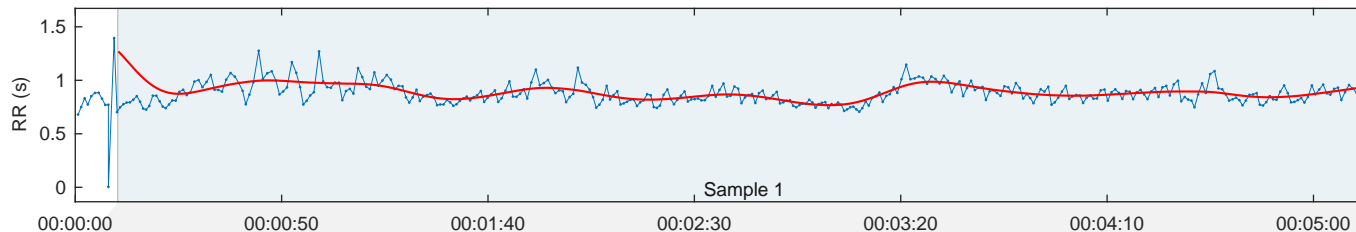
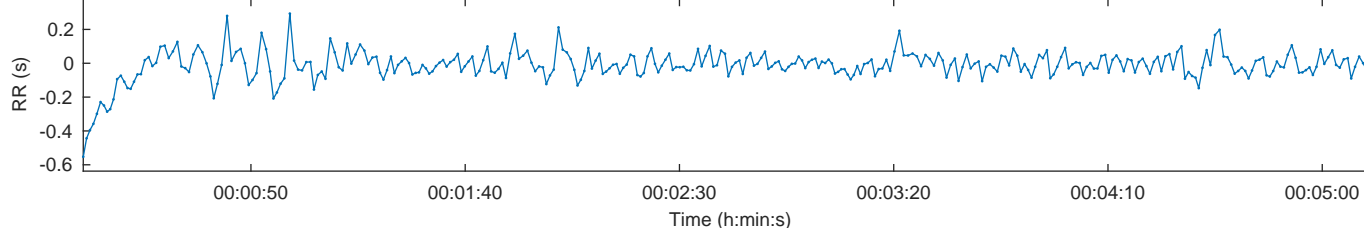


| Person: | | | Measurement Info | | | Results for Sample | |
|---------|----------|---------|------------------------|-------------|----------|--------------------|-------------|
| Gender: | Male | Height: | 180 cm | Date: | | Sample start: | 00:00:11 |
| Age: | 50 years | Weight: | 78 kg | Start time: | 00:00:00 | Sample length: | 00:05:03 |
| Max HR: | 170 bpm | BMI: | 24.1 kg/m ² | Duration: | 00:05:13 | 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 876 ms
RMSSD 76.5 ms
SD1 33.6%

PNS Index = 0.72

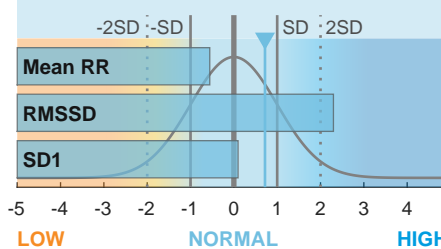
Sympathetic Nervous System (SNS)

Mean HR 68 bpm
Stress index 4.6
SD2 66.4%

SNS Index = -0.58

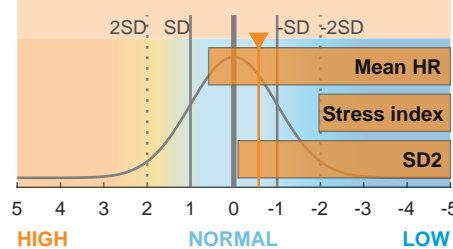
Parasympathetic tone (recovery)

