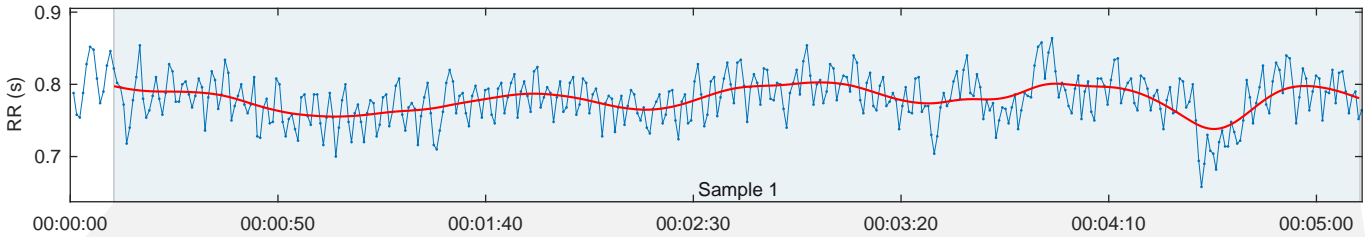
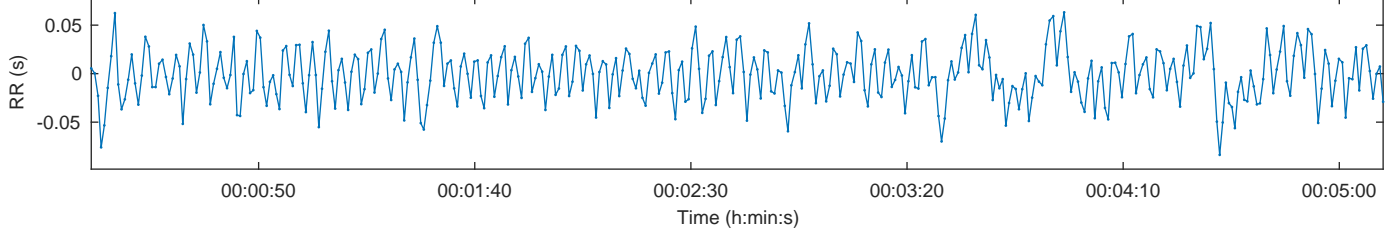


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:11	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
778 ms 31.0 ms 41.9%

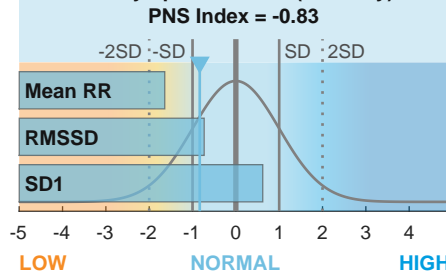
PNS Index = -0.83

Sympathetic Nervous System (SNS)

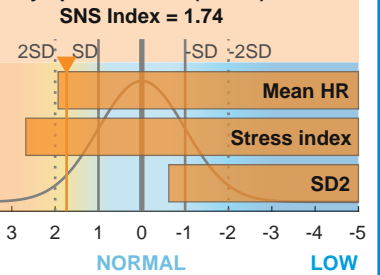
Mean HR Stress index SD2
77 bpm 16.6 58.1%

SNS Index = 1.74

Parasympathetic tone (recovery)

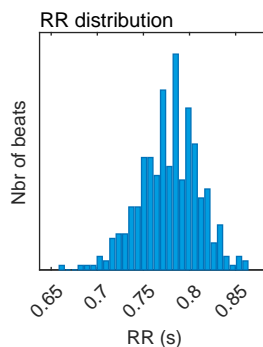


Sympathetic tone (stress)



Time-Domain Results

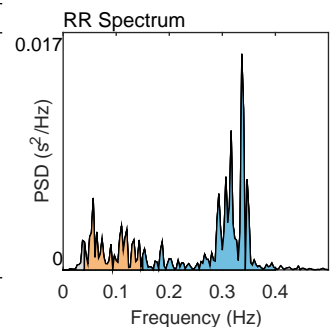
Variable	Units	Value
Mean RR*	(ms)	778
Mean HR*	(bpm)	77
Min HR	(bpm)	71
Max HR	(bpm)	86
SDNN	(ms)	26.5
RMSSD	(ms)	31.0
NN50	(beats)	33
pNN50	(%)	8.59
RR triangular index		7.55
TINN	(ms)	126.0
Stress Index (SI)		16.6



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	0.057	0.337
Power	(ms ²)	16	162	391
Power	(log)	2.754	5.089	5.969
Power	(%)	2.76	28.52	68.70
Power	(n.u.)		29.33	70.65

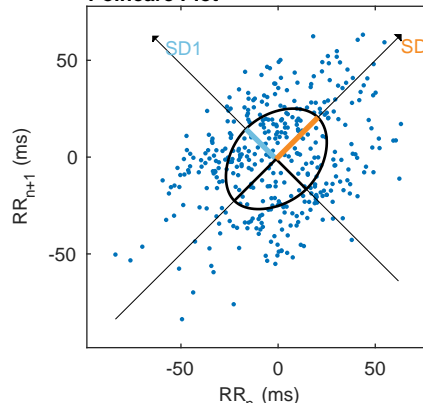
Total power	(ms ²)	569		
Total Power	(log)	6.344		
LF/HF ratio		0.415		
RESP	(Hz)	-		



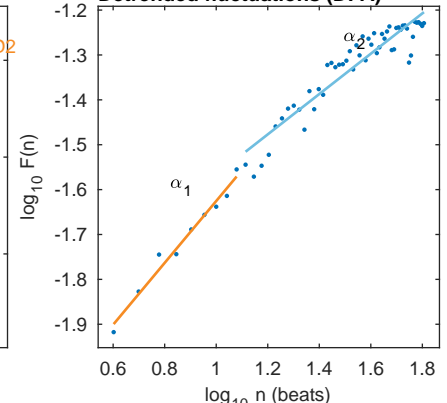
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	22.0
SD2	(ms)	30.4
SD2/SD1		1.385
Approximate Entropy (ApEn)		1.181
Sample Entropy (SampEn)		1.825
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.689
Long-term fluctuations, α_2		0.449

Poincare Plot



Detrended fluctuations (DFA)



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