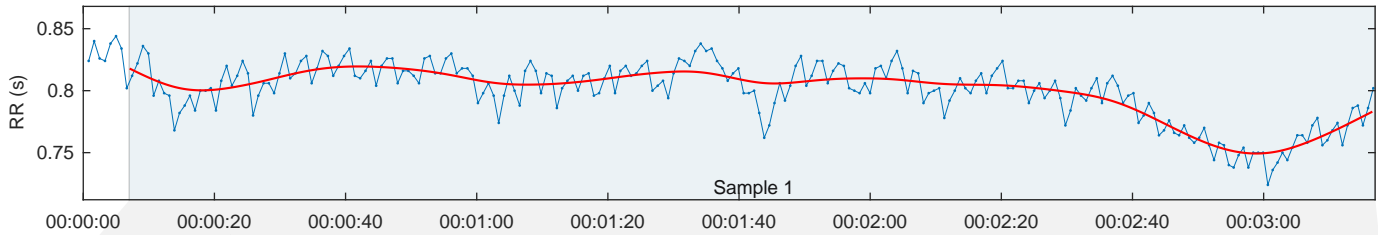
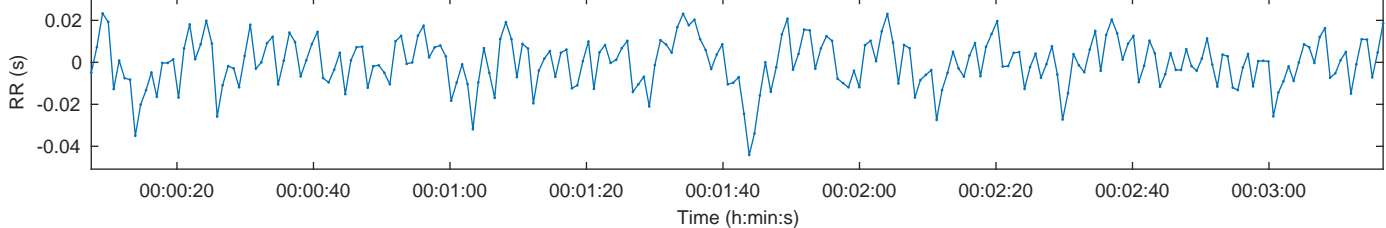


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:07
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:10
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:17	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
799 ms 12.6 ms 39.5%

PNS Index = -1.27

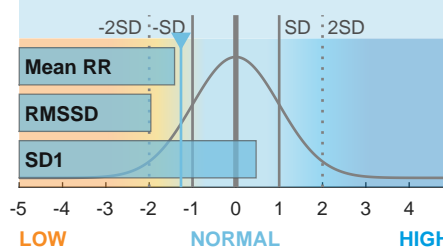
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
75 bpm 23.8 60.5%

SNS Index = 2.76

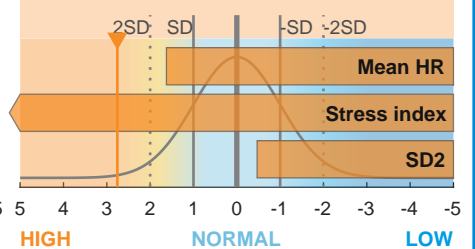
Parasympathetic tone (recovery)

PNS Index = -1.27



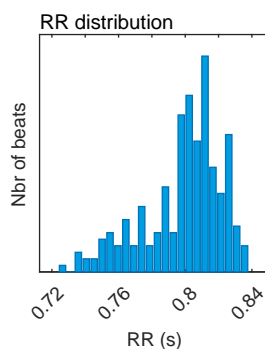
Sympathetic tone (stress)

SNS Index = 2.76



Time-Domain Results

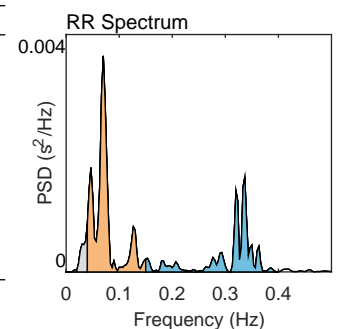
Variable	Units	Value
Mean RR*	(ms)	799
Mean HR*	(bpm)	75
Min HR	(bpm)	72
Max HR	(bpm)	81
SDNN	(ms)	11.5
RMSSD	(ms)	12.6
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.18
TINN	(ms)	61.0
Stress Index (SI)		23.8



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	0.070	0.337
Power	(ms ²)	9	87	52
Power	(log)	2.159	4.471	3.958
Power	(%)	5.83	58.90	35.26
Power	(n.u.)		62.55	37.45

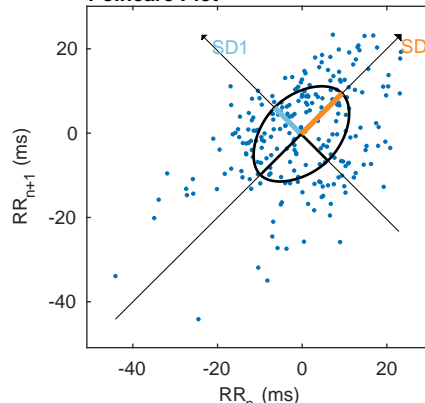
Total power	(ms ²)	148		
Total Power	(log)	5.001		
LF/HF ratio		1.670		
RESP	(Hz)	-		



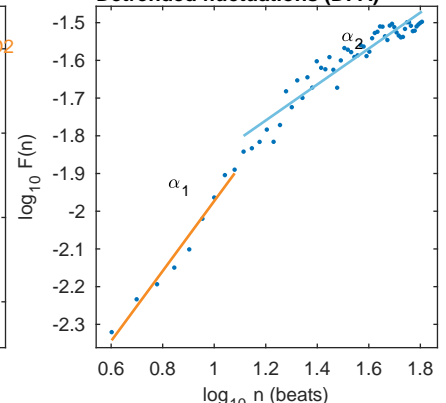
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	8.9
SD2	(ms)	13.7
SD2/SD1		1.532
Approximate Entropy (ApEn)		1.086
Sample Entropy (SampEn)		2.110
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.928
Long-term fluctuations, α_2		0.477

Poincare Plot



Detrended fluctuations (DFA)



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