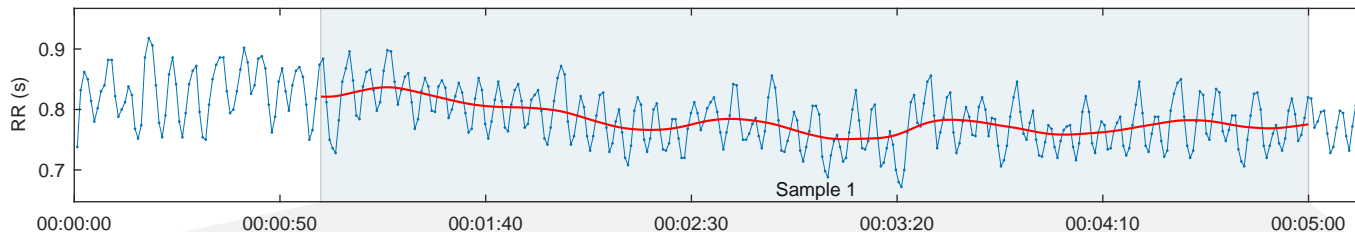
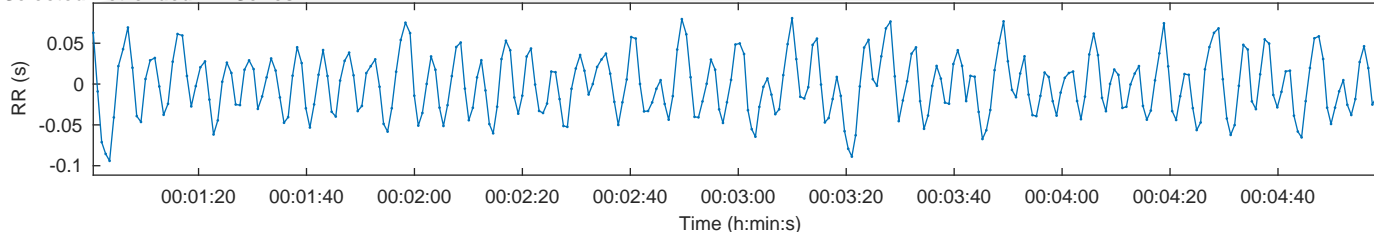


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:01:00
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:04:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:14	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 780 ms
RMSSD 32.9 ms
SD1 33.8%

PNS Index = -0.87

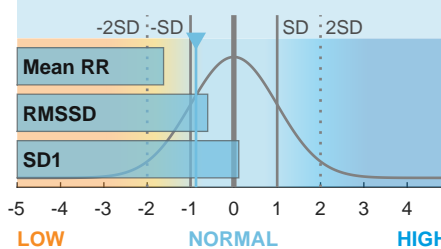
Sympathetic Nervous System (SNS)

Mean HR 77 bpm
Stress index 13.2
SD2 66.2%

SNS Index = 1.30

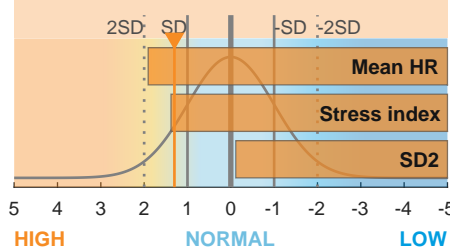
Parasympathetic tone (recovery)

PNS Index = -0.87



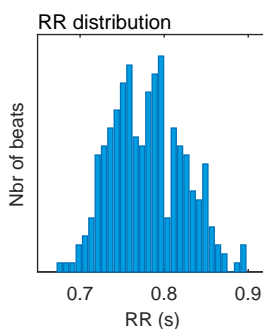
Sympathetic tone (stress)

SNS Index = 1.30



Time-Domain Results

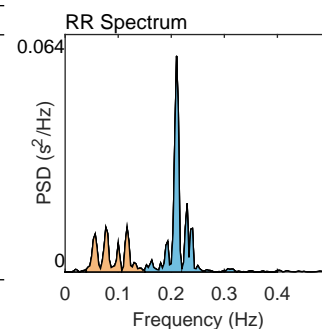
Variable	Units	Value
Mean RR*	(ms)	780
Mean HR*	(bpm)	77
Min HR	(bpm)	70
Max HR	(bpm)	86
SDNN	(ms)	36.3
RMSSD	(ms)	32.9
NN50	(beats)	36
pNN50	(%)	11.73
RR triangular index		10.27
TINN	(ms)	175.0
Stress Index (SI)		13.2



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	0.117	0.210
Power	(ms ²)	9	437	885
Power	(log)	2.198	6.080	6.786
Power	(%)	0.68	32.81	66.48
Power	(n.u.)		33.04	66.93

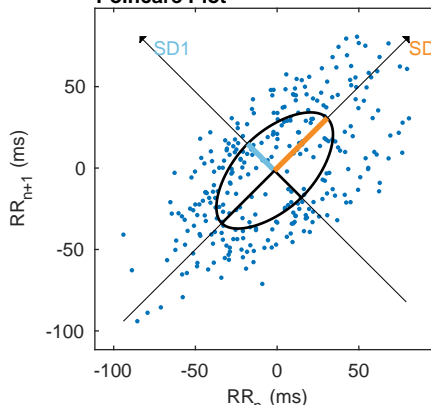
Total power	(ms ²)	1332		
Total Power	(log)	7.194		
LF/HF ratio		0.494		
RESP	(Hz)	-		



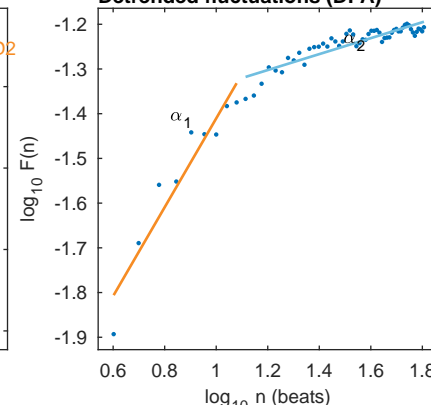
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.3
SD2	(ms)	45.7
SD2/SD1		1.957
Approximate Entropy (ApEn)		0.911
Sample Entropy (SampEn)		1.288
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.993
Long-term fluctuations, α_2		0.178

Poincare Plot



Detrended fluctuations (DFA)



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