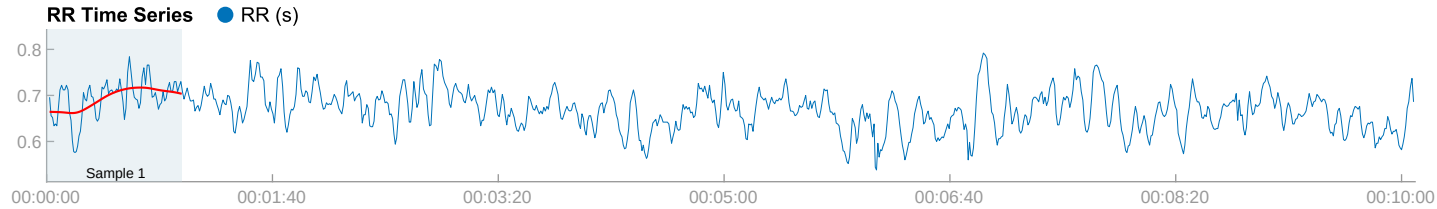
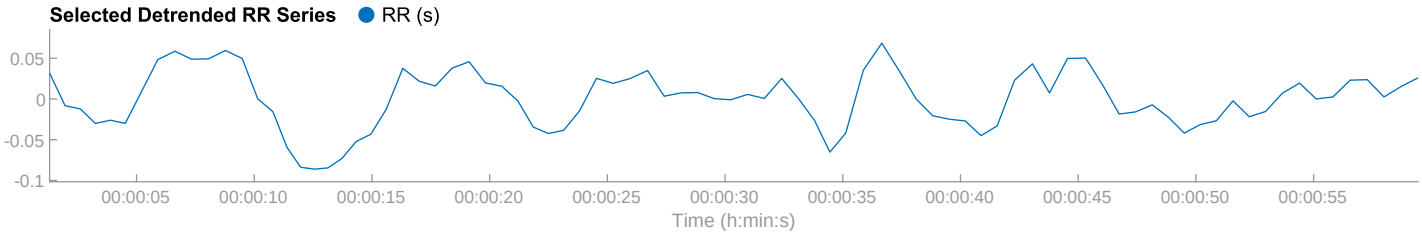
HRV Results (sample 1)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:01
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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

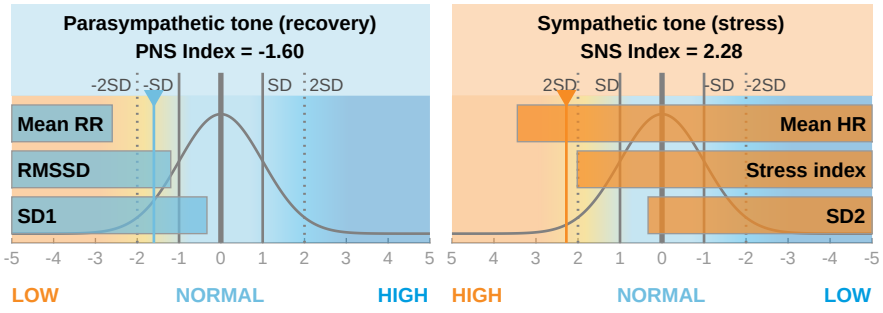
Mean RR	RMSSD	SD1
692 ms	**24.0** ms	**26.7** %

PNS Index = -1.60

Sympathetic Nervous System (SNS)

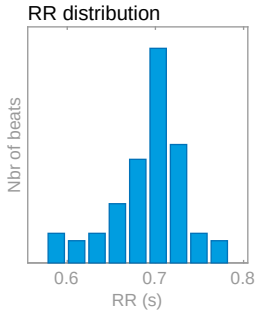
Mean HR	Stress index	SD2
87 bpm	**14.9**	**73.3** %

SNS Index = 2.28



Time-Domain Results

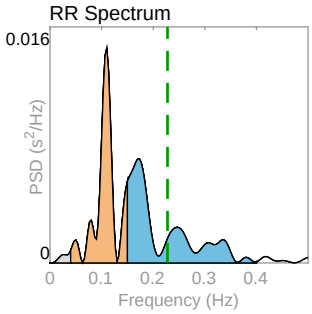
Variable	Units	Value
Mean RR*	(ms)	692
Mean HR*	(bpm)	87
Min HR	(bpm)	80
Max HR	(bpm)	103
SDNN	(ms)	35.3
RMSSD	(ms)	24.0
NN50	(beats)	3
pNN50	(%)	3.57
RR triangular index		7.73
TINN	(ms)	135.0
Stress Index (SI)		14.9
DC	(ms)	26.3
DCmod	(ms)	26.4
SDANN	(ms)	-
SDNN index	(ms)	-



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	0.110	0.173
Power	(ms^2)	14	427	482
Power	(log)	2.646	6.058	6.178
Power	(%)	1.53	46.28	52.19
Power	(n.u.)		46.99	53.00

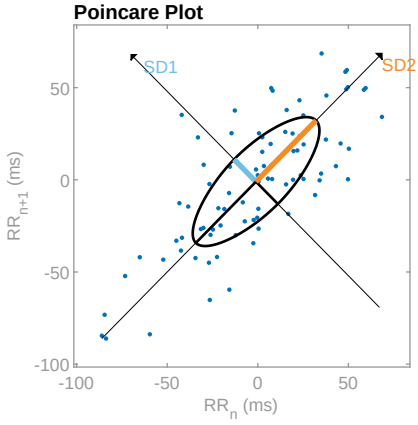
Total power	(ms^2)	924		
Total Power	(log)	6.828		
LF/HF ratio		0.887		
RESP	(Hz)	0.23		



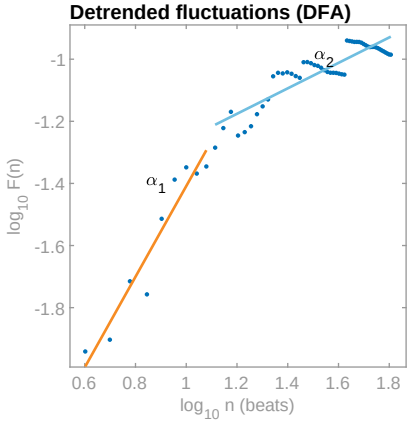
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.1
SD2	(ms)	47.0
SD2/SD1		2.748
Approximate Entropy (ApEn)		0.568
Sample Entropy (SampEn)		2.356
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.459
Long-term fluctuations, $\alpha 2$		0.410
Correlation Dimension (D2)		2.250
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	6.89
Max line length (Lmax)	(beats)	44
Recurrence rate (REC)	(%)	25.00
Determinism (DET)	(%)	96.40
Shannon Entropy (ShanEn)		2.551
Multi-Scale Entropy (MSE)		0.170 - 2.356

Poincare Plot



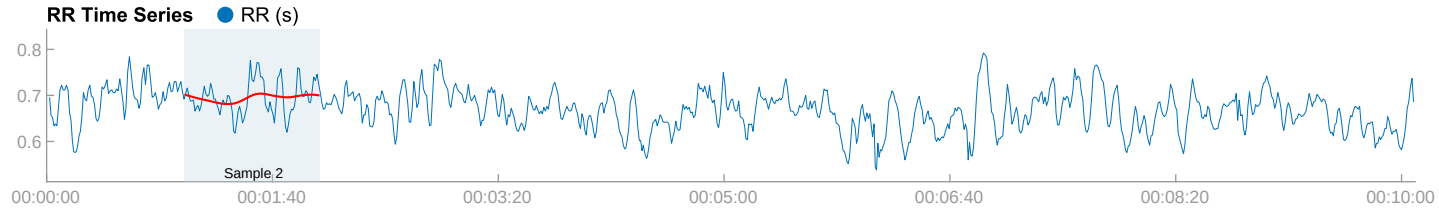
Detrended fluctuations (DFA)

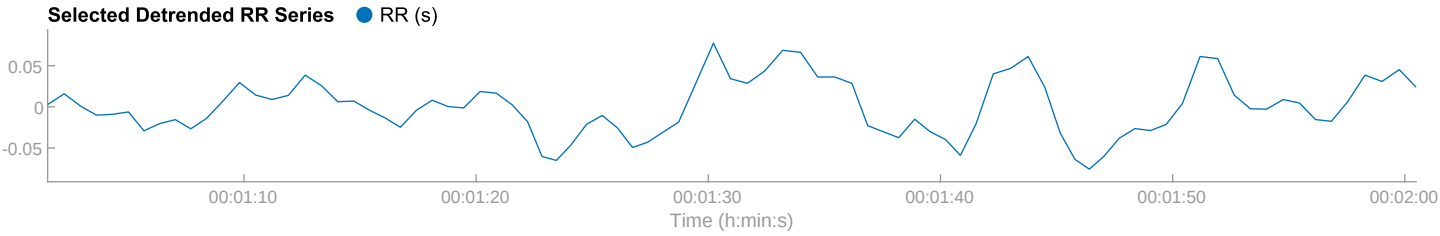


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 2)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:01:02
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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

