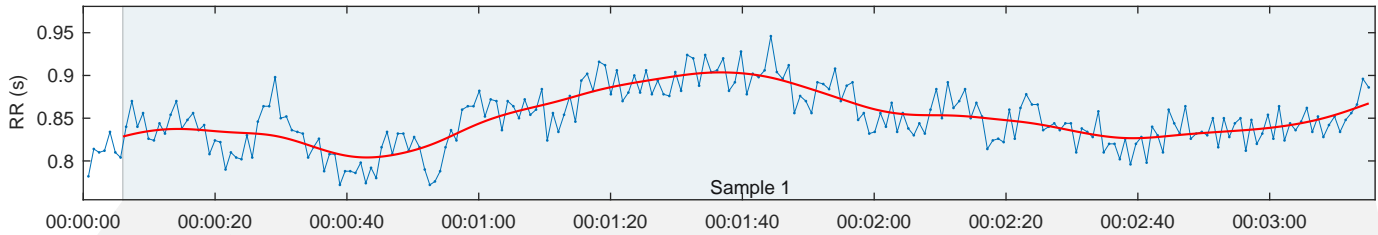
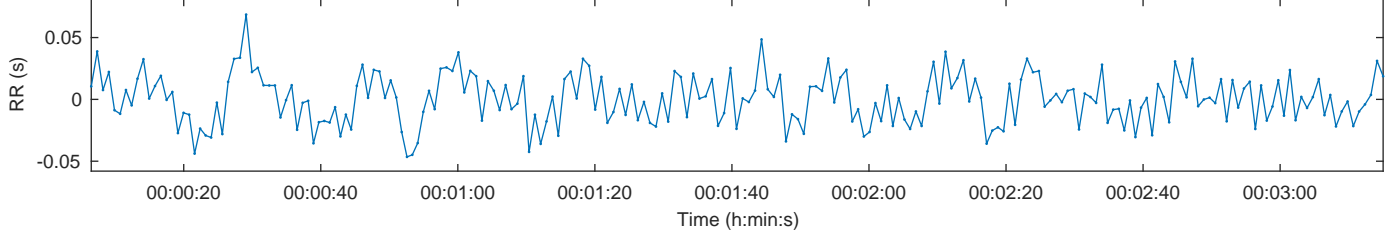


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:07
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:10
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:16	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
849 ms 23.8 ms 43.0%

PNS Index = -0.69

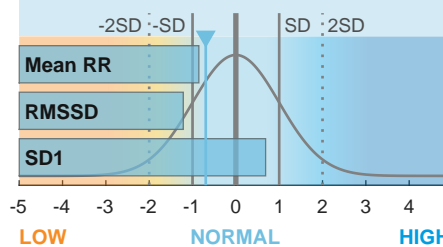
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
71 bpm 17.0 57.0%

SNS Index = 1.38

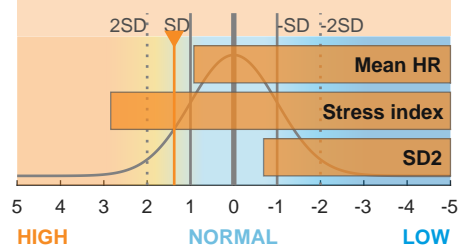
Parasympathetic tone (recovery)

PNS Index = -0.69



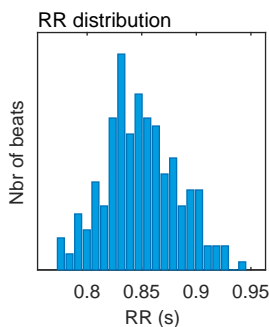
Sympathetic tone (stress)

SNS Index = 1.38



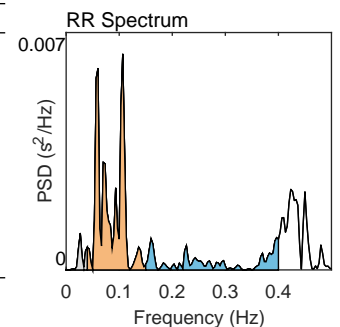
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	849
Mean HR*	(bpm)	71
Min HR	(bpm)	66
Max HR	(bpm)	76
SDNN	(ms)	19.8
RMSSD	(ms)	23.8
NN50	(beats)	2
pNN50	(%)	0.90
RR triangular index		6.56
TINN	(ms)	98.0
Stress Index (SI)		17.0



Frequency-Domain Results (FFT spectrum)

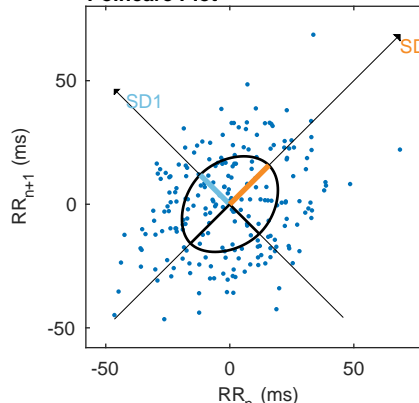
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.027	0.107	0.397
Power	(ms ²)	11	173	55
Power	(log)	2.387	5.155	4.014
Power	(%)	4.53	72.07	23.01
Power	(n.u.)		75.49	24.10
Total power		(ms ²)	241	
Total Power		(log)	5.483	
LF/HF ratio			3.132	
RESP		(Hz)	-	



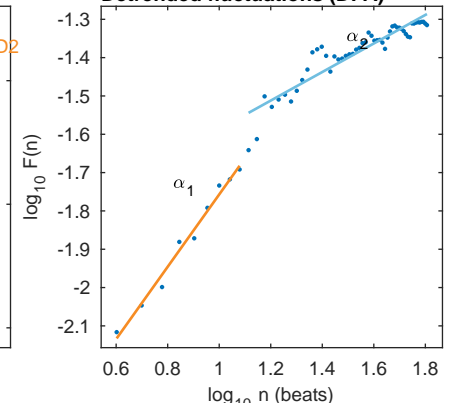
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.9
SD2	(ms)	22.4
SD2/SD1		1.326
Approximate Entropy (ApEn)		0.941
Sample Entropy (SampEn)		2.270
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.944
Long-term fluctuations, α_2		0.373

Poincare Plot



Detrended fluctuations (DFA)



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