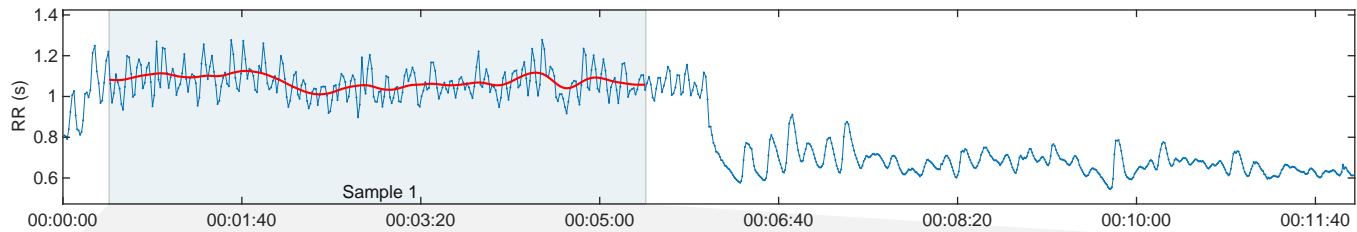
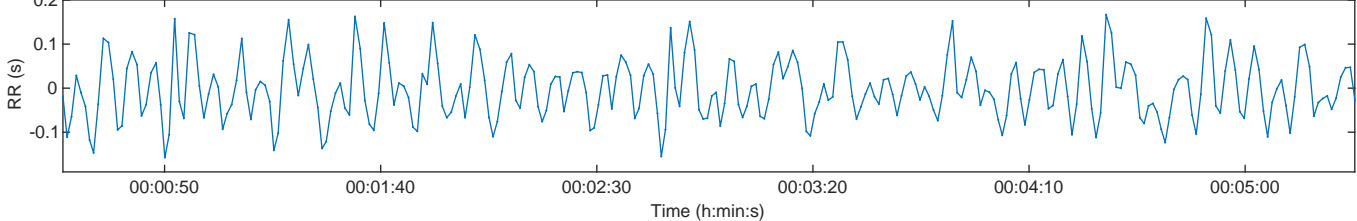


Person: Maks Vasilev			Measurement Info			Results for Sample 1/2		
Gender:	Male	Height:	172 cm	Date:		Trend removal:	Smoothn priors	Sample start:
Age:	41 years	Weight:	65 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:
Max HR:	175 bpm	BMI:	22.0 kg/m2	Duration:	00:12:02	Analysis samples:	2	Beats corrected:
						Uncorrected		

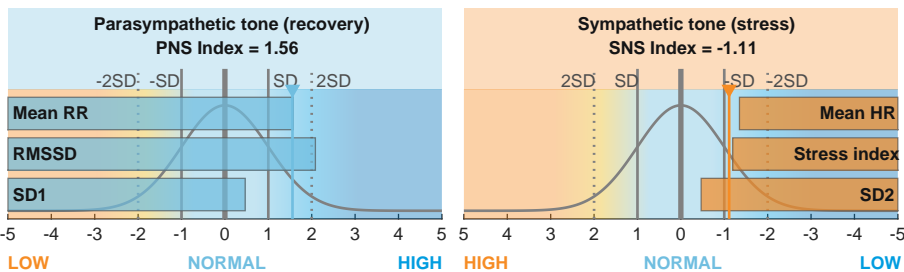
RR Time Series



Selected Detrended RR Series



Kubios HRV - Results compared to normal (resting) values



Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
1067 ms 73.3 ms 39.5 %

PNS Index = 1.56

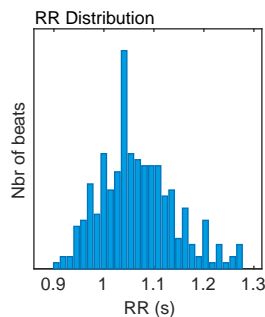
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
56 bpm 6.6 60.5 %

SNS Index = -1.11

Time-Domain Results

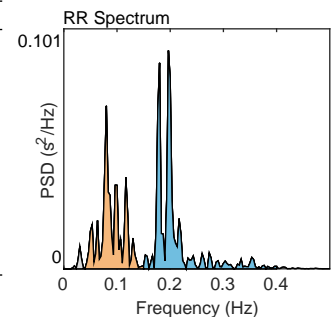
Variable	Units	Value
Mean RR*	(ms)	1067
Mean HR*	(bpm)	56
Min HR	(bpm)	51
Max HR	(bpm)	62
SDNN	(ms)	67.1
RMSSD	(ms)	73.3
NN50	(beats)	141
pNN50	(%)	50.36
RR triangular index		14.05
TINN	(ms)	303.0
Stress Index (SI)		6.6