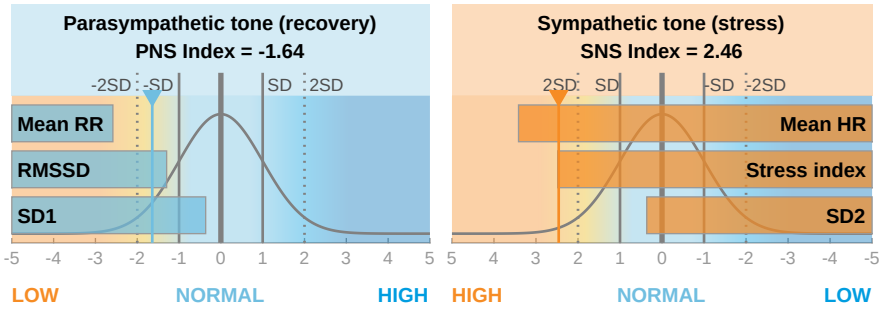
Mean RR	RMSSD	SD1
694 ms	**22.5** ms	**26.2** %

PNS Index = -1.64

Sympathetic Nervous System (SNS)

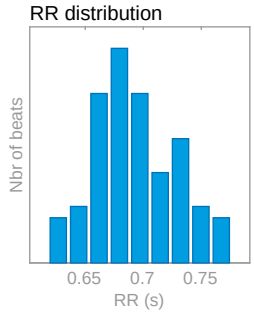
Mean HR	Stress index	SD2
87 bpm	**16.1**	**73.8** %

SNS Index = 2.46



Time-Domain Results

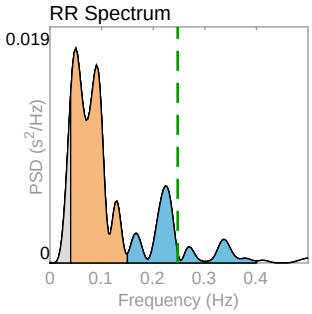
Variable	Units	Value
Mean RR*	(ms)	694
Mean HR*	(bpm)	87
Min HR	(bpm)	80
Max HR	(bpm)	94
SDNN	(ms)	33.8
RMSSD	(ms)	22.5
NN50	(beats)	4
pNN50	(%)	4.71
RR triangular index		8.60
TINN	(ms)	146.0
Stress Index (SI)		16.1
DC	(ms)	23.0
DCmod	(ms)	23.4
SDANN	(ms)	-
SDNN index	(ms)	-



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	0.050	0.223
Power	(ms^2)	131	1047	363
Power	(log)	4.877	6.954	5.893
Power	(%)	8.51	67.95	23.53
Power	(n.u.)		74.27	25.72

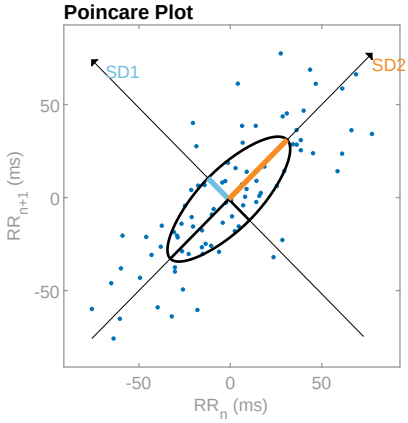
Total power	(ms^2)	1541		
Total Power	(log)	7.340		
LF/HF ratio		2.888		
RESP	(Hz)	0.25		



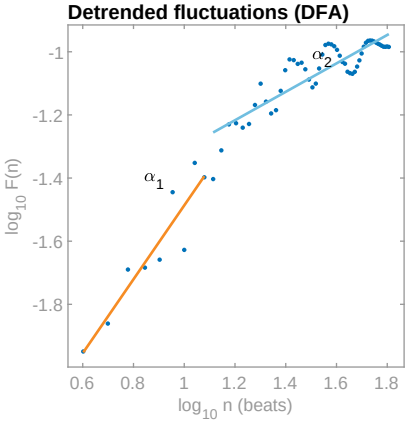
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.0
SD2	(ms)	45.2
SD2/SD1		2.819
Approximate Entropy (ApEn)		0.561
Sample Entropy (SampEn)		2.210
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.170
Long-term fluctuations, $\alpha 2$		0.450
Correlation Dimension (D2)		2.976
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	6.38
Max line length (Lmax)	(beats)	54
Recurrence rate (REC)	(%)	22.53
Determinism (DET)	(%)	97.46
Shannon Entropy (ShanEn)		2.367
Multi-Scale Entropy (MSE)		0.041 - 2.350

Poincare Plot



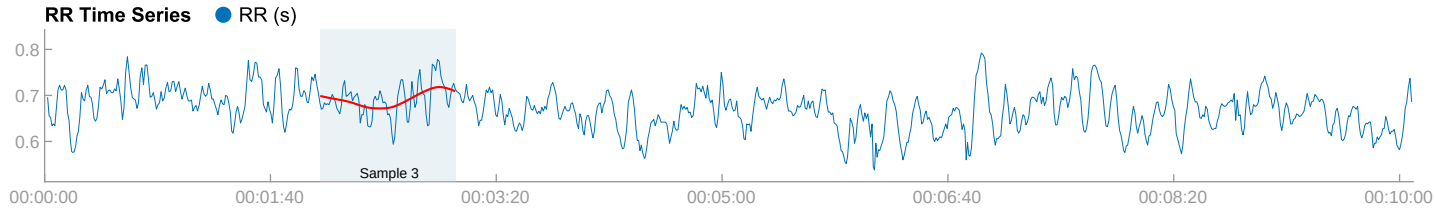
Detrended fluctuations (DFA)

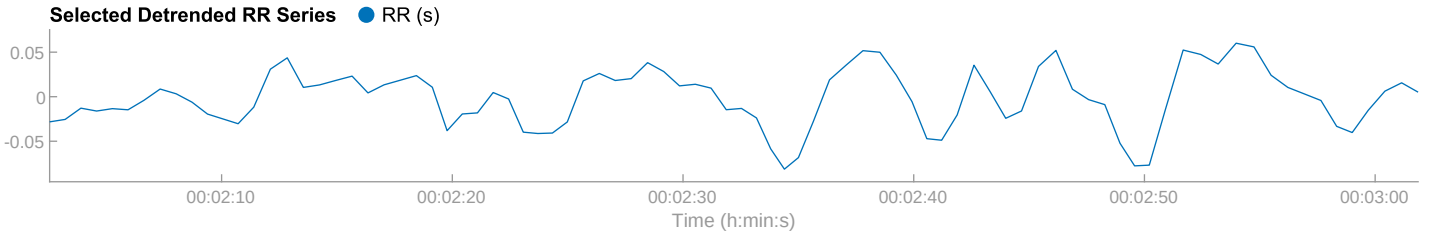


*Results are calculated from the non-detrended selected RR series.

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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

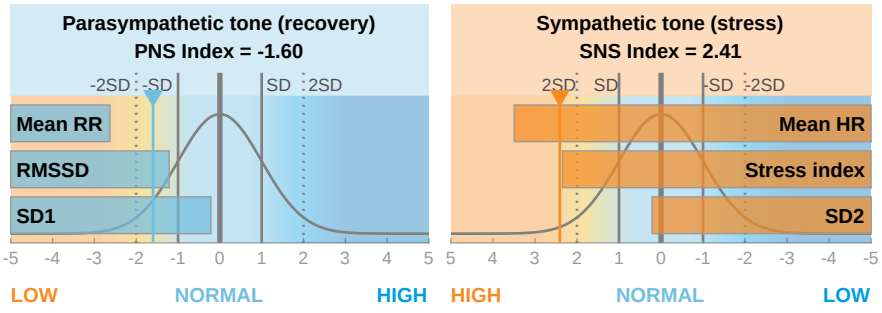
Mean RR	RMSSD	SD1
689 ms	**23.8** ms	**28.6** %

PNS Index = -1.60

Sympathetic Nervous System (SNS)

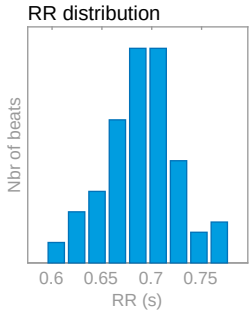
Mean HR	Stress index	SD2
87 bpm	**15.7**	**71.4** %

SNS Index = 2.41



Time-Domain Results

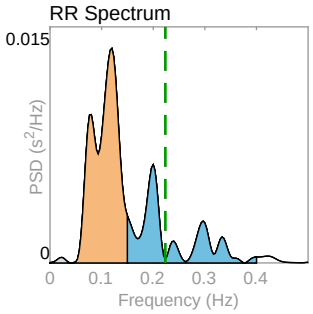
Variable	Units	Value
Mean RR*	(ms)	689
Mean HR*	(bpm)	87
Min HR	(bpm)	78
Max HR	(bpm)	96
SDNN	(ms)	32.1
RMSSD	(ms)	23.8
NN50	(beats)	4
pNN50	(%)	4.65
RR triangular index		7.91
TINN	(ms)	133.0
Stress Index (SI)		15.7
DC	(ms)	29.4
DCmod	(ms)	26.0
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

