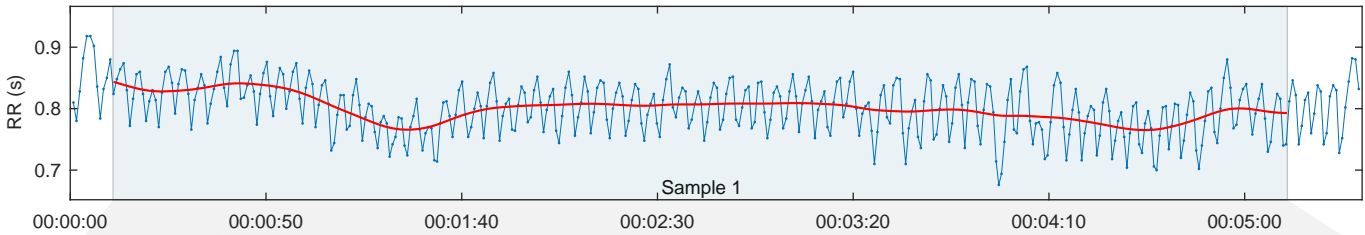
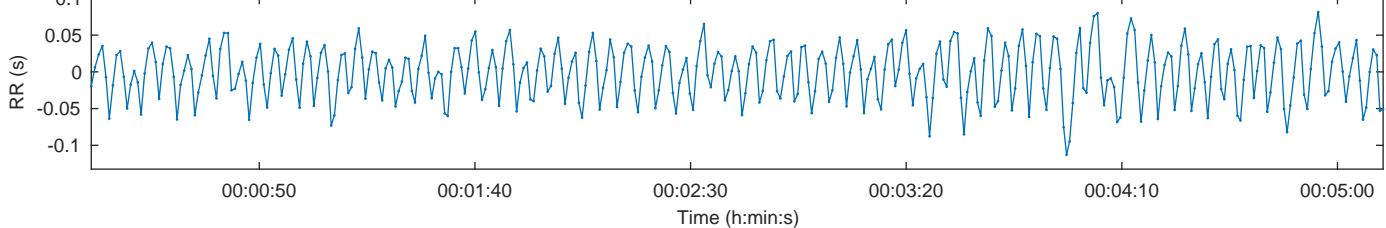


| Person: |          |         | Measurement Info       |             |          | Results for Sample |             |
|---------|----------|---------|------------------------|-------------|----------|--------------------|-------------|
| Gender: | Male     | Height: | 180 cm                 | Date:       |          | Sample start:      | 00:00:11    |
| Age:    | 50 years | Weight: | 78 kg                  | Start time: | 00:00:00 | Sample length:     | 00:05:00    |
| Max HR: | 170 bpm  | BMI:    | 24.1 kg/m <sup>2</sup> | Duration:   | 00:05:30 | 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: 799 ms  
RMSSD: 40.6 ms  
SD1: 40.4%

**PNS Index = -0.50**

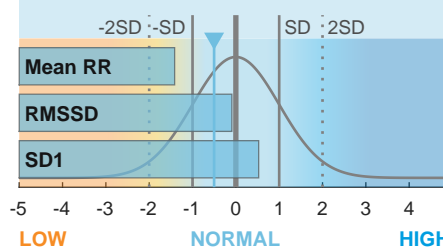
## Sympathetic Nervous System (SNS)

Mean HR: 75 bpm  
Stress index: 12.3  
SD2: 59.6%

**SNS Index = 0.96**

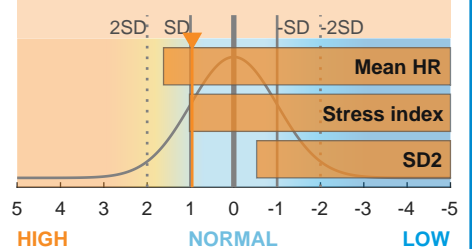
## Parasympathetic tone (recovery)

