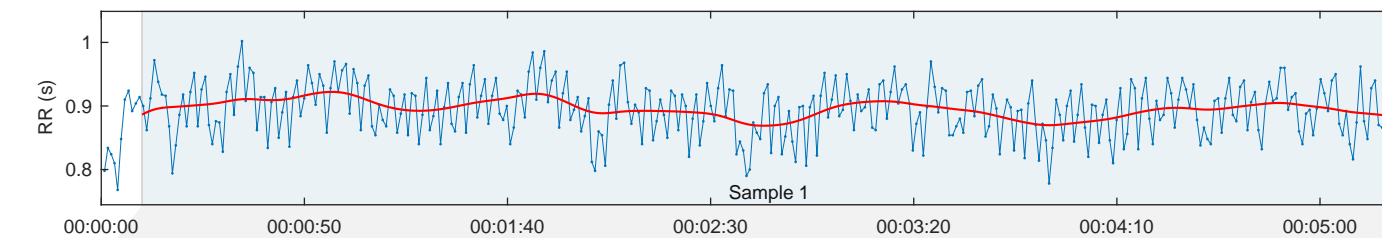
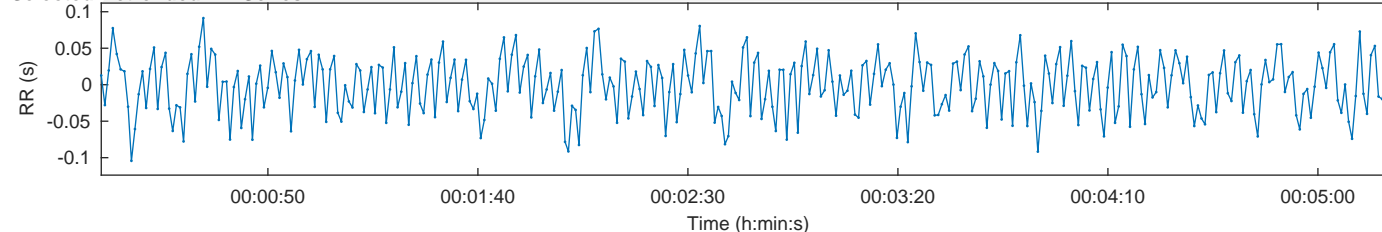


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:08
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:18	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
894 ms 51.4 ms 47.3%

PNS Index = 0.30

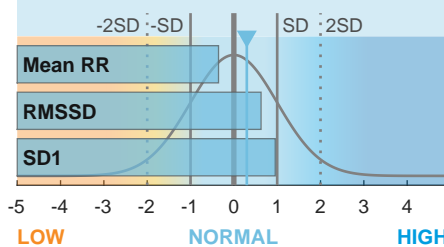
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
67 bpm 11.1 52.7%

SNS Index = 0.18

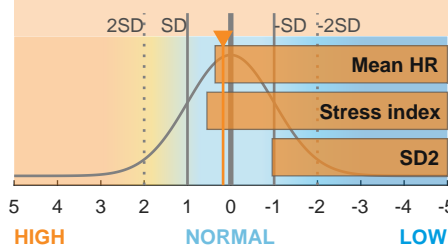
Parasympathetic tone (recovery)

PNS Index = 0.30



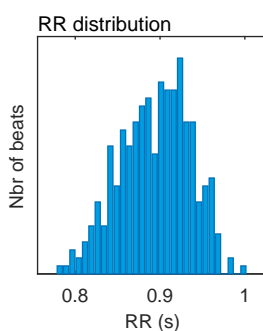
Sympathetic tone (stress)

SNS Index = 0.18



Time-Domain Results

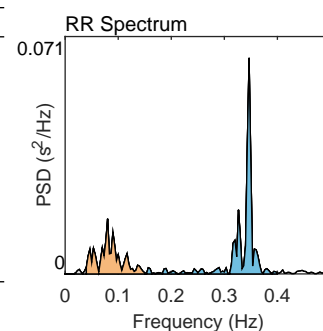
Variable	Units	Value
Mean RR*	(ms)	894
Mean HR*	(bpm)	67
Min HR	(bpm)	63
Max HR	(bpm)	73
SDNN	(ms)	38.6
RMSSD	(ms)	51.4
NN50	(beats)	144
pNN50	(%)	41.86
RR triangular index		11.50
TINN	(ms)	183.0
Stress Index (SI)		11.1



Frequency-Domain Results (FFT spectrum)

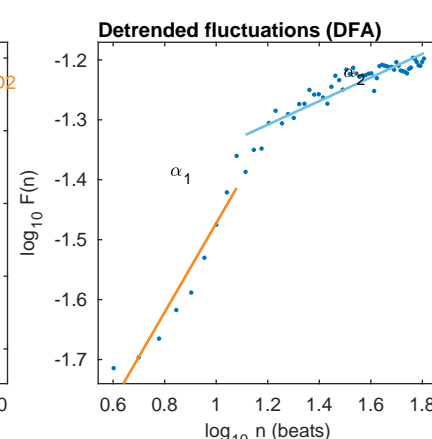
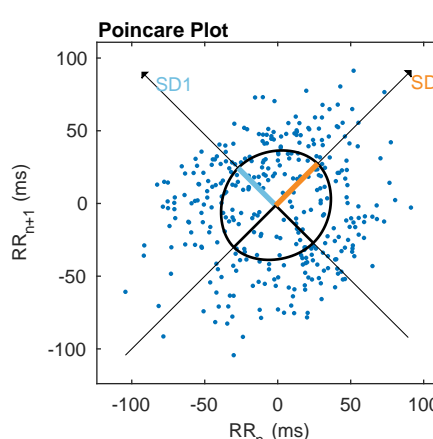
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.040	0.080	0.347
Power	(ms ²)	17	507	888
Power	(log)	2.831	6.228	6.789
Power	(%)	1.20	35.91	62.87
Power	(n.u.)		36.35	63.64

Total power	(ms ²)	1412		
Total Power	(log)	7.253		
LF/HF ratio		0.571		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	36.4
SD2	(ms)	40.6
SD2/SD1		1.115
Approximate Entropy (ApEn)		1.132
Sample Entropy (SampEn)		1.914
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.742
Long-term fluctuations, α_2		0.197



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