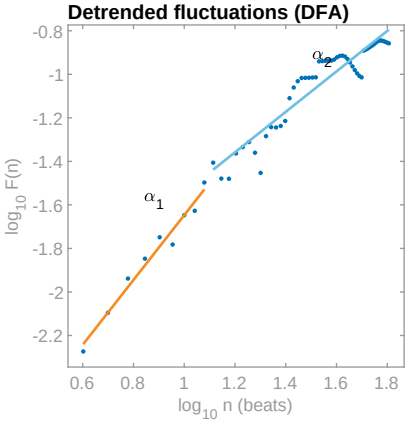
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	8.6
SD2	(ms)	34.9
SD2/SD1		4.060
Approximate Entropy (ApEn)		0.627
Sample Entropy (SampEn)		1.170
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.489
Long-term fluctuations, $\alpha 2$		0.929
Correlation Dimension (D2)		1.122
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	8.87
Max line length (Lmax)	(beats)	90
Recurrence rate (REC)	(%)	30.17
Determinism (DET)	(%)	98.72
Shannon Entropy (ShanEn)		2.797
Multi-Scale Entropy (MSE)		0.097 - 1.905

Poincare Plot



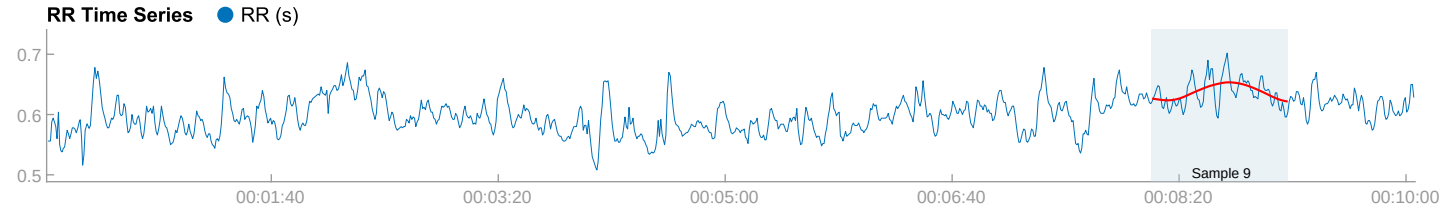
Detrended fluctuations (DFA)

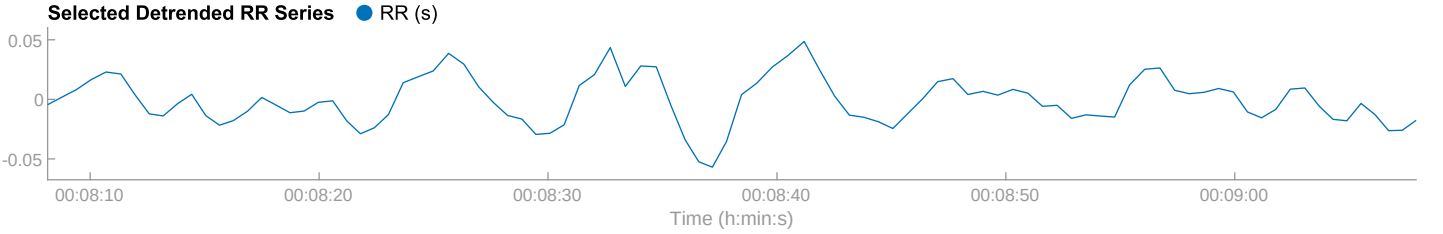


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	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)

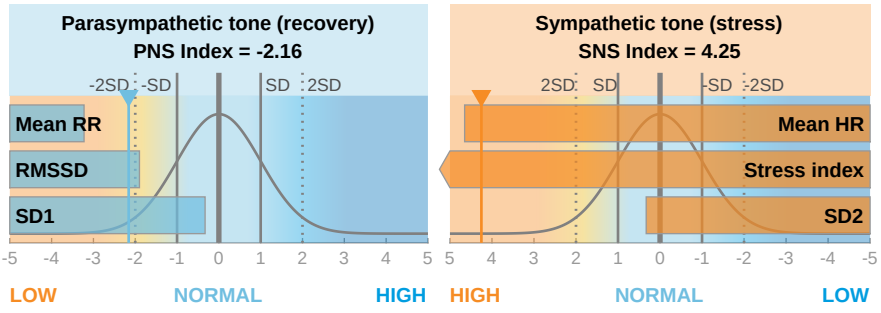
Mean RR	RMSSD	SD1
636 ms	**13.5** ms	**26.7** %

PNS Index = -2.16

Sympathetic Nervous System (SNS)

