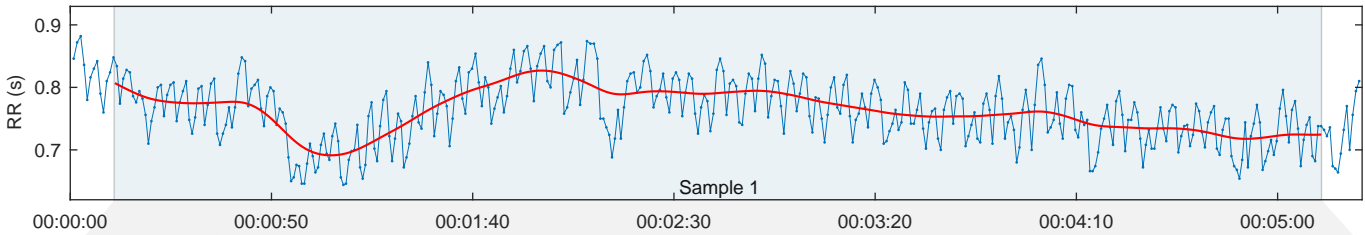
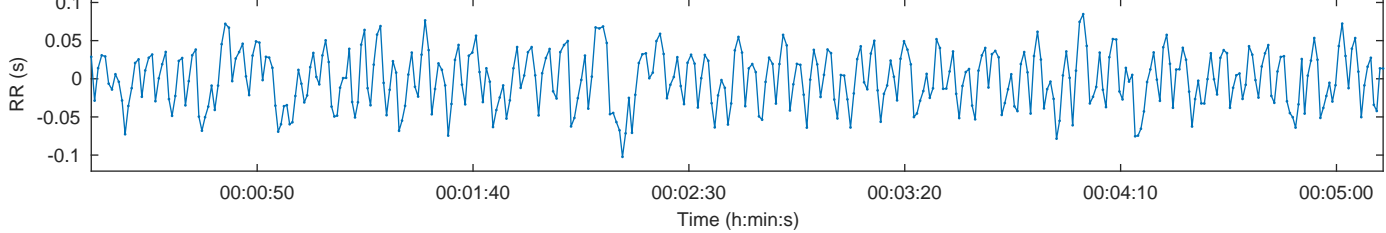


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:12
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:21	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
760 ms 38.1 ms 38.5%

PNS Index = -0.77

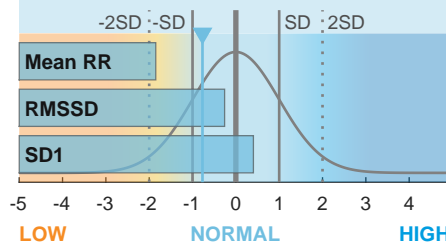
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
79 bpm 12.8 61.5%

SNS Index = 1.31

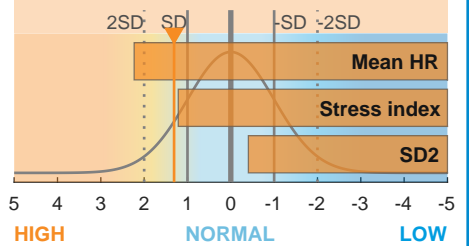
Parasympathetic tone (recovery)

PNS Index = -0.77



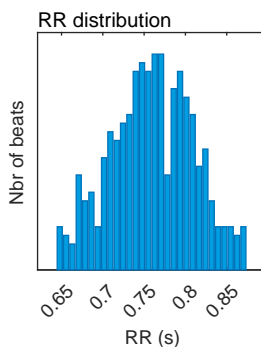
Sympathetic tone (stress)

SNS Index = 1.31



Time-Domain Results

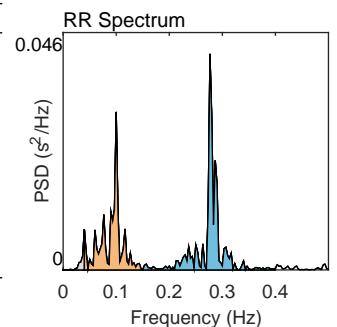
Variable	Units	Value
Mean RR*	(ms)	760
Mean HR*	(bpm)	79
Min HR	(bpm)	70
Max HR	(bpm)	91
SDNN	(ms)	36.0
RMSSD	(ms)	38.1
NN50	(beats)	81
pNN50	(%)	20.56
RR triangular index		10.13
TINN	(ms)	166.0
Stress Index (SI)		12.8



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	0.100	0.277
Power	(ms ²)	34	514	679
Power	(log)	3.527	6.242	6.521
Power	(%)	2.77	41.86	55.33
Power	(n.u.)		43.06	56.91

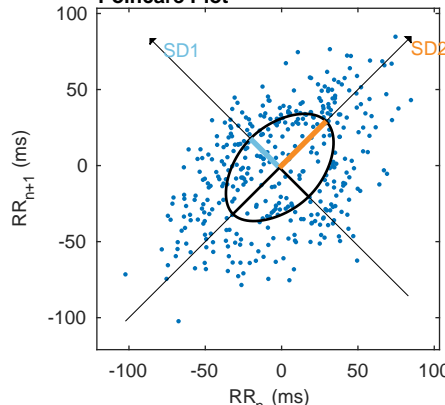
Total power	(ms ²)	1227		
Total Power	(log)	7.113		
LF/HF ratio		0.757		
RESP	(Hz)	-		



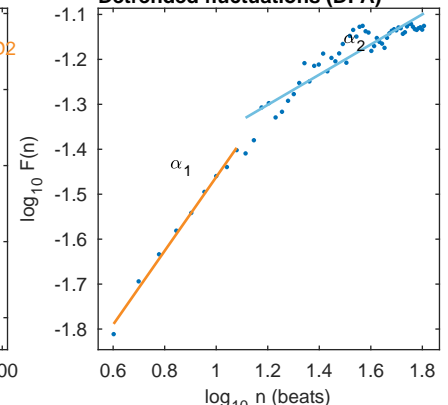
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	27.0
SD2	(ms)	43.1
SD2/SD1		1.599
Approximate Entropy (ApEn)		1.208
Sample Entropy (SampEn)		1.887
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.821
Long-term fluctuations, α_2		0.336

Poincare Plot



Detrended fluctuations (DFA)



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