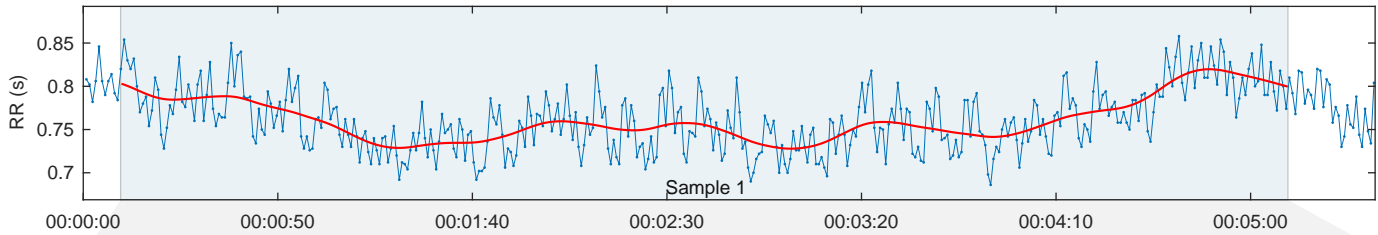
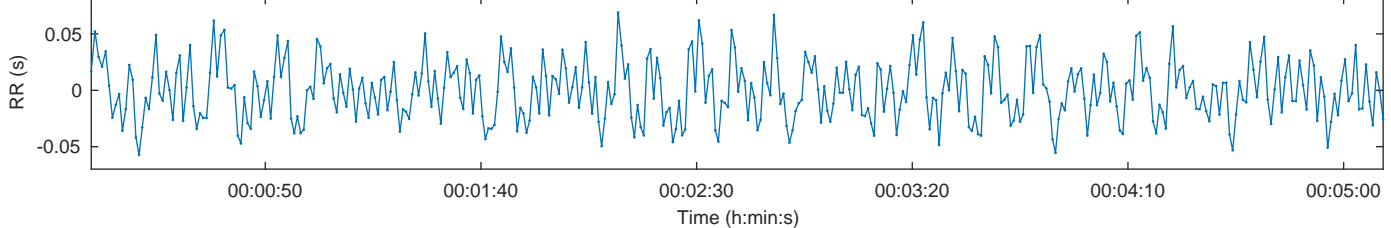


| Person: |          |         | Measurement Info       |             |          | Results for Sample |             |
|---------|----------|---------|------------------------|-------------|----------|--------------------|-------------|
| Gender: | Male     | Height: | 180 cm                 | Date:       |          | Sample start:      | 00:00:10    |
| Age:    | 50 years | Weight: | 78 kg                  | Start time: | 00:00:00 | Sample length:     | 00:05:00    |
| Max HR: | 170 bpm  | BMI:    | 24.1 kg/m <sup>2</sup> | Duration:   | 00:05:32 | 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 RMSSD SD1  
760 ms 29.2 ms 40.7%

PNS Index = -0.98

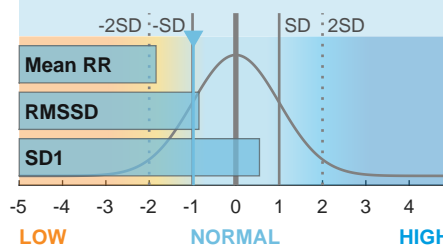
## Sympathetic Nervous System (SNS)

Mean HR Stress index SD2  
79 bpm 15.9 59.3%

SNS Index = 1.76

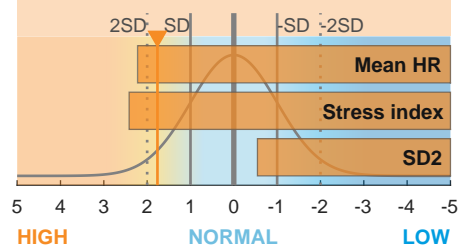
## Parasympathetic tone (recovery)

PNS Index = -0.98



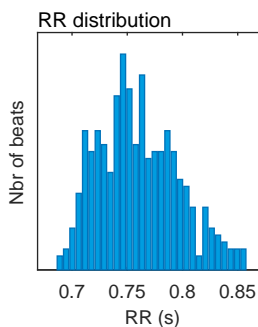
## Sympathetic tone (stress)

