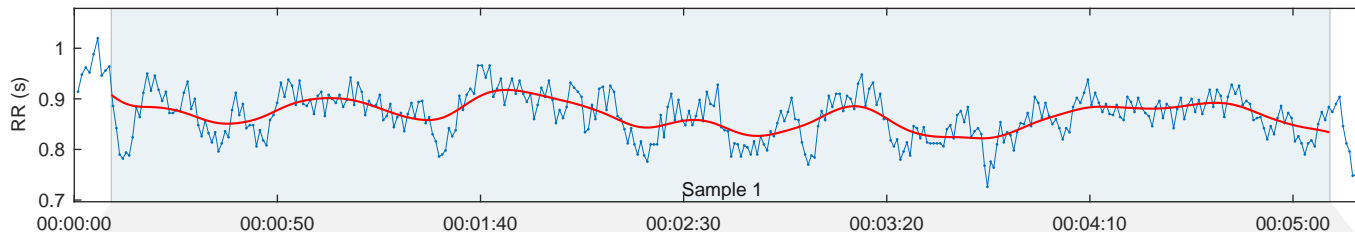
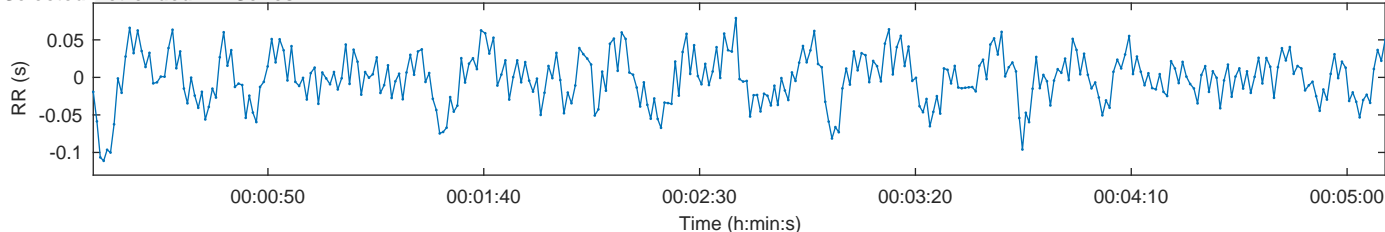


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:18	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 865 ms
RMSSD 30.1 ms
SD1 33.9%

PNS Index = -0.57

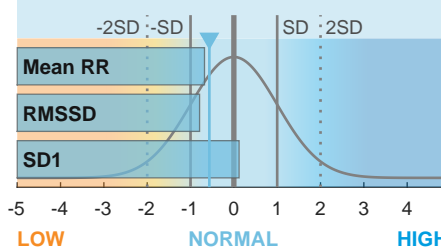
Sympathetic Nervous System (SNS)

Mean HR 69 bpm
Stress index 12.9
SD2 66.1%

SNS Index = 0.77

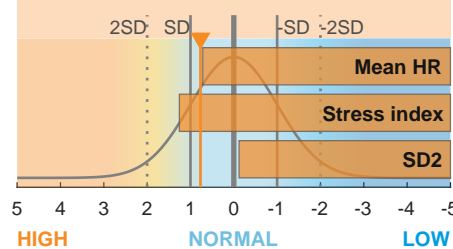
Parasympathetic tone (recovery)

PNS Index = -0.57



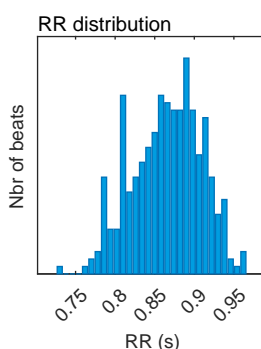
Sympathetic tone (stress)

SNS Index = 0.77



Time-Domain Results

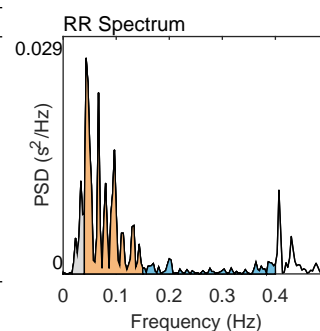
Variable	Units	Value
Mean RR*	(ms)	865
Mean HR*	(bpm)	69
Min HR	(bpm)	63
Max HR	(bpm)	78
SDNN	(ms)	33.0
RMSSD	(ms)	30.1
NN50	(beats)	25
pNN50	(%)	7.23
RR triangular index		8.26
TINN	(ms)	159.0
Stress Index (SI)		12.9



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)		0.033	0.043	0.200
Power	(ms ²)	119	722	111
Power	(log)	4.780	6.582	4.710
Power	(%)	12.49	75.71	11.65
Power	(n.u.)		86.52	13.31

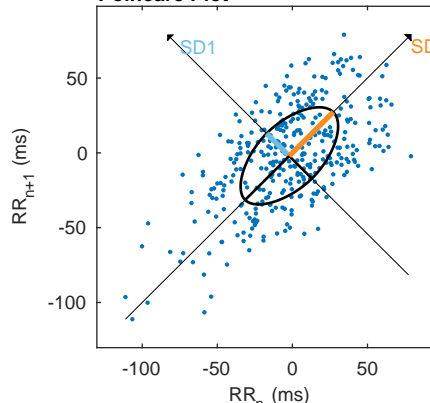
Total power	(ms ²)	954		
Total Power	(log)	6.860		
LF/HF ratio		6.498		
RESP	(Hz)	-		



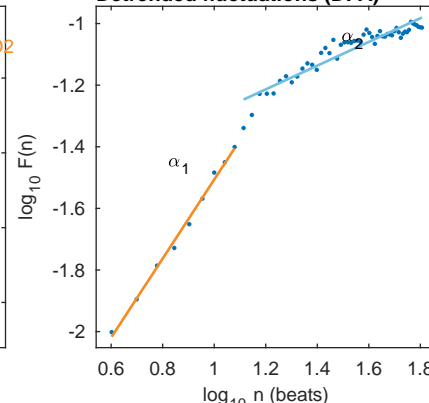
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	21.3
SD2	(ms)	41.5
SD2/SD1		1.946
Approximate Entropy (ApEn)		1.174
Sample Entropy (SampEn)		1.820
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.282
Long-term fluctuations, α_2		0.385

Poincare Plot



Detrended fluctuations (DFA)



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