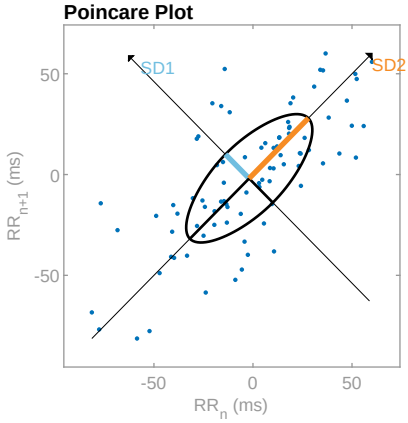
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.023	0.120	0.200
Power	(ms^2)	6	744	364
Power	(log)	1.862	6.612	5.897
Power	(%)	0.58	66.75	32.64
Power	(n.u.)		67.14	32.83

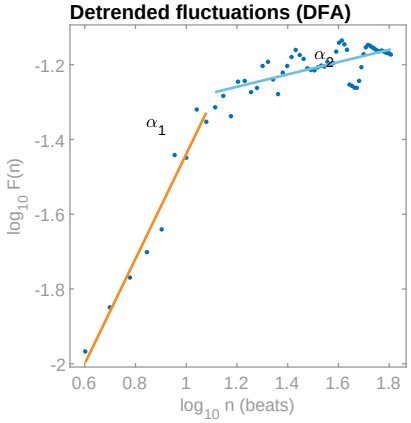
Total power	(ms^2)	1115		
Total Power	(log)	7.016		
LF/HF ratio		2.045		
RESP	(Hz)	0.22		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.9
SD2	(ms)	42.3
SD2/SD1		2.499
Approximate Entropy (ApEn)		0.605
Sample Entropy (SampEn)		1.809
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.402
Long-term fluctuations, $\alpha 2$		0.165
Correlation Dimension (D2)		1.891
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	5.90
Max line length (Lmax)	(beats)	53
Recurrence rate (REC)	(%)	20.58
Determinism (DET)	(%)	95.21
Shannon Entropy (ShanEn)		2.292
Multi-Scale Entropy (MSE)		0.288 - 1.898

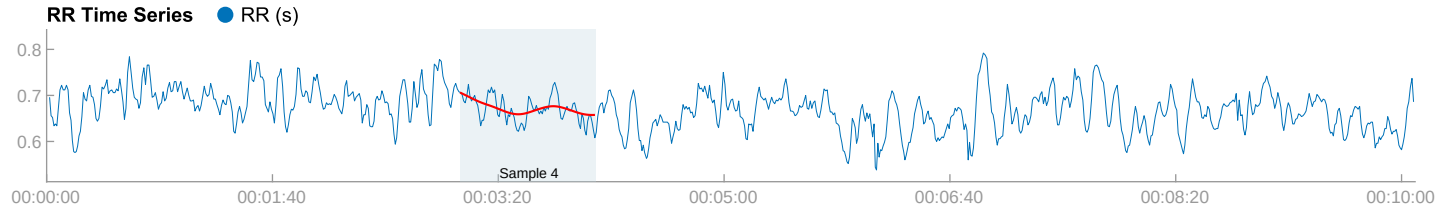


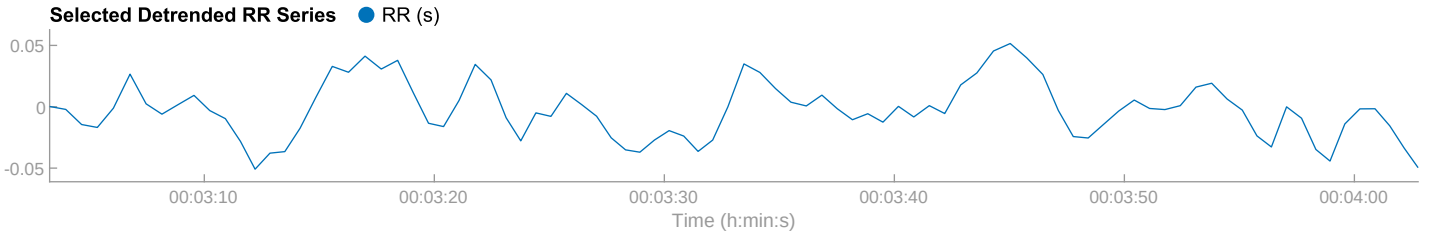


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 4)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:03:03
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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

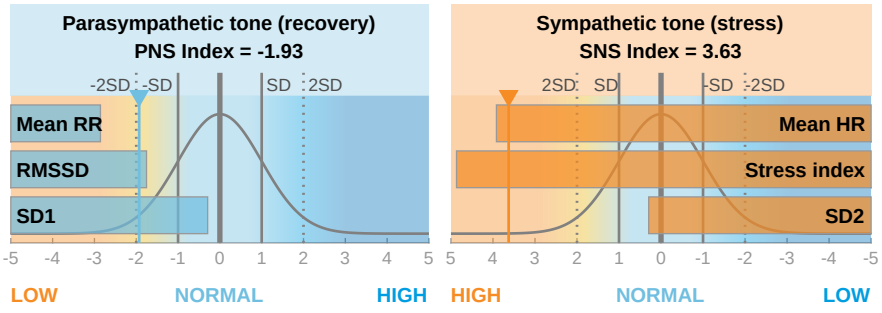
Mean RR	RMSSD	SD1
669 ms	**15.7** ms	**27.3** %

PNS Index = -1.93

Sympathetic Nervous System (SNS)

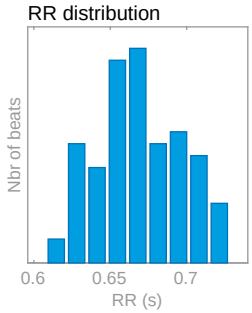
Mean HR	Stress index	SD2
90 bpm	**22.3**	**72.7** %

SNS Index = 3.63



Time-Domain Results

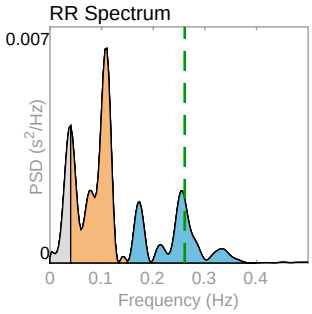
Variable	Units	Value
Mean RR*	(ms)	669
Mean HR*	(bpm)	90
Min HR	(bpm)	84
Max HR	(bpm)	97
SDNN	(ms)	22.6
RMSSD	(ms)	15.7
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.09
TINN	(ms)	83.0
Stress Index (SI)		22.3
DC	(ms)	16.5
DCmod	(ms)	18.1
SDANN	(ms)	-
SDNN index	(ms)	-



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	0.110	0.257
Power	(ms^2)	65	266	147
Power	(log)	4.170	5.582	4.990
Power	(%)	13.55	55.65	30.80
Power	(n.u.)		64.37	35.62

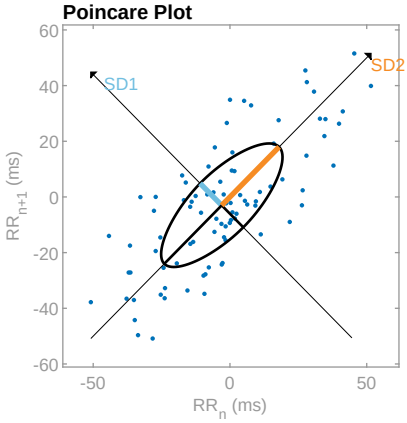
Total power	(ms^2)	477		
Total Power	(log)	6.168		
LF/HF ratio		1.807		
RESP	(Hz)	0.26		



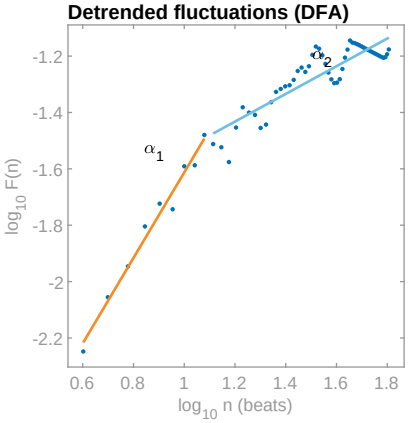
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	11.2
SD2	(ms)	29.7
SD2/SD1		2.660
Approximate Entropy (ApEn)		0.631
Sample Entropy (SampEn)		2.069
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.516
Long-term fluctuations, $\alpha 2$		0.491
Correlation Dimension (D2)		0.298
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	5.96
Max line length (Lmax)	(beats)	80
Recurrence rate (REC)	(%)	21.46
Determinism (DET)	(%)	95.60
Shannon Entropy (ShanEn)		2.267
Multi-Scale Entropy (MSE)		0.118 - 2.593

Poincare Plot



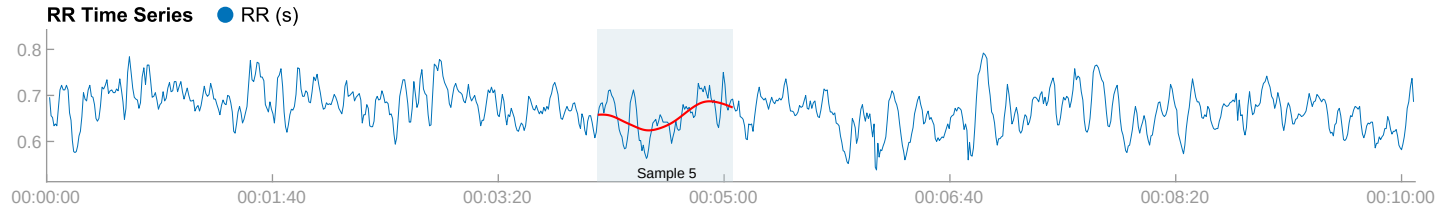
Detrended fluctuations (DFA)