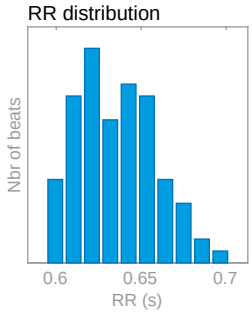
Mean HR	Stress index	SD2
94 bpm	**24.1**	**73.3** %

SNS Index = 4.25



Time-Domain Results

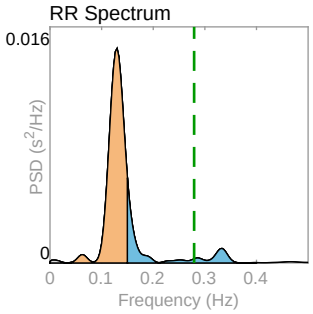
Variable	Units	Value
Mean RR*	(ms)	636
Mean HR*	(bpm)	94
Min HR	(bpm)	88
Max HR	(bpm)	100
SDNN	(ms)	19.7
RMSSD	(ms)	13.5
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.52
TINN	(ms)	86.0
Stress Index (SI)		24.1
DC	(ms)	13.8
DCmod	(ms)	13.4
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

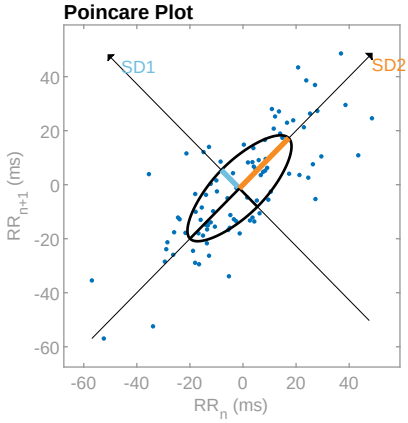
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.007	0.130	0.150
Power	(ms^2)	4	501	121
Power	(log)	1.371	6.216	4.795
Power	(%)	0.63	80.04	19.33
Power	(n.u.)		80.55	19.45

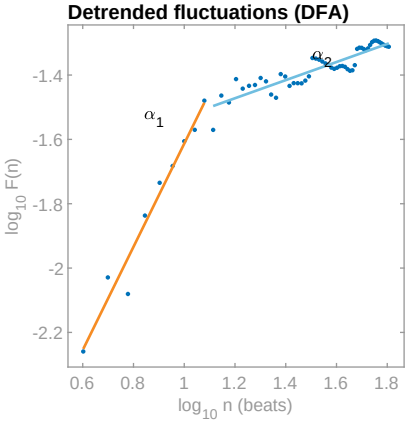
Total power	(ms^2)	626		
Total Power	(log)	6.439		
LF/HF ratio		4.141		
RESP	(Hz)	0.28		



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

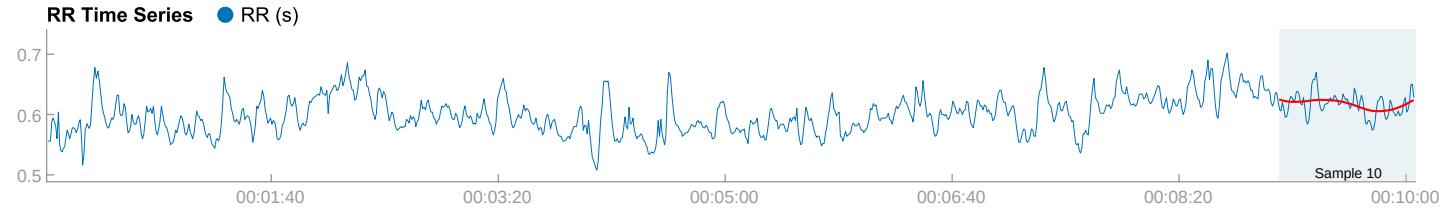


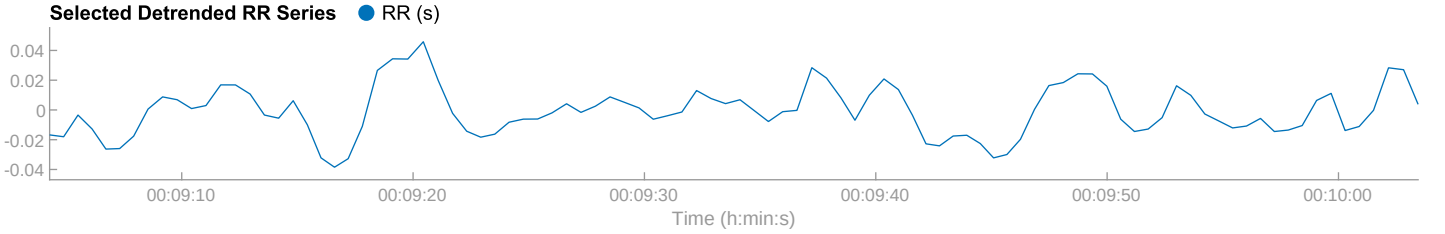


*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	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)