PNS Index = 0.72



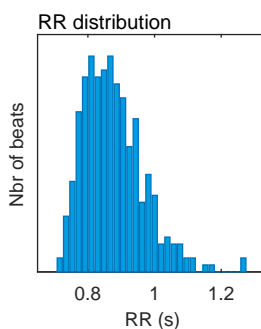
Sympathetic tone (stress)

SNS Index = -0.58



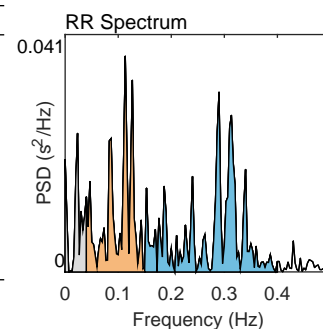
Time-Domain Results

| Variable | Units | Value |
|---------------------|---------|-------|
| Mean RR* | (ms) | 876 |
| Mean HR* | (bpm) | 68 |
| Min HR | (bpm) | 55 |
| Max HR | (bpm) | 82 |
| SDNN | (ms) | 87.3 |
| RMSSD | (ms) | 76.5 |
| NN50 | (beats) | 152 |
| pNN50 | (%) | 44.19 |
| RR triangular index | | 15.00 |
| TINN | (ms) | 602.0 |
| Stress Index (SI) | | 4.6 |



Frequency-Domain Results (FFT spectrum)

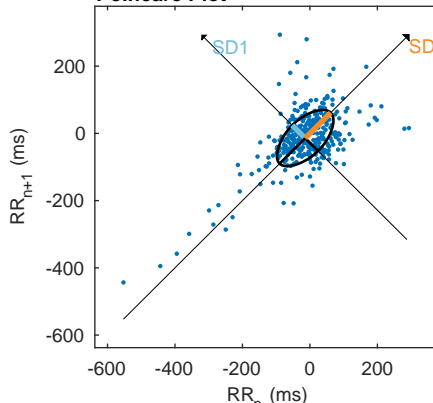
| Variable | Units | VLF | LF | HF |
|---------------------|--------------------|--------------------|-----------|-----------|
| Frequency band (Hz) | | 0.00-0.04 | 0.04-0.15 | 0.15-0.40 |
| Peak frequency (Hz) | | 0.023 | 0.113 | 0.290 |
| Power | (ms ²) | 333 | 1028 | 1496 |
| Power | (log) | 5.807 | 6.936 | 7.310 |
| Power | (%) | 11.64 | 35.98 | 52.32 |
| Power | (n.u.) | | 40.72 | 59.21 |
| Total power | | (ms ²) | 2858 | |
| Total Power | | (log) | 7.958 | |
| LF/HF ratio | | | 0.688 | |
| RESP | | (Hz) | - | |



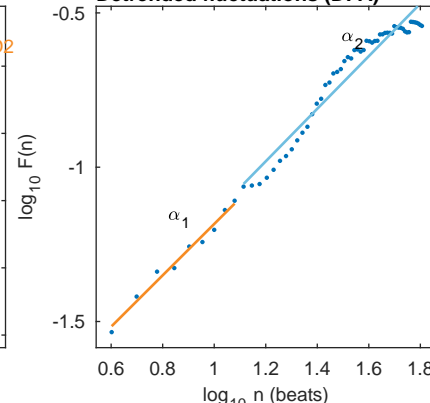
Nonlinear Results

| Variable | Units | Value |
|--------------------------------------|-------|-------|
| Poincare Plot | | |
| SD1 | (ms) | 54.2 |
| SD2 | (ms) | 107.2 |
| SD2/SD1 | | 1.979 |
| Approximate Entropy (ApEn) | | 1.218 |
| Sample Entropy (SampEn) | | 1.588 |
| Detrended Fluctuation Analysis (DFA) | | |
| Short-term fluctuations, α_1 | | 0.832 |
| Long-term fluctuations, α_2 | | 0.852 |

Poincare Plot



Detrended fluctuations (DFA)



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