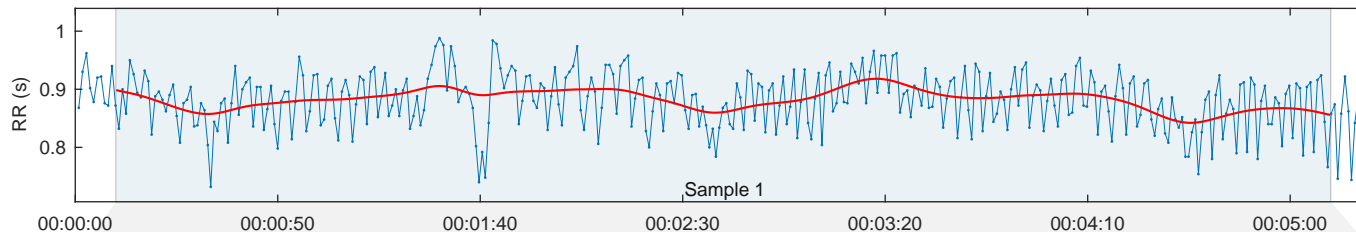
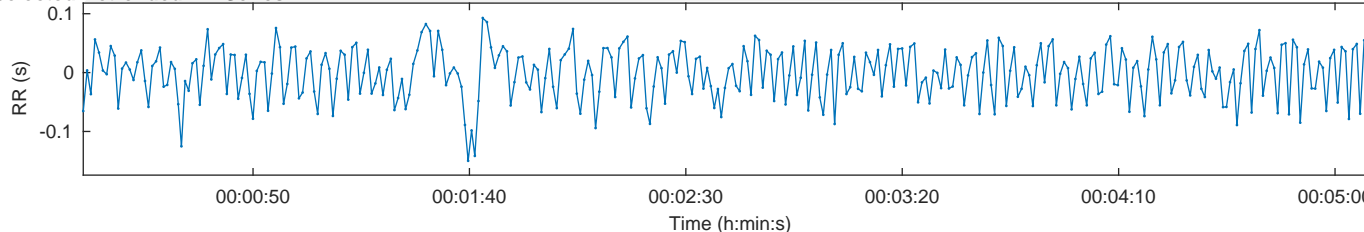


| Person: |          |         | Measurement Info       |             |          | Results for Sample |             |
|---------|----------|---------|------------------------|-------------|----------|--------------------|-------------|
| Gender: | Male     | Height: | 180 cm                 | Date:       |          | Sample start:      | 00:00:11    |
| Age:    | 50 years | Weight: | 78 kg                  | Start time: | 00:00:00 | Sample length:     | 00:05:00    |
| Max HR: | 170 bpm  | BMI:    | 24.1 kg/m <sup>2</sup> | Duration:   | 00:05:19 | Analysis samples:  | 1           |
|         |          |         |                        |             |          | Beats corrected:   | Uncorrected |

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

## Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1

880 ms 58.4 ms 47.8%

PNS Index = 0.43

## Sympathetic Nervous System (SNS)

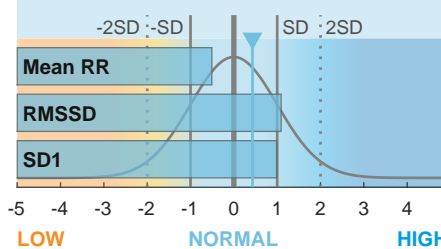
Mean HR Stress index SD2

68 bpm 9.4 52.2%

SNS Index = -0.02

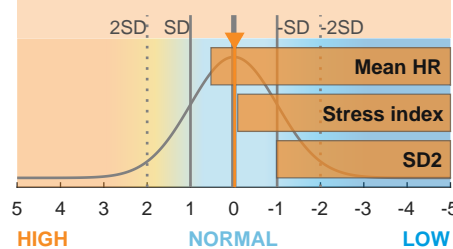
## Parasympathetic tone (recovery)