SNS Index = 1.76



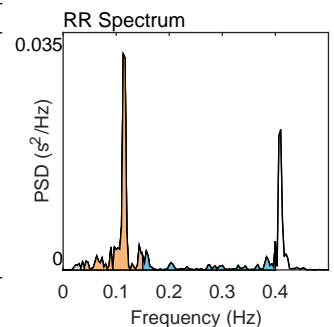
## Time-Domain Results

| Variable            | Units   | Value |
|---------------------|---------|-------|
| Mean RR*            | (ms)    | 760   |
| Mean HR*            | (bpm)   | 79    |
| Min HR              | (bpm)   | 72    |
| Max HR              | (bpm)   | 85    |
| SDNN                | (ms)    | 25.8  |
| RMSSD               | (ms)    | 29.2  |
| NN50                | (beats) | 30    |
| pNN50               | (%)     | 7.61  |
| RR triangular index |         | 7.90  |
| TINN                | (ms)    | 125.0 |
| Stress Index (SI)   |         | 15.9  |



## Frequency-Domain Results (FFT spectrum)

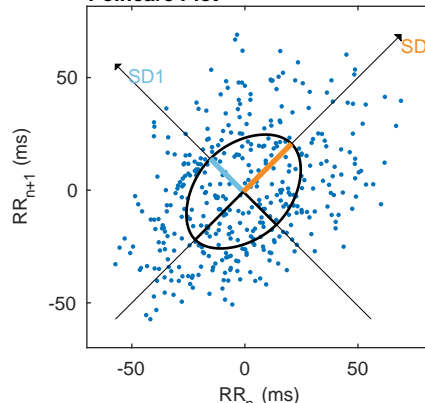
| Variable            | Units              | VLF       | LF        | HF        |
|---------------------|--------------------|-----------|-----------|-----------|
| Frequency band (Hz) |                    | 0.00-0.04 | 0.04-0.15 | 0.15-0.40 |
| Peak frequency (Hz) |                    | 0.037     | 0.113     | 0.400     |
| Power               | (ms <sup>2</sup> ) | 14        | 374       | 103       |
| Power               | (log)              | 2.641     | 5.924     | 4.636     |
| Power               | (%)                | 2.84      | 75.59     | 20.84     |
| Power               | (n.u.)             |           | 77.80     | 21.45     |
| -----               |                    |           |           |           |
| Total power         | (ms <sup>2</sup> ) | 495       |           |           |
| Total Power         | (log)              | 6.204     |           |           |
| LF/HF ratio         |                    | 3.628     |           |           |
| RESP                | (Hz)               | -         |           |           |



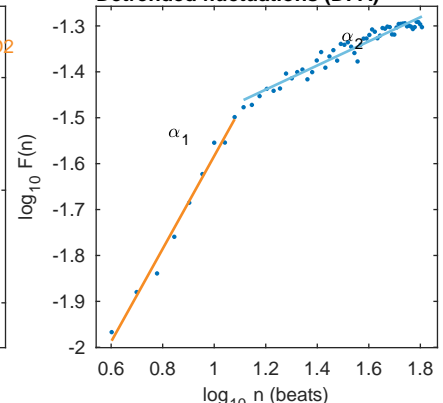
## Nonlinear Results

| Variable                             | Units | Value |
|--------------------------------------|-------|-------|
| Poincare Plot                        |       |       |
| SD1                                  | (ms)  | 20.7  |
| SD2                                  | (ms)  | 30.1  |
| SD2/SD1                              |       | 1.456 |
| Approximate Entropy (ApEn)           |       | 1.285 |
| Sample Entropy (SampEn)              |       | 2.176 |
| Detrended Fluctuation Analysis (DFA) |       |       |
| Short-term fluctuations, $\alpha_1$  |       | 1.011 |
| Long-term fluctuations, $\alpha_2$   |       | 0.263 |

## Poincare Plot



## Detrended fluctuations (DFA)



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