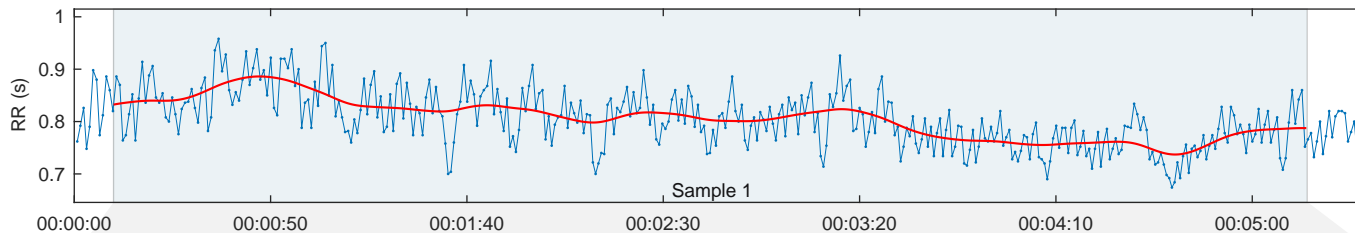
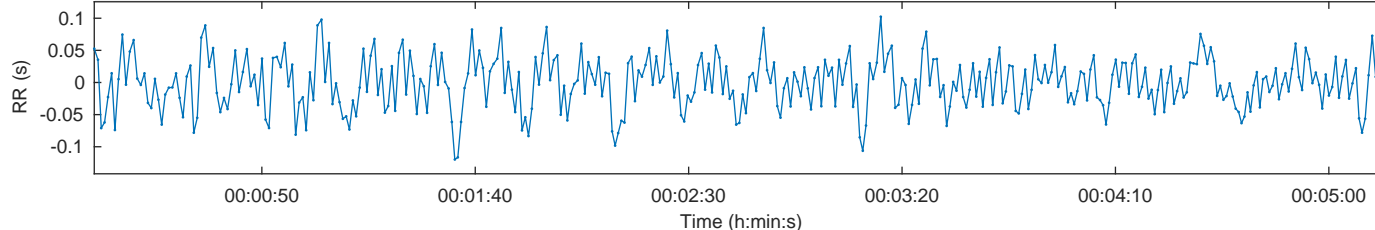


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:04
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:29	Analysis samples:	1
			Trend removal:			Smoothn priors	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 803 ms
RMSSD 47.4 ms
SD1 42.4%

PNS Index = -0.28

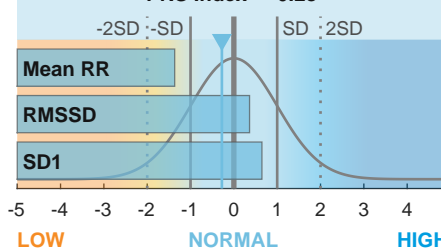
Sympathetic Nervous System (SNS)

Mean HR 75 bpm
Stress index 10.8
SD2 57.6%

SNS Index = 0.67

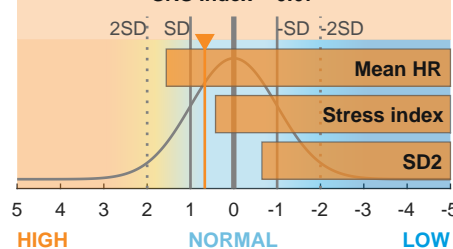
Parasympathetic tone (recovery)

PNS Index = -0.28



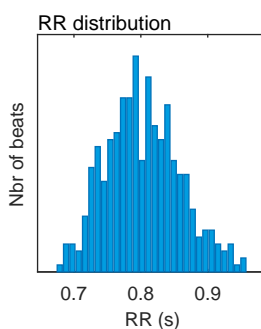
Sympathetic tone (stress)

SNS Index = 0.67



Time-Domain Results

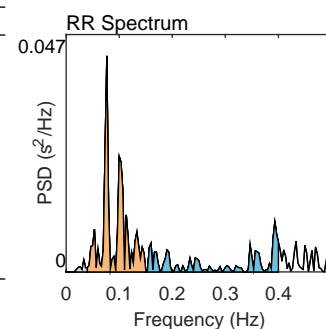
Variable	Units	Value
Mean RR*	(ms)	803
Mean HR*	(bpm)	75
Min HR	(bpm)	66
Max HR	(bpm)	87
SDNN	(ms)	40.1
RMSSD	(ms)	47.4
NN50	(beats)	118
pNN50	(%)	31.30
RR triangular index		10.80
TINN	(ms)	195.0
Stress Index (SI)		10.8



Frequency-Domain Results (FFT spectrum)

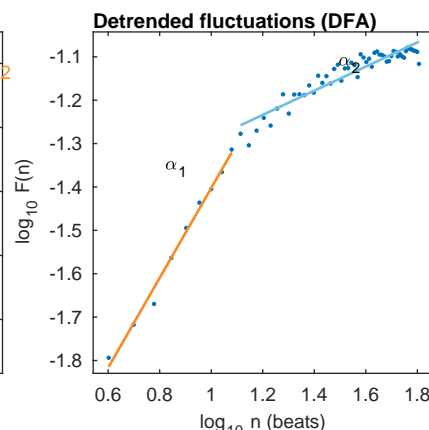
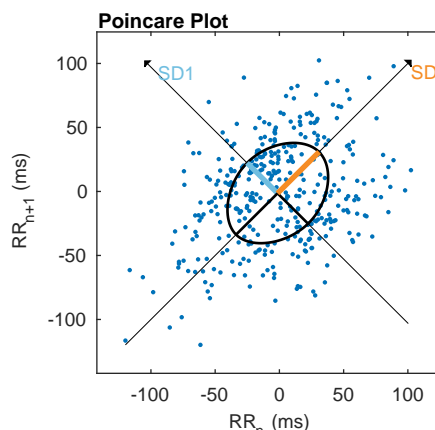
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.033	0.077	0.393
Power	(ms ²)	22	812	400
Power	(log)	3.088	6.699	5.991
Power	(%)	1.77	65.50	32.27
Power	(n.u.)		66.68	32.85

Total power	(ms ²)	1239		
Total Power	(log)	7.122		
LF/HF ratio		2.030		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	33.6
SD2	(ms)	45.7
SD2/SD1		1.360
Approximate Entropy (ApEn)		1.249
Sample Entropy (SampEn)		2.067
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.035
Long-term fluctuations, α_2		0.278



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