Frequency-Domain Results(FFT spectrum)

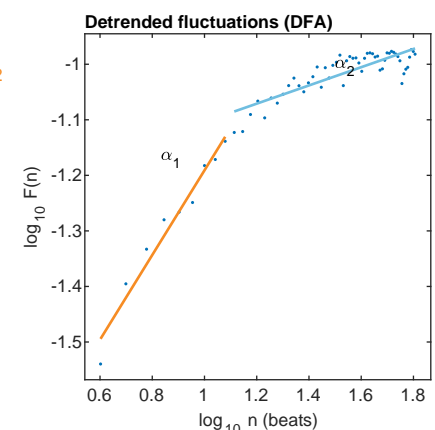
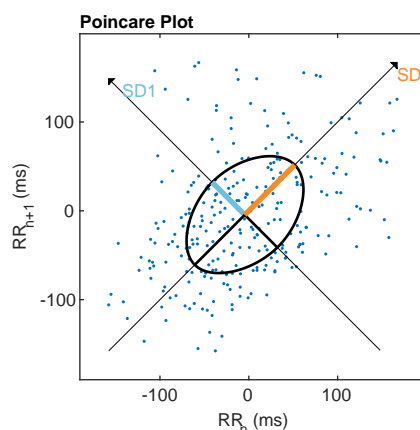
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.080	0.197
Power	(ms ²)	65	1610	2072
Power	(log)	4.170	7.384	7.636
Power	(%)	1.73	42.97	55.29
Power	(n.u.)		43.72	56.26

Total power	(ms ²)	3747		
Total Power	(log)	8.229		
LF/HF ratio		0.777		
EDR	(Hz)	-		



Nonlinear Results

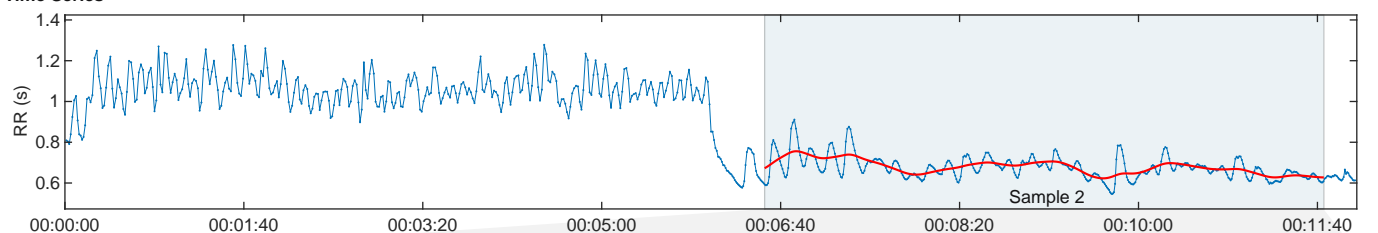
Variable	Units	Value
Poincare Plot		
SD1	(ms)	51.9
SD2	(ms)	79.6
SD2/SD1		1.534
Approximate Entropy (ApEn)		1.050
Sample Entropy (SampEn)		1.908
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.762
Long-term fluctuations, α_2		0.164



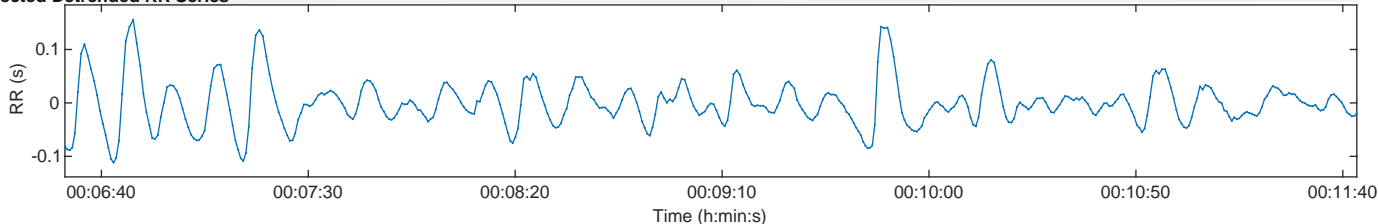
*Results are calculated from the non-detrended selected RR series.