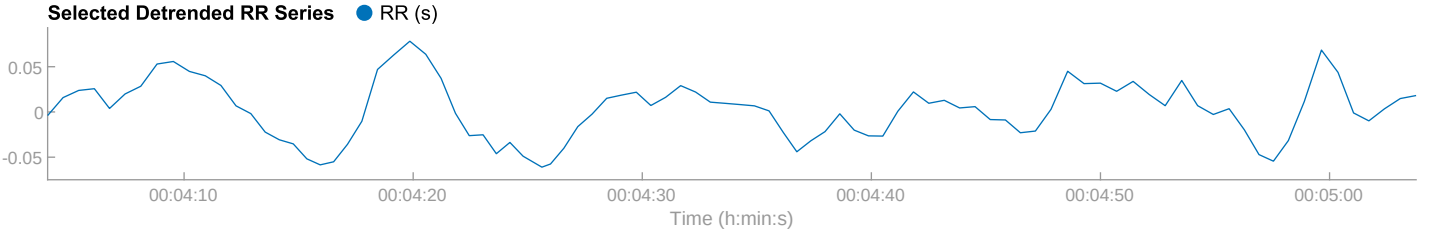


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 5)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:04:04
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:	00:10:06	Analysis samples:	10	Beats corrected:	2 (2.17 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

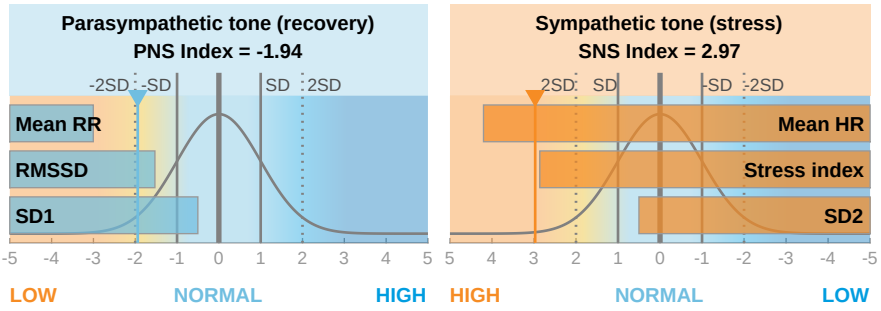
Mean RR	RMSSD	SD1
656 ms	**19.1** ms	**24.0** %

PNS Index = -1.94

Sympathetic Nervous System (SNS)

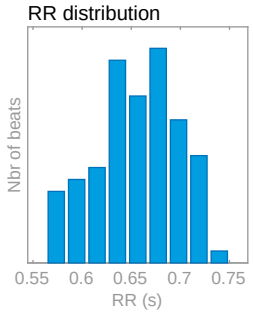
Mean HR	Stress index	SD2
92 bpm	**17.1**	**76.0** %

SNS Index = 2.97



Time-Domain Results

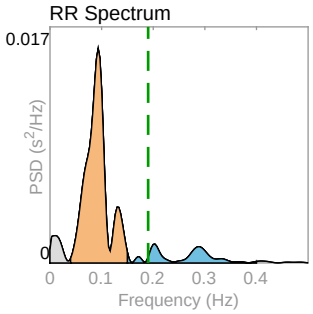
Variable	Units	Value
Mean RR*	(ms)	656
Mean HR*	(bpm)	92
Min HR	(bpm)	84
Max HR	(bpm)	104
SDNN	(ms)	31.7
RMSSD	(ms)	19.1
NN50	(beats)	2
pNN50	(%)	2.20
RR triangular index		7.08
TINN	(ms)	130.0
Stress Index (SI)		17.1
DC	(ms)	16.9
DCmod	(ms)	19.4
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.010	0.093	0.203
Power	(ms^2)	49	636	99
Power	(log)	3.882	6.455	4.596
Power	(%)	6.20	81.14	12.65
Power	(n.u.)		86.50	13.48

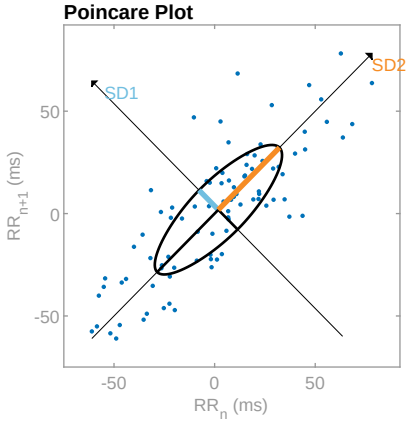
Total power	(ms^2)	783		
Total Power	(log)	6.664		
LF/HF ratio		6.415		
RESP	(Hz)	0.19		



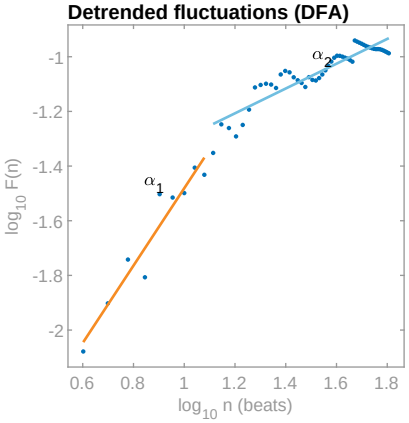
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	13.6
SD2	(ms)	43.0
SD2/SD1		3.173
Approximate Entropy (ApEn)		0.511
Sample Entropy (SampEn)		1.077
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.415
Long-term fluctuations, $\alpha 2$		0.454
Correlation Dimension (D2)		2.659
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	9.68
Max line length (Lmax)	(beats)	82
Recurrence rate (REC)	(%)	25.61
Determinism (DET)	(%)	98.75
Shannon Entropy (ShanEn)		2.764
Multi-Scale Entropy (MSE)		0.482 - 2.095

Poincare Plot



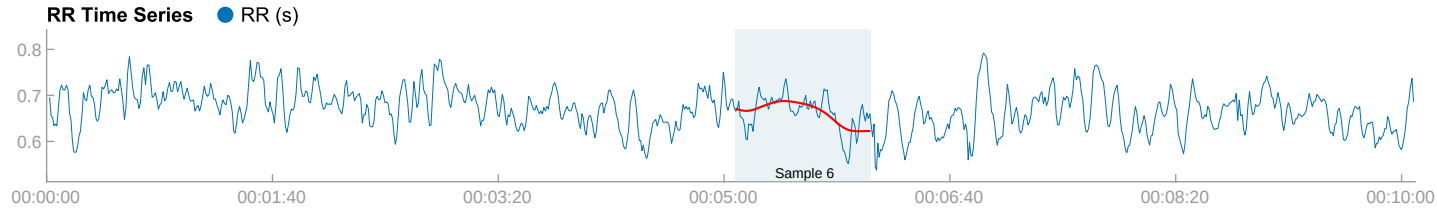
Detrended fluctuations (DFA)

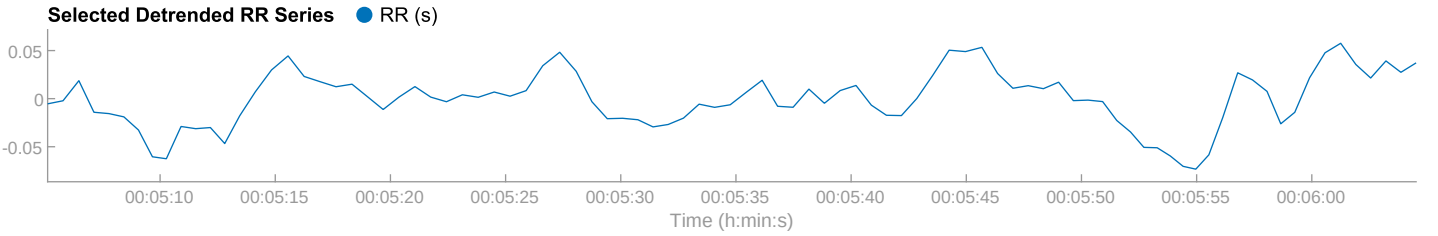


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 6)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:05:05
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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

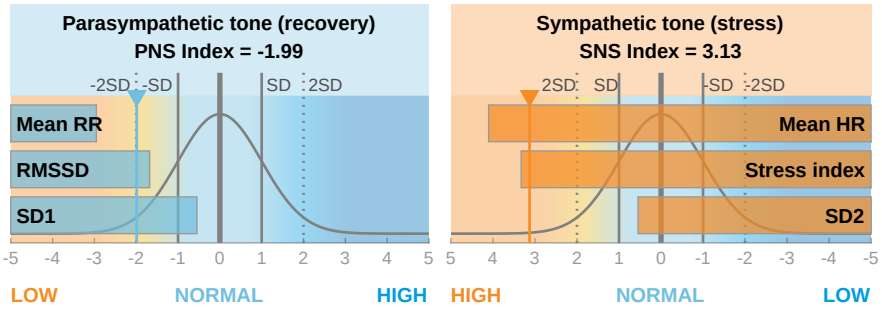
Mean RR	RMSSD	SD1
660 ms	**16.8** ms	**23.2** %