PNS Index = 0.43



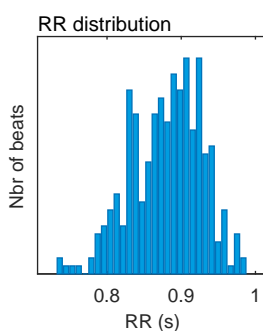
## Sympathetic tone (stress)

SNS Index = -0.02



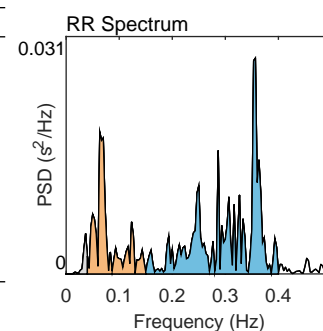
## Time-Domain Results

| Variable            | Units   | Value |
|---------------------|---------|-------|
| Mean RR*            | (ms)    | 880   |
| Mean HR*            | (bpm)   | 68    |
| Min HR              | (bpm)   | 62    |
| Max HR              | (bpm)   | 76    |
| SDNN                | (ms)    | 43.4  |
| RMSSD               | (ms)    | 58.4  |
| NN50                | (beats) | 156   |
| pNN50               | (%)     | 46.02 |
| RR triangular index |         | 9.44  |
| TINN                | (ms)    | 197.0 |
| Stress Index (SI)   |         | 9.4   |



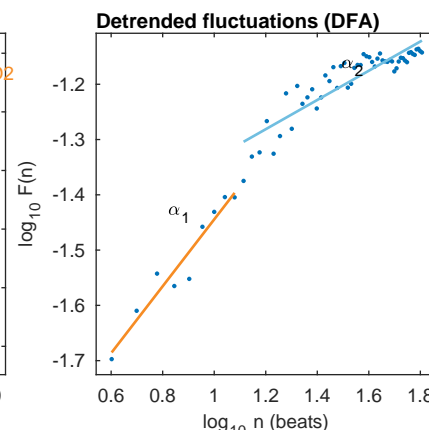
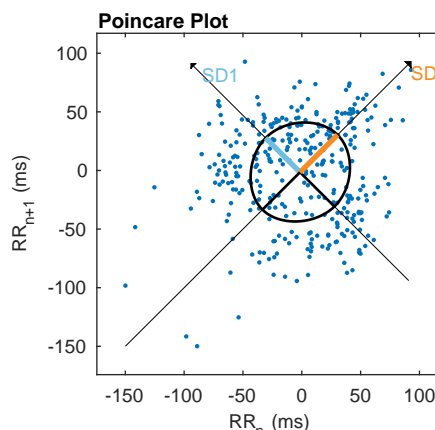
## Frequency-Domain Results (FFT spectrum)

| 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              | 0.063     | 0.357     |
| Power               | (ms <sup>2</sup> ) | 38                 | 484       | 1109      |
| Power               | (log)              | 3.633              | 6.182     | 7.011     |
| Power               | (%)                | 2.32               | 29.67     | 67.98     |
| Power               | (n.u.)             |                    | 30.38     | 69.60     |
| Total power         |                    | (ms <sup>2</sup> ) | 1631      |           |
| Total Power         |                    | (log)              | 7.397     |           |
| LF/HF ratio         |                    |                    | 0.436     |           |
| RESP                |                    | (Hz)               | -         |           |



## Nonlinear Results

| Variable                             | Units | Value |
|--------------------------------------|-------|-------|
| Poincare Plot                        |       |       |
| SD1                                  | (ms)  | 41.3  |
| SD2                                  | (ms)  | 45.2  |
| SD2/SD1                              |       | 1.092 |
| Approximate Entropy (ApEn)           |       | 1.069 |
| Sample Entropy (SampEn)              |       | 1.636 |
| Detrended Fluctuation Analysis (DFA) |       |       |
| Short-term fluctuations, $\alpha_1$  |       | 0.605 |
| Long-term fluctuations, $\alpha_2$   |       | 0.264 |



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