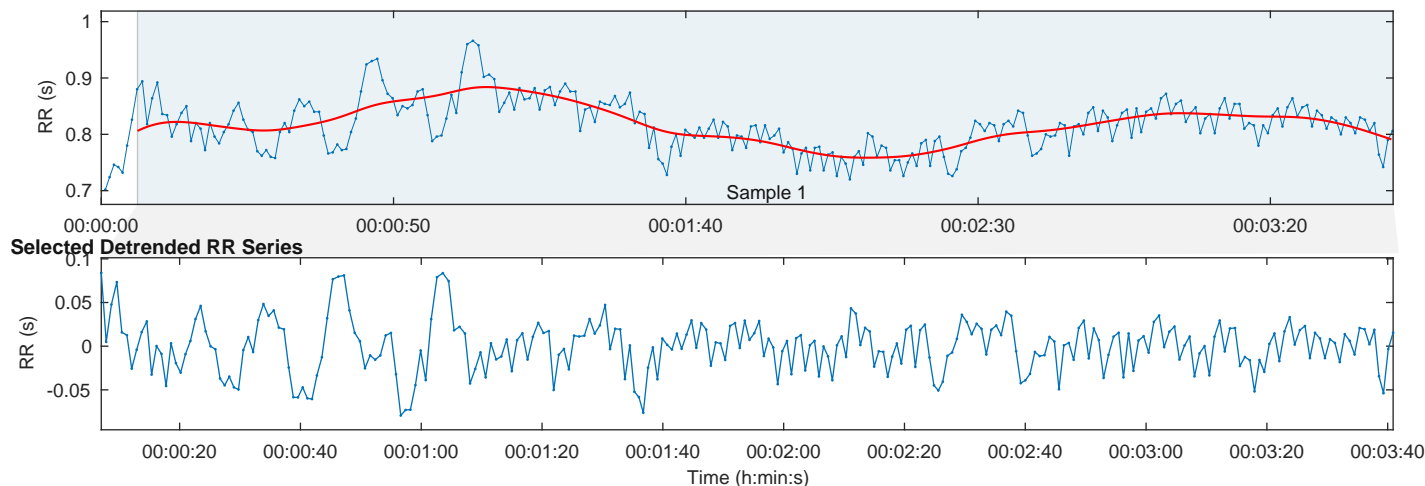


| Person: | | | Measurement Info | | | Results for Sample | |
|---------|----------|-----------------|------------------|-------------------|----------------|--------------------|-------------|
| Gender: | Male | Height: 180 cm | Date: | Trend removal: | Smoothn priors | Sample start: | 00:00:07 |
| Age: | 50 years | Weight: 78 kg | Start time: | Artefact corr.: | none | Sample length: | 00:03:35 |
| Max HR: | 170 bpm | BMI: 24.1 kg/m2 | Duration: | Analysis samples: | 1 | Beats corrected: | Uncorrected |

RR Time Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 817 ms
RMSSD 28.5 ms
SD1 35.9%

PNS Index = -0.80

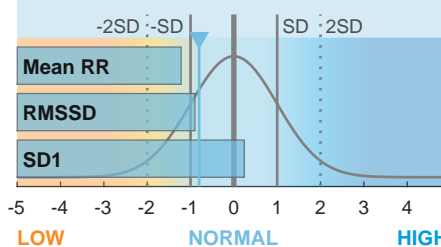
Sympathetic Nervous System (SNS)

Mean HR 73 bpm
Stress index 15.8
SD2 64.1%

SNS Index = 1.46

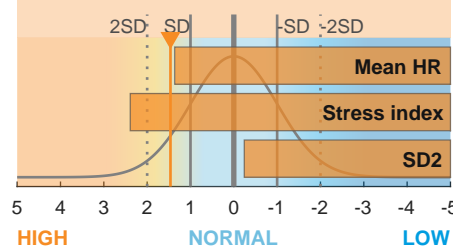
Parasympathetic tone (recovery)

PNS Index = -0.80



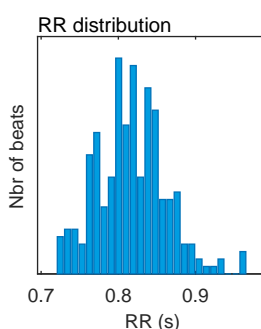
Sympathetic tone (stress)

SNS Index = 1.46



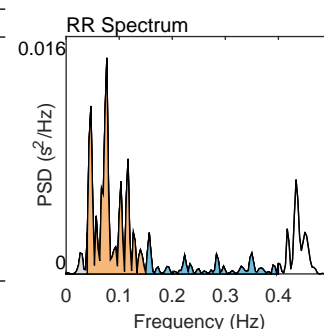
Time-Domain Results

| Variable | Units | Value |
|---------------------|---------|-------|
| Mean RR* | (ms) | 817 |
| Mean HR* | (bpm) | 73 |
| Min HR | (bpm) | 64 |
| Max HR | (bpm) | 81 |
| SDNN | (ms) | 29.5 |
| RMSSD | (ms) | 28.5 |
| NN50 | (beats) | 18 |
| pNN50 | (%) | 6.87 |
| RR triangular index | | 6.74 |
| TINN | (ms) | 136.0 |
| Stress Index (SI) | | 15.8 |



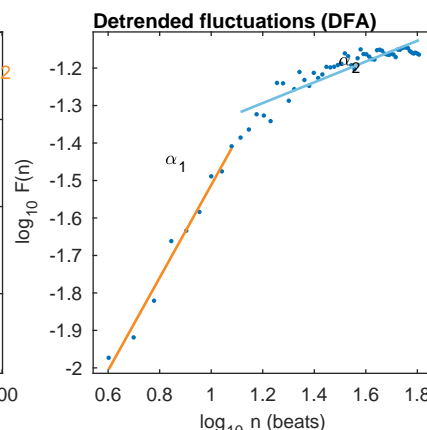
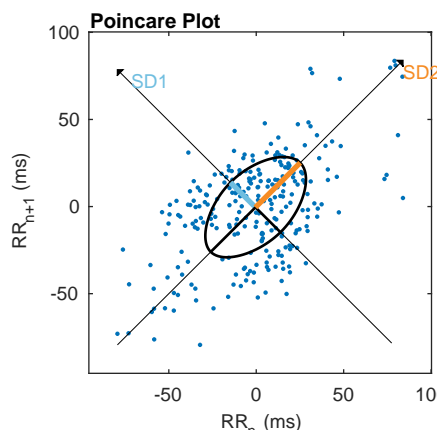
Frequency-Domain Results (FFT spectrum)

| 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 | 0.077 | 0.157 |
| Power | (ms ²) | 20 | 405 | 92 |
| Power | (log) | 2.974 | 6.004 | 4.525 |
| Power | (%) | 3.78 | 78.26 | 17.82 |
| Power | (n.u.) | | 81.33 | 18.52 |
| ----- | | | | |
| Total power | (ms ²) | 518 | | |
| Total Power | (log) | 6.249 | | |
| LF/HF ratio | | 4.391 | | |
| RESP | (Hz) | - | | |



Nonlinear Results

| Variable | Units | Value |
|--------------------------------------|-------|-------|
| Poincare Plot | | |
| SD1 | (ms) | 20.2 |
| SD2 | (ms) | 36.2 |
| SD2/SD1 | | 1.789 |
| Approximate Entropy (ApEn) | | 1.041 |
| Sample Entropy (SampEn) | | 1.669 |
| Detrended Fluctuation Analysis (DFA) | | |
| Short-term fluctuations, α_1 | | 1.236 |
| Long-term fluctuations, α_2 | | 0.277 |



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