Person: Maks Vasilev			Measurement Info			Results for Sample 2/2		
Gender:	Male	Height:	172 cm	Date:		Trend removal:	Smoothn priors	Sample start:
Age:	41 years	Weight:	65 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:
Max HR:	175 bpm	BMI:	22.0 kg/m2	Duration:	00:12:02	Analysis samples:	2	Beats corrected:
						Uncorrected		

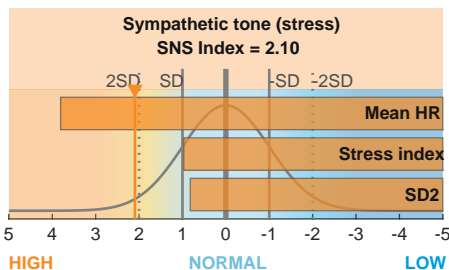
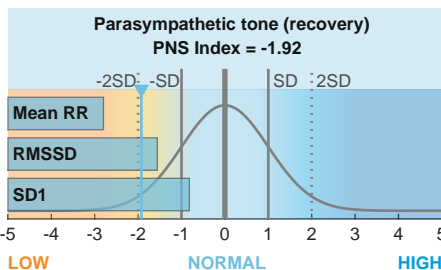
RR Time Series



Selected Detrended RR Series



Kubios HRV - Results compared to normal (resting) values



Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
674 ms 18.6 ms 18.9 %

PNS Index = -1.92

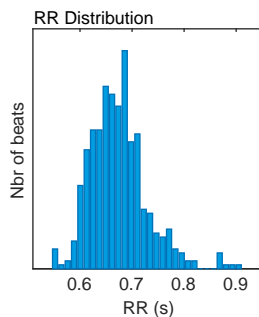
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
89 bpm 12.2 81.1 %

SNS Index = 2.10

Time-Domain Results

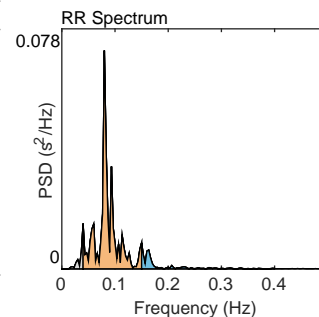
Variable	Units	Value
Mean RR*	(ms)	674
Mean HR*	(bpm)	89
Min HR	(bpm)	69
Max HR	(bpm)	109
SDNN	(ms)	41.2
RMSSD	(ms)	18.6
NN50	(beats)	10
pNN50	(%)	2.16
RR triangular index		8.75
TINN	(ms)	206.0
Stress Index (SI)		12.2



Frequency-Domain Results(FFT spectrum)

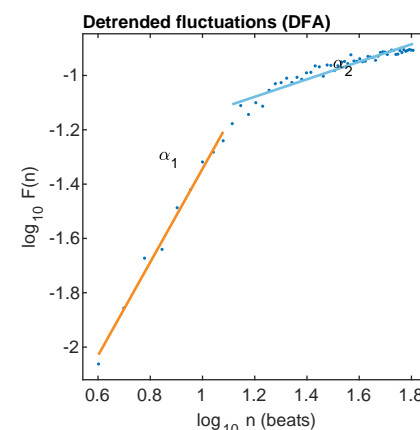
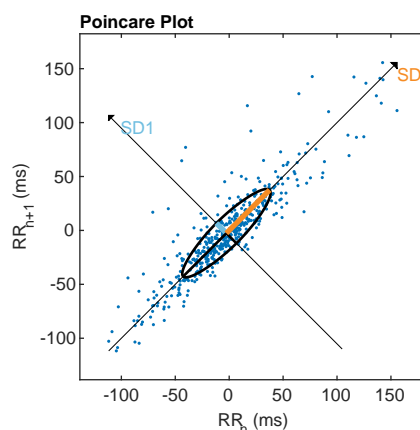
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.080	0.150
Power	(ms ²)	68	1133	134
Power	(log)	4.218	7.033	4.900
Power	(%)	5.08	84.86	10.06
Power	(n.u.)		89.40	10.59

Total power	(ms ²)	1336		
Total Power	(log)	7.197		
LF/HF ratio		8.439		
EDR	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	13.2
SD2	(ms)	56.7
SD2/SD1		4.298
Approximate Entropy (ApEn)		0.666
Sample Entropy (SampEn)		0.687
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.719
Long-term fluctuations, α_2		0.322



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