PNS Index = -1.99

Sympathetic Nervous System (SNS)

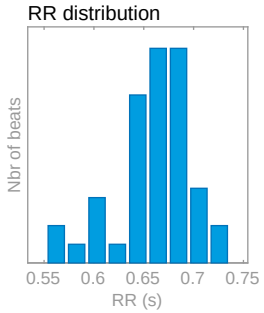
Mean HR	Stress index	SD2
91 bpm	**18.3**	**76.8** %

SNS Index = 3.13



Time-Domain Results

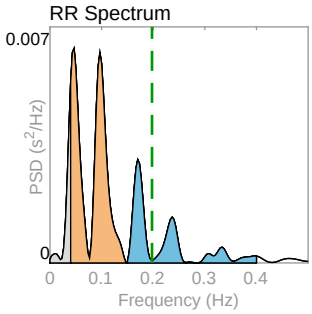
Variable	Units	Value
Mean RR*	(ms)	660
Mean HR*	(bpm)	91
Min HR	(bpm)	84
Max HR	(bpm)	106
SDNN	(ms)	29.2
RMSSD	(ms)	16.8
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		7.58
TINN	(ms)	126.0
Stress Index (SI)		18.3
DC	(ms)	12.9
DCmod	(ms)	15.4
SDANN	(ms)	-
SDNN index	(ms)	-



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	0.047	0.170
Power	(ms^2)	41	288	129
Power	(log)	3.709	5.664	4.859
Power	(%)	8.91	62.93	28.13
Power	(n.u.)		69.08	30.87

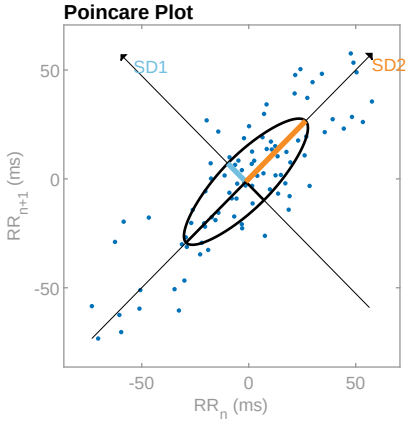
Total power	(ms^2)	458		
Total Power	(log)	6.128		
LF/HF ratio		2.237		
RESP	(Hz)	0.20		



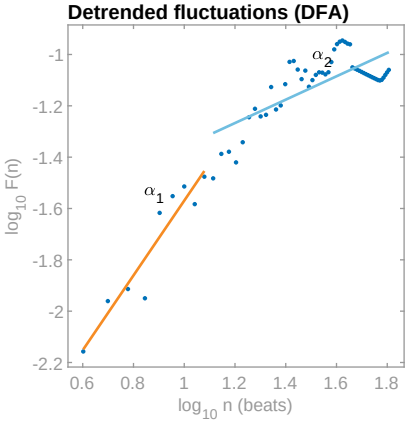
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	12.0
SD2	(ms)	39.5
SD2/SD1		3.305
Approximate Entropy (ApEn)		0.566
Sample Entropy (SampEn)		1.328
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.456
Long-term fluctuations, $\alpha 2$		0.455
Correlation Dimension (D2)		0.708
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	9.33
Max line length (Lmax)	(beats)	81
Recurrence rate (REC)	(%)	29.36
Determinism (DET)	(%)	98.28
Shannon Entropy (ShanEn)		2.782
Multi-Scale Entropy (MSE)		0.572 - 1.328

Poincare Plot



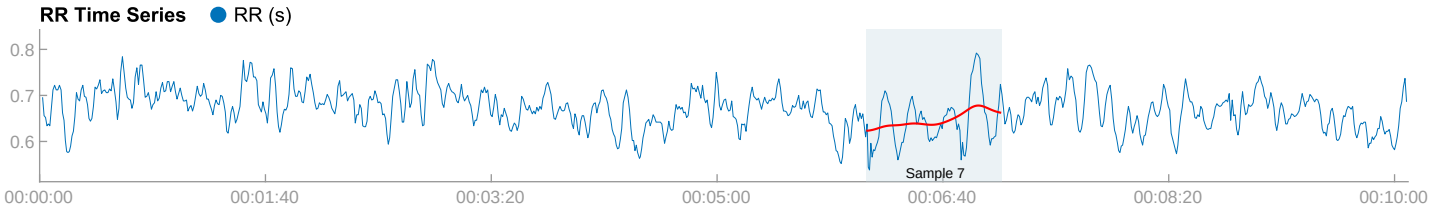
Detrended fluctuations (DFA)

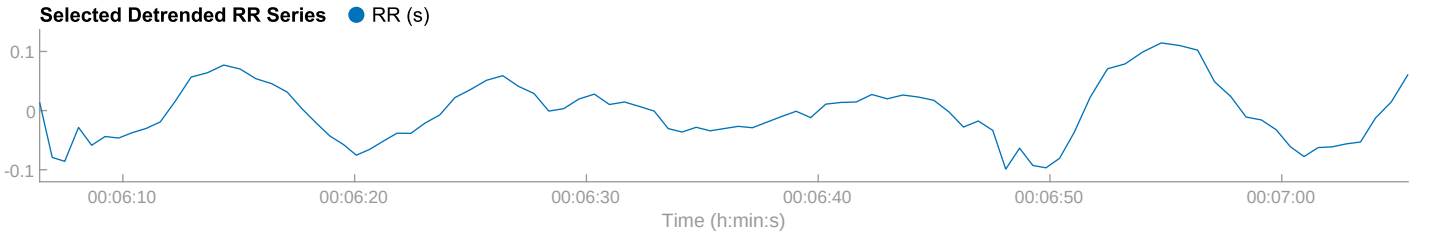


*Results are calculated from the non-detrended selected RR series.

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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

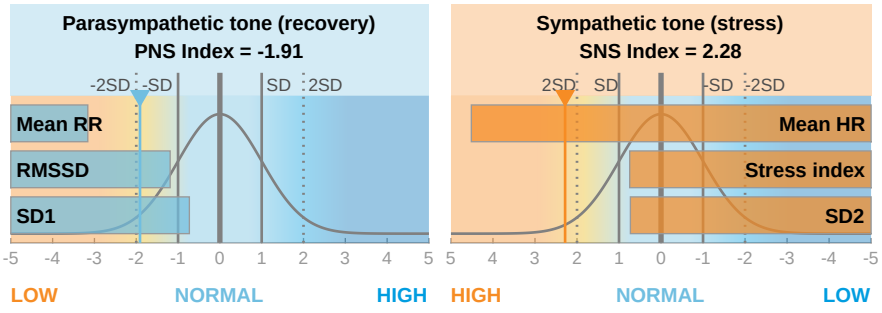
Mean RR	RMSSD	SD1
642 ms	**24.2** ms	**20.3** %

PNS Index = -1.91

Sympathetic Nervous System (SNS)

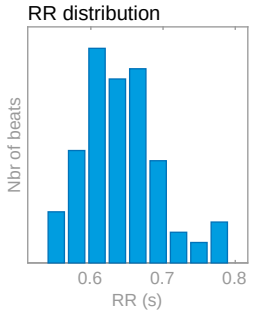
Mean HR	Stress index	SD2
93 bpm	**11.6**	**79.7** %

SNS Index = 2.28



Time-Domain Results

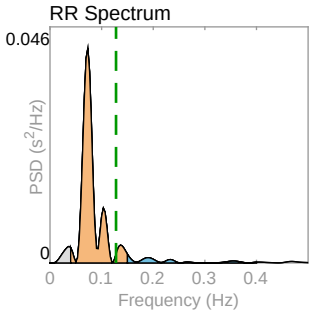
Variable	Units	Value
Mean RR*	(ms)	642
Mean HR*	(bpm)	93
Min HR	(bpm)	77
Max HR	(bpm)	106
SDNN	(ms)	49.1
RMSSD	(ms)	24.2
NN50	(beats)	5
pNN50	(%)	5.43
RR triangular index		9.30
TINN	(ms)	183.0
Stress Index (SI)		11.6
DC	(ms)	22.4
DCmod	(ms)	23.3
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.037	0.073	0.150
Power	(ms^2)	55	1067	69
Power	(log)	4.012	6.973	4.230
Power	(%)	4.64	89.58	5.77
Power	(n.u.)		93.94	6.05

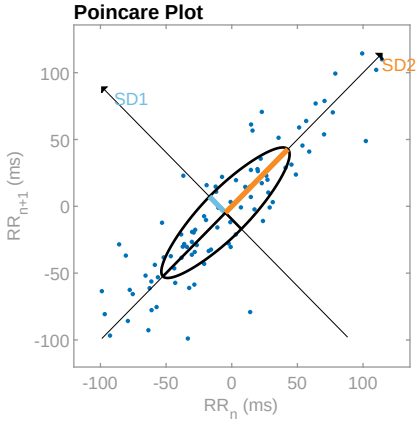
Total power	(ms^2)	1191		
Total Power	(log)	7.083		
LF/HF ratio		15.531		
RESP	(Hz)	0.13		



