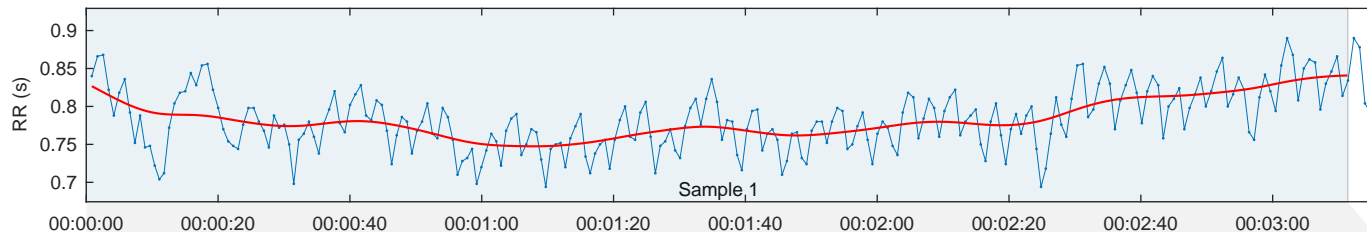
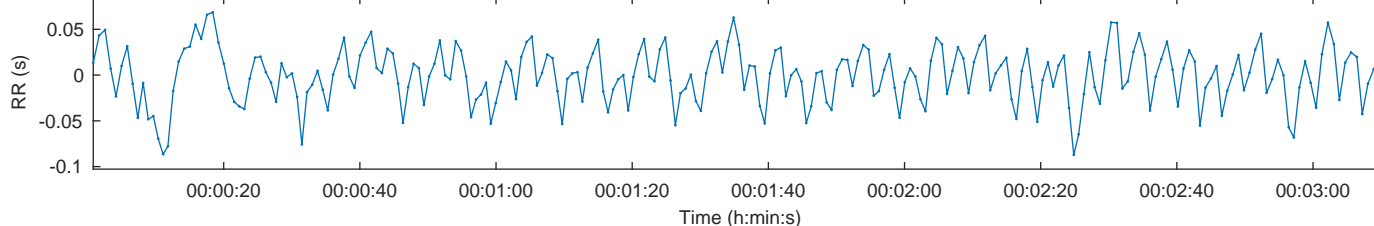


| Person: |          |         | Measurement Info       |             |          | Results for Sample |             |
|---------|----------|---------|------------------------|-------------|----------|--------------------|-------------|
| Gender: | Male     | Height: | 180 cm                 | Date:       |          | Sample start:      | 00:00:01    |
| Age:    | 50 years | Weight: | 78 kg                  | Start time: | 00:00:00 | Sample length:     | 00:03:11    |
| Max HR: | 170 bpm  | BMI:    | 24.1 kg/m <sup>2</sup> | Duration:   | 00:03:16 | Beats corrected:   | Uncorrected |
|         |          |         | Trend removal:         |             |          | Smoothn priors:    | none        |
|         |          |         | Artefact corr.:        |             |          |                    |             |
|         |          |         | Analysis samples:      |             |          | 1                  |             |

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR: 781 ms  
RMSSD: 31.4 ms  
SD1: 38.0%

**PNS Index = -0.86**

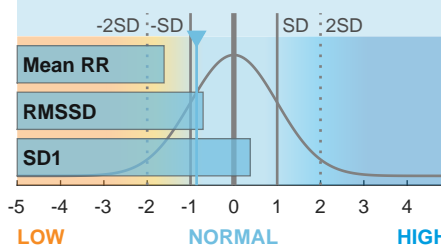
### Sympathetic Nervous System (SNS)

Mean HR: 77 bpm  
Stress index: 15.4  
SD2: 62.0%

**SNS Index = 1.58**

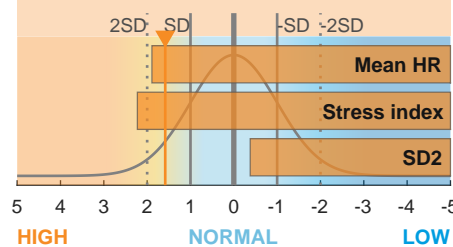
### Parasympathetic tone (recovery)