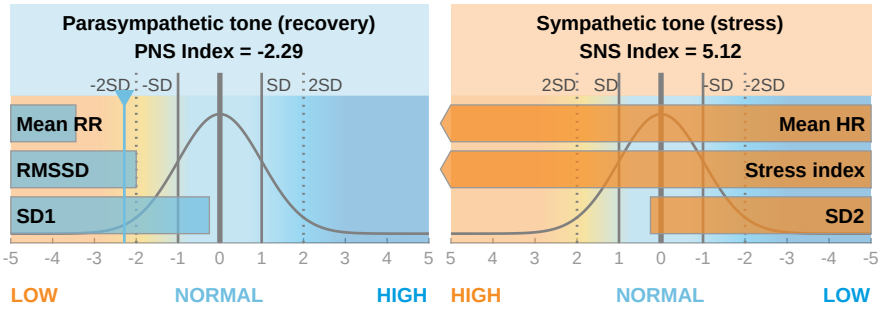
Mean RR	RMSSD	SD1
616 ms	**12.0** ms	**28.0** %

PNS Index = -2.29

Sympathetic Nervous System (SNS)

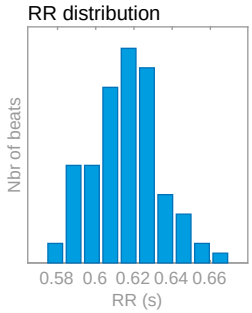
Mean HR	Stress index	SD2
97 bpm	**28.3**	**72.0** %

SNS Index = 5.12



Time-Domain Results

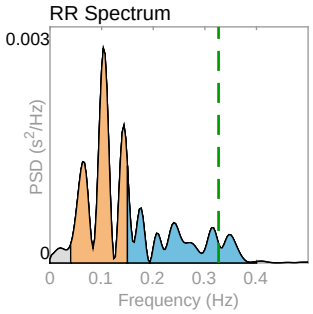
Variable	Units	Value
Mean RR*	(ms)	616
Mean HR*	(bpm)	97
Min HR	(bpm)	91
Max HR	(bpm)	103
SDNN	(ms)	16.6
RMSSD	(ms)	12.0
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.22
TINN	(ms)	73.0
Stress Index (SI)		28.3
DC	(ms)	16.0
DCmod	(ms)	15.7
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

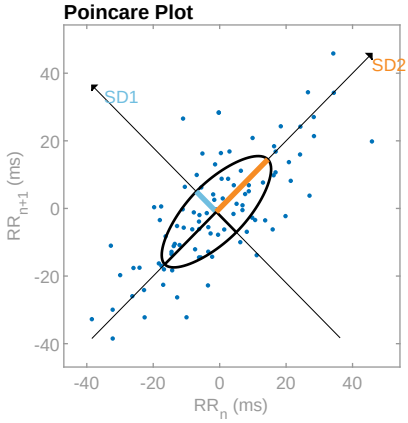
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.103	0.150
Power	(ms^2)	7	132	77
Power	(log)	1.961	4.881	4.349
Power	(%)	3.29	60.92	35.79
Power	(n.u.)		62.99	37.00

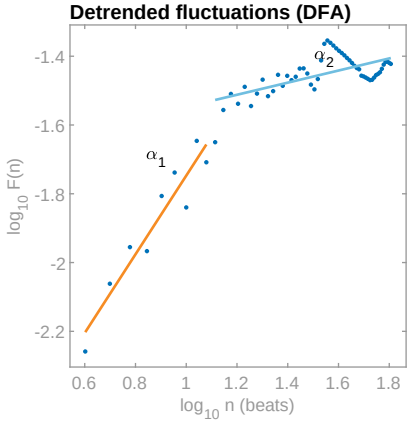
Total power	(ms^2)	216		
Total Power	(log)	5.376		
LF/HF ratio		1.702		
RESP	(Hz)	0.33		