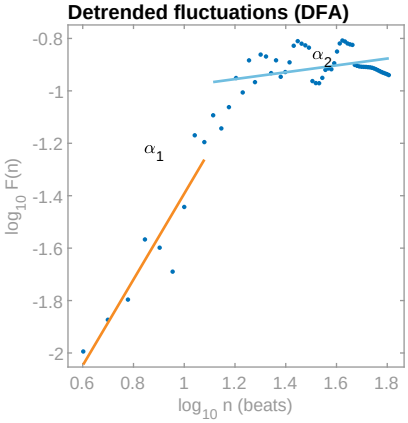
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.2
SD2	(ms)	67.3
SD2/SD1		3.919
Approximate Entropy (ApEn)		0.592
Sample Entropy (SampEn)		0.979
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.638
Long-term fluctuations, $\alpha 2$		0.131
Correlation Dimension (D2)		2.319
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	14.67
Max line length (Lmax)	(beats)	83
Recurrence rate (REC)	(%)	34.81
Determinism (DET)	(%)	99.19
Shannon Entropy (ShanEn)		3.201
Multi-Scale Entropy (MSE)		0.288 - 1.878

Poincare Plot



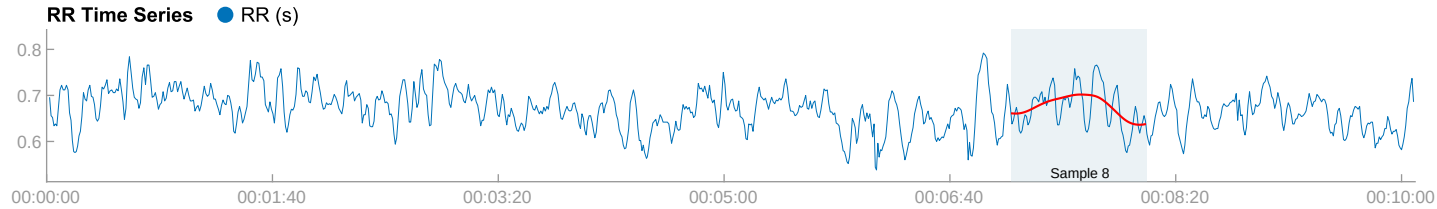
Detrended fluctuations (DFA)

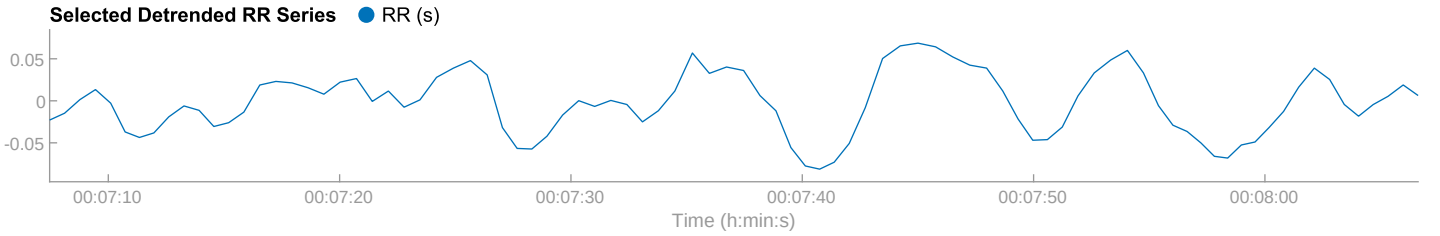


*Results are calculated from the non-detrended selected RR series.

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:	00:10:06	Analysis samples:	10	Beats corrected:	0 (0.00 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

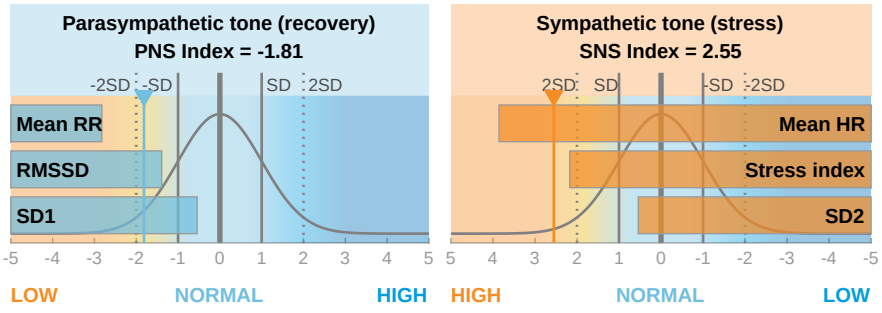
Mean RR	RMSSD	SD1
672 ms	**21.1** ms	**23.3** %

PNS Index = -1.81

Sympathetic Nervous System (SNS)

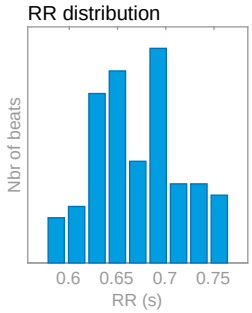
Mean HR	Stress index	SD2
89 bpm	**15.3**	**76.7** %

SNS Index = 2.55



Time-Domain Results

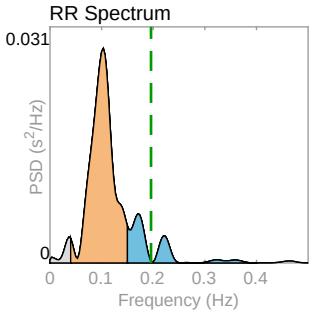
Variable	Units	Value
Mean RR*	(ms)	672
Mean HR*	(bpm)	89
Min HR	(bpm)	79
Max HR	(bpm)	102
SDNN	(ms)	36.4
RMSSD	(ms)	21.1
NN50	(beats)	2
pNN50	(%)	2.27
RR triangular index		9.89
TINN	(ms)	164.0
Stress Index (SI)		15.3
DC	(ms)	30.1
DCmod	(ms)	24.6
SDANN	(ms)	-
SDNN index	(ms)	-



Frequency-Domain Results (FFT spectrum)

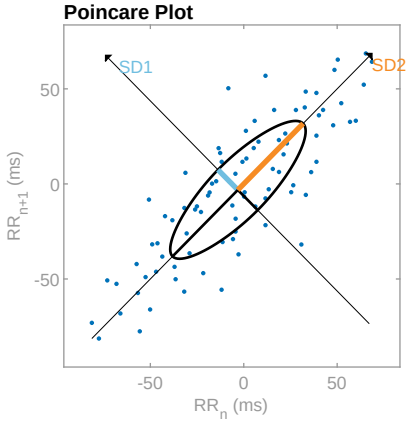
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.103	0.170
Power	(ms^2)	55	1369	309
Power	(log)	4.008	7.222	5.733
Power	(%)	3.18	79.00	17.82
Power	(n.u.)		81.59	18.41

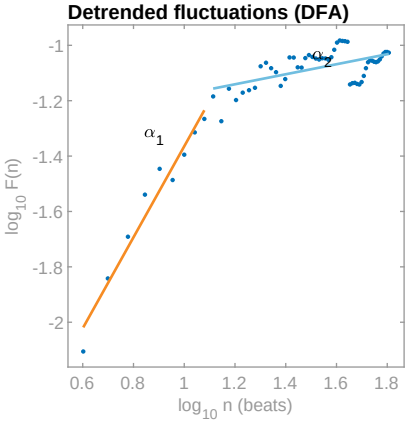
Total power	(ms^2)	1732		
Total Power	(log)	7.457		
LF/HF ratio		4.432		
RESP	(Hz)	0.20		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	15.0
SD2	(ms)	49.4
SD2/SD1		3.291
Approximate Entropy (ApEn)		0.573
Sample Entropy (SampEn)		1.635
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.643
Long-term fluctuations, $\alpha 2$		0.181
Correlation Dimension (D2)		2.989
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	7.19
Max line length (Lmax)	(beats)	79
Recurrence rate (REC)	(%)	23.38
Determinism (DET)	(%)	97.99
Shannon Entropy (ShanEn)		2.502
Multi-Scale Entropy (MSE)		0.247 - 2.150

