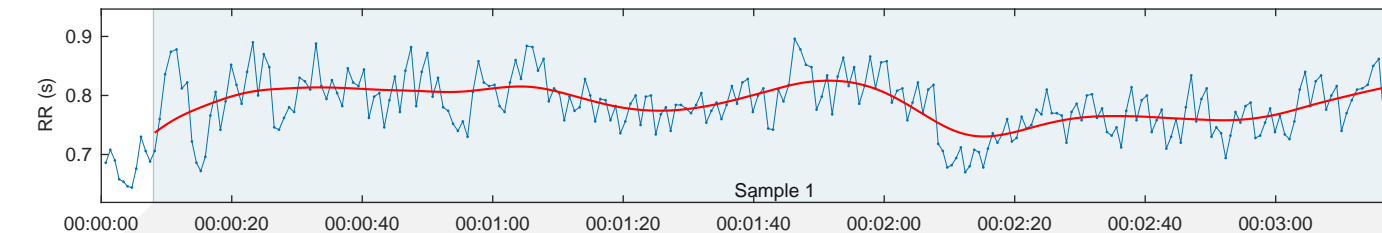
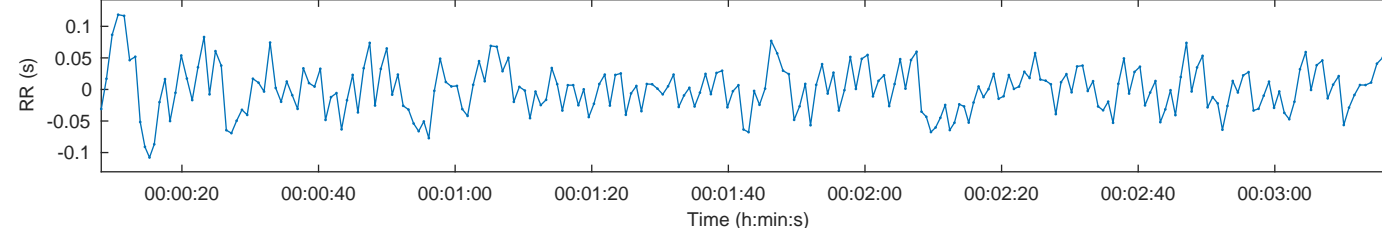


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:08
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:18	Beats corrected:	Uncorrected
			Trend removal:			Smoothn priors	none
			Artefact corr.:				
			Analysis samples:			1	

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
784 ms 41.0 ms 39.4%

PNS Index = -0.57

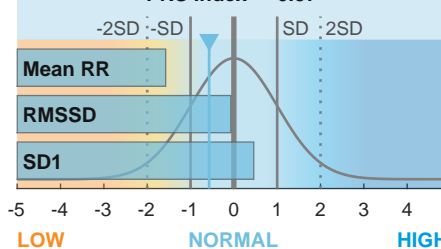
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
76 bpm 12.1 60.6%

SNS Index = 1.02

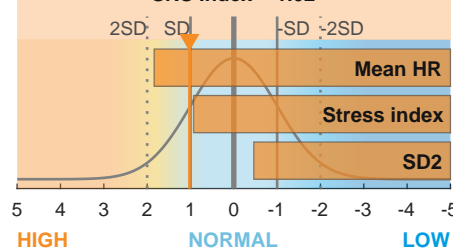
Parasympathetic tone (recovery)

PNS Index = -0.57



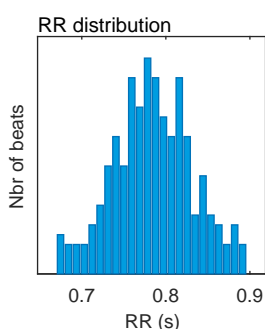
Sympathetic tone (stress)

SNS Index = 1.02



Time-Domain Results

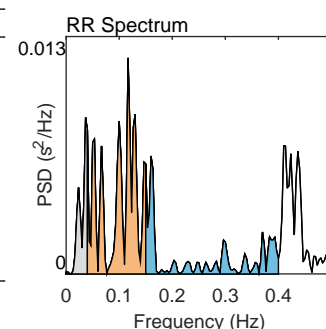
Variable	Units	Value
Mean RR*	(ms)	784
Mean HR*	(bpm)	76
Min HR	(bpm)	70
Max HR	(bpm)	87
SDNN	(ms)	37.7
RMSSD	(ms)	41.0
NN50	(beats)	55
pNN50	(%)	22.82
RR triangular index		9.31
TINN	(ms)	184.0
Stress Index (SI)		12.1



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	0.117	0.160
Power	(ms ²)	102	444	207
Power	(log)	4.626	6.095	5.331
Power	(%)	13.56	58.89	27.43
Power	(n.u.)		68.12	31.74

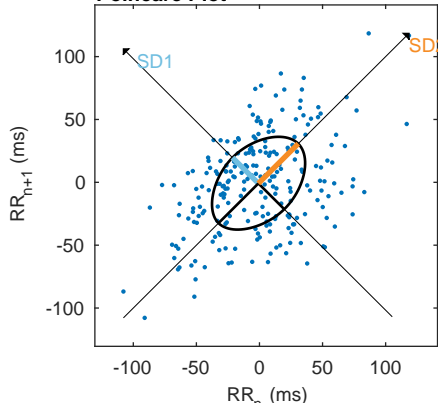
Total power	(ms ²)	753		
Total Power	(log)	6.624		
LF/HF ratio		2.147		
RESP	(Hz)	-		



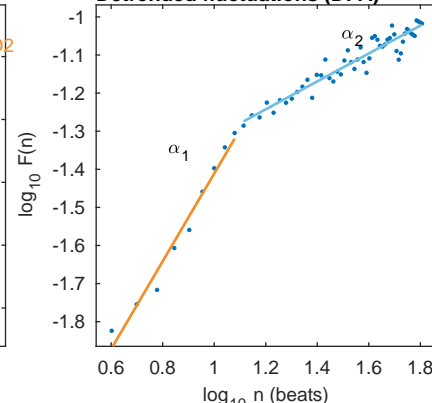
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	29.0
SD2	(ms)	44.7
SD2/SD1		1.540
Approximate Entropy (ApEn)		0.982
Sample Entropy (SampEn)		1.979
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.152
Long-term fluctuations, α_2		0.367

Poincare Plot



Detrended fluctuations (DFA)



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