PNS Index = -0.86



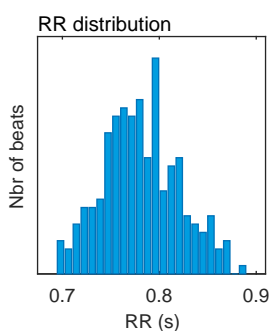
### Sympathetic tone (stress)

SNS Index = 1.58



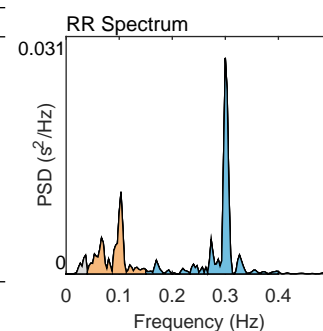
## Time-Domain Results

| Variable            | Units   | Value |
|---------------------|---------|-------|
| Mean RR*            | (ms)    | 781   |
| Mean HR*            | (bpm)   | 77    |
| Min HR              | (bpm)   | 70    |
| Max HR              | (bpm)   | 83    |
| SDNN                | (ms)    | 30.0  |
| RMSSD               | (ms)    | 31.4  |
| NN50                | (beats) | 25    |
| pNN50               | (%)     | 10.29 |
| RR triangular index |         | 8.41  |
| TINN                | (ms)    | 136.0 |
| Stress Index (SI)   |         | 15.4  |



## Frequency-Domain Results (FFT spectrum)

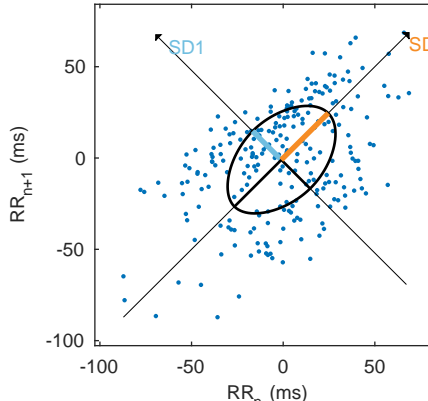
| Variable            | Units              | VLF       | LF        | HF        |
|---------------------|--------------------|-----------|-----------|-----------|
| Frequency band (Hz) |                    | 0.00-0.04 | 0.04-0.15 | 0.15-0.40 |
| Peak frequency (Hz) |                    | 0.037     | 0.103     | 0.300     |
| Power               | (ms <sup>2</sup> ) | 27        | 240       | 413       |
| Power               | (log)              | 3.286     | 5.480     | 6.024     |
| Power               | (%)                | 3.93      | 35.25     | 60.77     |
| Power               | (n.u.)             |           | 36.70     | 63.26     |
| Total power         | (ms <sup>2</sup> ) | 680       |           |           |
| Total Power         | (log)              | 6.522     |           |           |
| LF/HF ratio         |                    | 0.580     |           |           |
| RESP                | (Hz)               | -         |           |           |



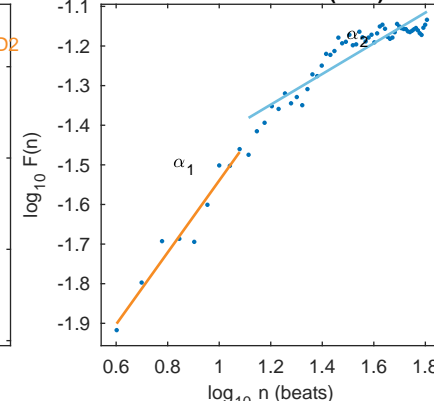
## Nonlinear Results

| Variable                             | Units | Value |
|--------------------------------------|-------|-------|
| Poincare Plot                        |       |       |
| SD1                                  | (ms)  | 22.2  |
| SD2                                  | (ms)  | 36.2  |
| SD2/SD1                              |       | 1.628 |
| Approximate Entropy (ApEn)           |       | 0.922 |
| Sample Entropy (SampEn)              |       | 1.612 |
| Detrended Fluctuation Analysis (DFA) |       |       |
| Short-term fluctuations, $\alpha_1$  |       | 0.908 |
| Long-term fluctuations, $\alpha_2$   |       | 0.387 |

### Poincare Plot



### Detrended fluctuations (DFA)



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