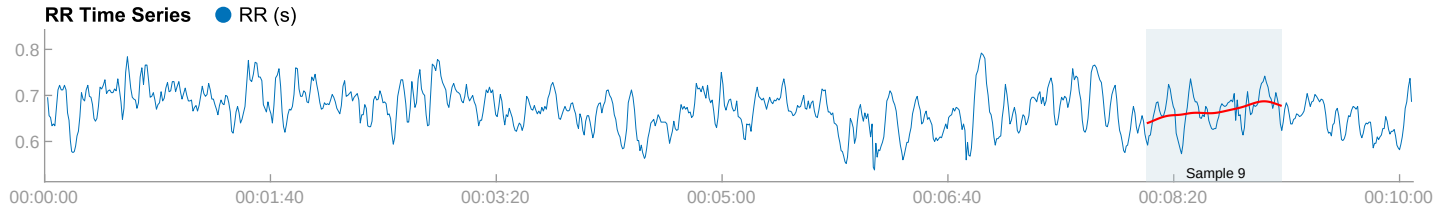


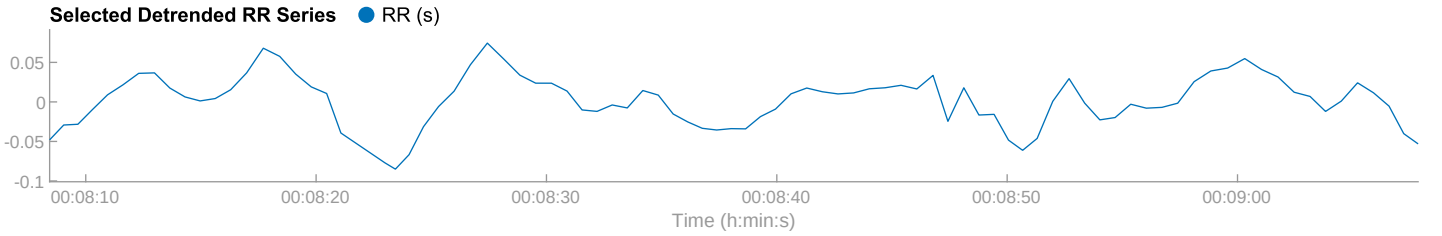


*Results are calculated from the non-detrended selected RR series.

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:	00:10:06	Analysis samples:	10	Beats corrected:	2 (2.27 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

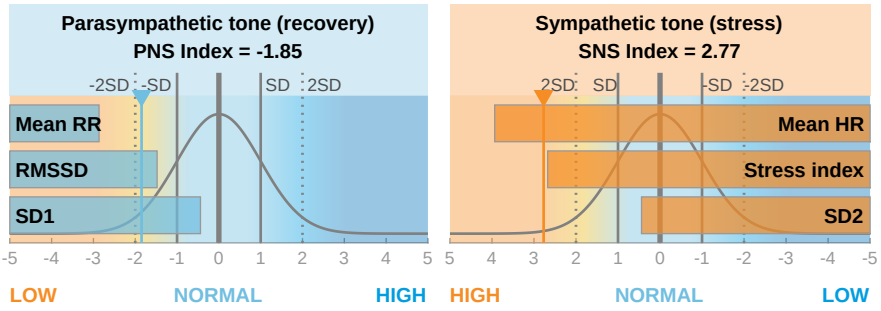
Mean RR	RMSSD	SD1
668 ms	**19.8** ms	**25.0** %

PNS Index = -1.85

Sympathetic Nervous System (SNS)

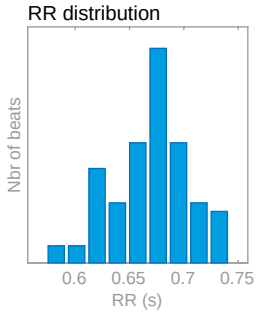
Mean HR	Stress index	SD2
90 bpm	**16.6**	**75.0** %

SNS Index = 2.77



Time-Domain Results

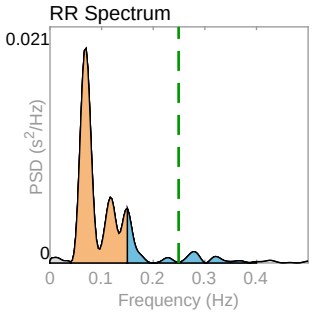
Variable	Units	Value
Mean RR*	(ms)	668
Mean HR*	(bpm)	90
Min HR	(bpm)	82
Max HR	(bpm)	100
SDNN	(ms)	31.9
RMSSD	(ms)	19.8
NN50	(beats)	1
pNN50	(%)	1.15
RR triangular index		5.87
TINN	(ms)	133.0
Stress Index (SI)		16.6
DC	(ms)	18.2
DCmod	(ms)	21.1
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.010	0.070	0.150
Power	(ms^2)	12	674	123
Power	(log)	2.523	6.513	4.810
Power	(%)	1.54	83.27	15.18
Power	(n.u.)		84.57	15.41

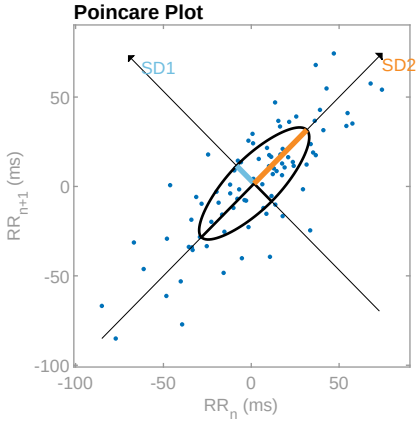
Total power	(ms^2)	809		
Total Power	(log)	6.696		
LF/HF ratio		5.487		
RESP	(Hz)	0.25		



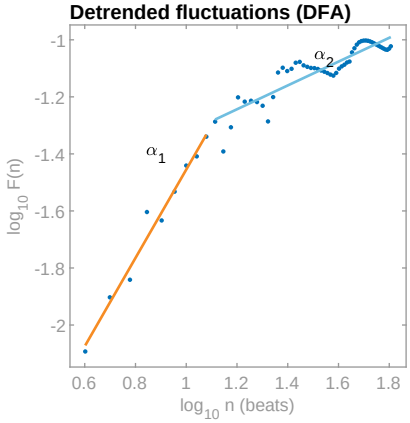
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	14.1
SD2	(ms)	42.4
SD2/SD1		3.008
Approximate Entropy (ApEn)		0.542
Sample Entropy (SampEn)		1.307
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.549
Long-term fluctuations, $\alpha 2$		0.418
Correlation Dimension (D2)		2.806
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	6.93
Max line length (Lmax)	(beats)	54
Recurrence rate (REC)	(%)	27.50
Determinism (DET)	(%)	97.67
Shannon Entropy (ShanEn)		2.452
Multi-Scale Entropy (MSE)		0.276 - 1.825

Poincare Plot



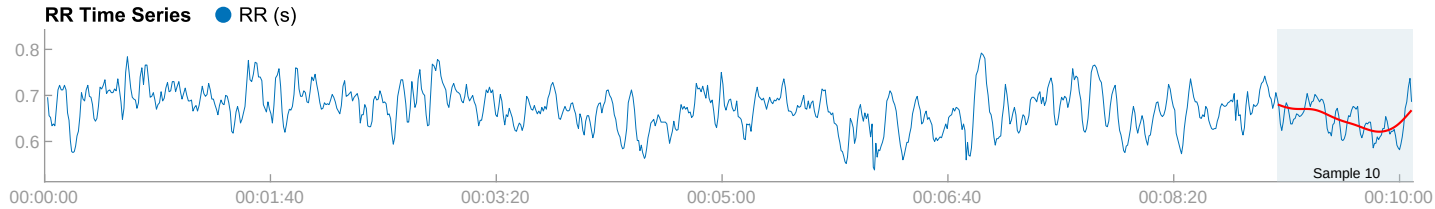
Detrended fluctuations (DFA)

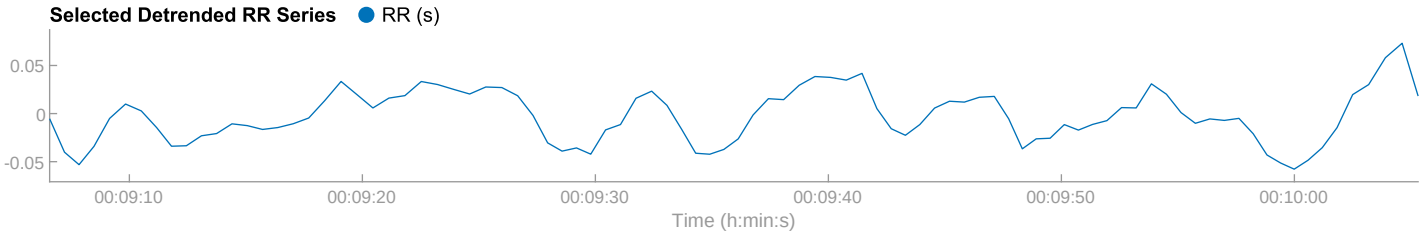


*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 10)

Name/ID:				Measurement Info				Sample Info	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:09:07
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:	00:10:06	Analysis samples:	10	Beats corrected:	1 (1.09 %)





AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

Parasympathetic Nervous System (PNS)

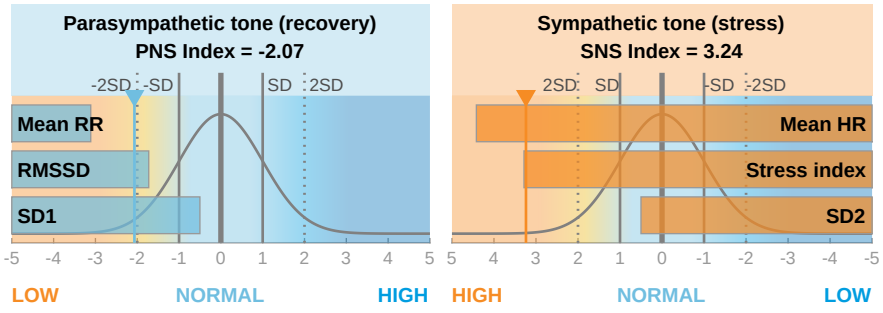
Mean RR	RMSSD	SD1
646 ms	**16.1** ms	**24.0** %