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

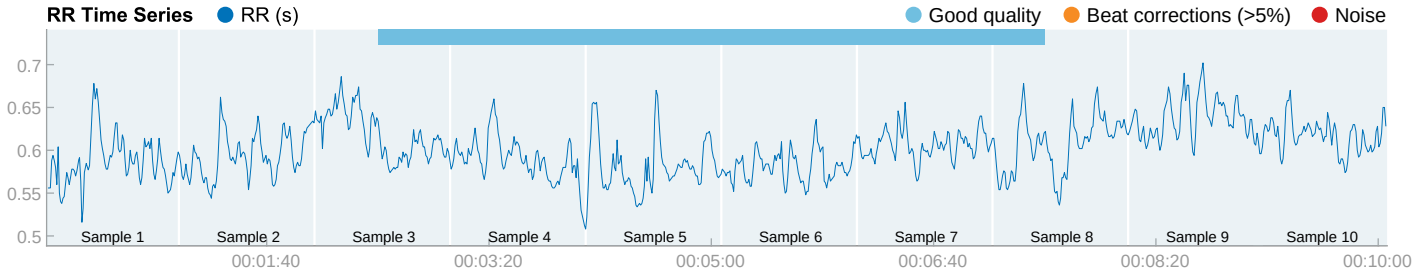


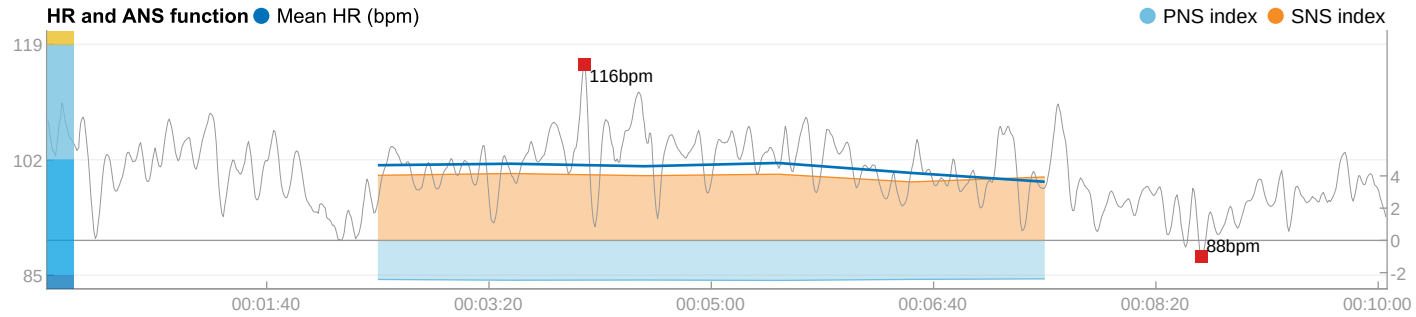


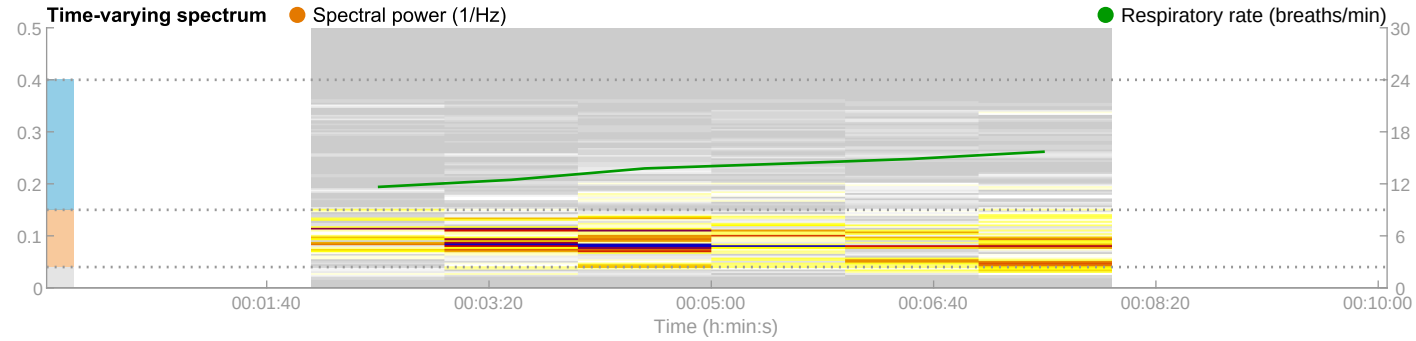
*Results are calculated from the non-detrended selected RR series.

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.:	Automatic correction	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:10:04	Analysis samples:	10	Beats corrected:	10 (1.00 %)







Heart rate (HR)

MAXIMUM	0.0%	00:00:00
HARD	0.0%	00:00:00
MODERATE	0.0%	00:00:00
LIGHT	34.4%	00:03:27
VERY LIGH	65.6%	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 -2.44	AVG 3.98
Min -2.48	Min 3.63
Max -2.38	Max 4.15

Energy Expenditure
43 / 54 kcal
BMR | Activity