PNS Index = -2.07

Sympathetic Nervous System (SNS)

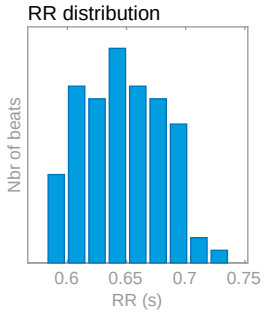
Mean HR	Stress index	SD2
93 bpm	**18.2**	**76.0** %

SNS Index = 3.24



Time-Domain Results

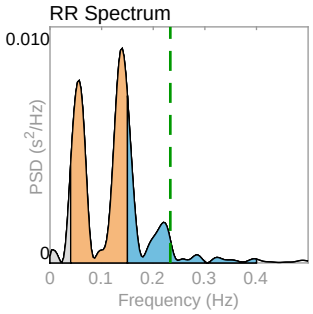
Variable	Units	Value
Mean RR*	(ms)	646
Mean HR*	(bpm)	93
Min HR	(bpm)	84
Max HR	(bpm)	101
SDNN	(ms)	26.8
RMSSD	(ms)	16.1
NN50	(beats)	1
pNN50	(%)	1.10
RR triangular index		6.13
TINN	(ms)	122.0
Stress Index (SI)		18.2
DC	(ms)	16.3
DCmod	(ms)	15.3
SDANN	(ms)	-
SDNN index	(ms)	-



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)	0.040	0.140	0.150
Power	(ms^2)	32	454	163
Power	(log)	3.481	6.117	5.094
Power	(%)	5.00	69.86	25.11
Power	(n.u.)		73.54	26.44

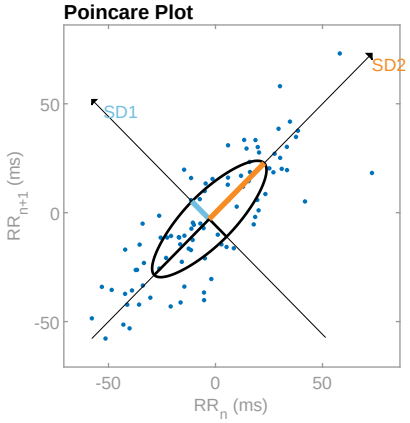
Total power	(ms^2)	649		
Total Power	(log)	6.476		
LF/HF ratio		2.782		
RESP	(Hz)	0.23		



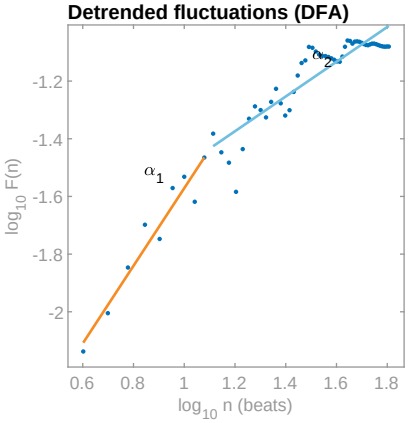
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	11.5
SD2	(ms)	36.3
SD2/SD1		3.170
Approximate Entropy (ApEn)		0.639
Sample Entropy (SampEn)		1.376
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.346
Long-term fluctuations, $\alpha 2$		0.602
Correlation Dimension (D2)		0.495
Recurrence Plot Analysis (RPA)		
Mean line length (Lmean)	(beats)	8.13
Max line length (Lmax)	(beats)	82
Recurrence rate (REC)	(%)	29.58
Determinism (DET)	(%)	98.14
Shannon Entropy (ShanEn)		2.691
Multi-Scale Entropy (MSE)		1.160 - 2.152

Poincare Plot



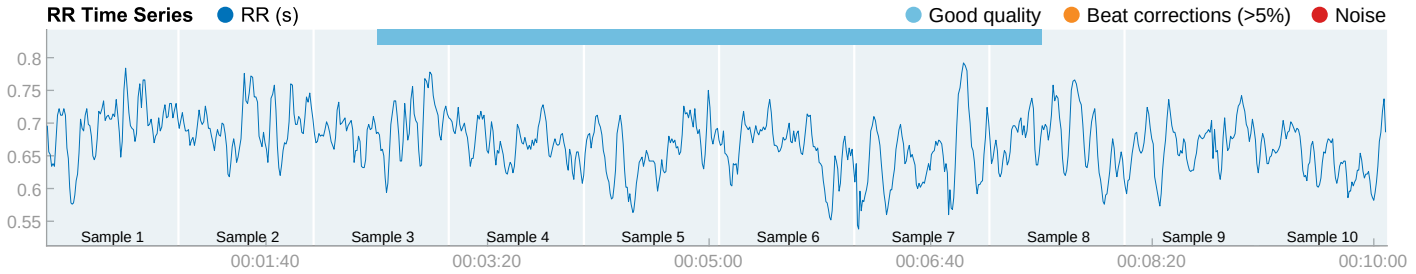
Detrended fluctuations (DFA)

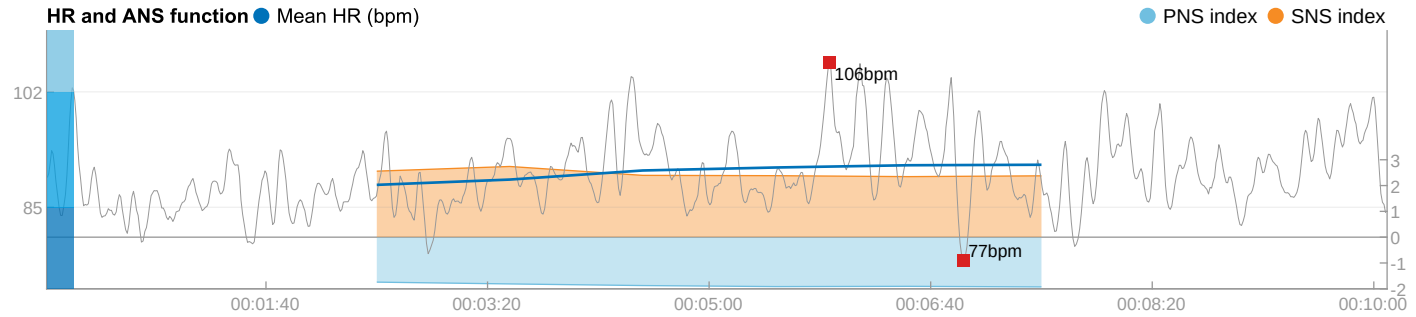


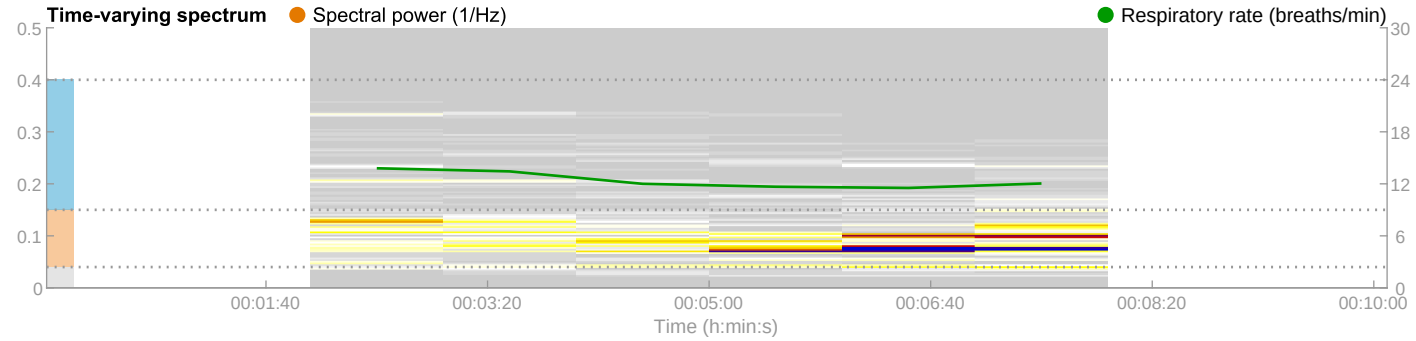
*Results are calculated from the non-detrended selected RR series.

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:	00:10:06	Analysis samples:	10	Beats corrected:	5 (0.55 %)







Heart rate (HR)

MAXIMUM	0.0%	00:00:00
HARD	0.0%	00:00:00
MODERATE	0.0%	00:00:00
LIGHT	2.4%	00:00:14
VERY LIGH	81.5%	00:08:12
INACTIVE	16.1%	00:01:37

Parasympathetic tone (PNS index)

VERY LOW	0.0%	00:00:00
LOW	100.0%	00:10:03
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%	00:10:03
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 -1.86	AVG 2.47
Min -1.93	Min 2.35
Max -1.74	Max 2.74

Energy Expenditure
33 / 45 kcal
BMR | Activity