PNS Index = -0.50



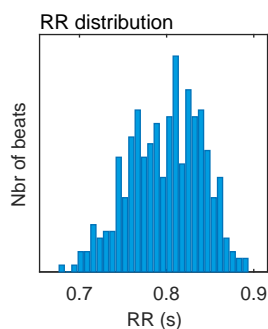
## Sympathetic tone (stress)

SNS Index = 0.96



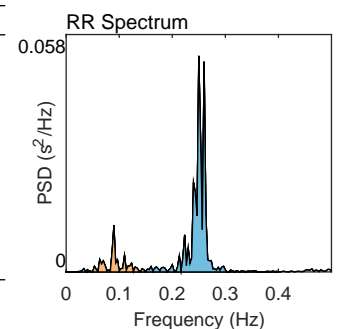
## Time-Domain Results

| Variable            | Units   | Value |
|---------------------|---------|-------|
| Mean RR*            | (ms)    | 799   |
| Mean HR*            | (bpm)   | 75    |
| Min HR              | (bpm)   | 70    |
| Max HR              | (bpm)   | 83    |
| SDNN                | (ms)    | 36.2  |
| RMSSD               | (ms)    | 40.6  |
| NN50                | (beats) | 93    |
| pNN50               | (%)     | 24.80 |
| RR triangular index |         | 11.06 |
| TINN                | (ms)    | 180.0 |
| Stress Index (SI)   |         | 12.3  |



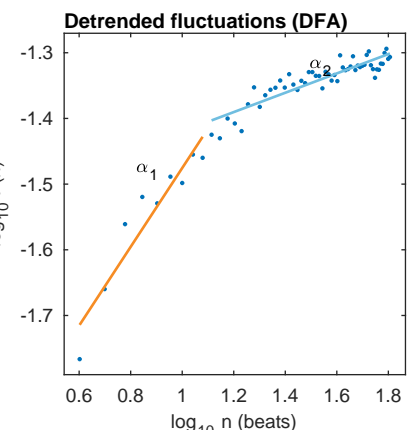
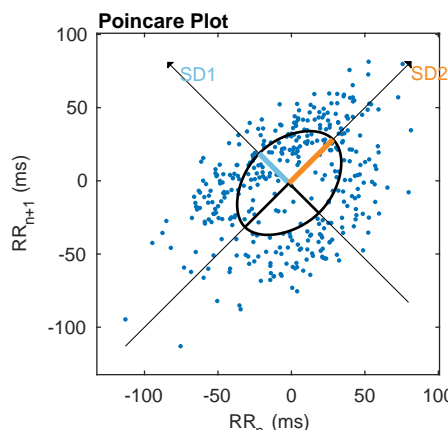
## Frequency-Domain Results (FFT spectrum)

| Variable            | Units              | VLF       | LF        | HF        |
|---------------------|--------------------|-----------|-----------|-----------|
| Frequency band (Hz) |                    | 0.00-0.04 | 0.04-0.15 | 0.15-0.40 |
| Peak frequency (Hz) |                    | 0.033     | 0.090     | 0.250     |
| Power               | (ms <sup>2</sup> ) | 6         | 167       | 935       |
| Power               | (log)              | 1.708     | 5.116     | 6.840     |
| Power               | (%)                | 0.50      | 15.06     | 84.44     |
| Power               | (n.u.)             |           | 15.14     | 84.86     |
| -----               |                    |           |           |           |
| Total power         | (ms <sup>2</sup> ) | 1107      |           |           |
| Total Power         | (log)              | 7.009     |           |           |
| LF/HF ratio         |                    | 0.178     |           |           |
| RESP                | (Hz)               | -         |           |           |



## Nonlinear Results

| Variable                             | Units | Value |
|--------------------------------------|-------|-------|
| Poincare Plot                        |       |       |
| SD1                                  | (ms)  | 28.8  |
| SD2                                  | (ms)  | 42.4  |
| SD2/SD1                              |       | 1.474 |
| Approximate Entropy (ApEn)           |       | 1.028 |
| Sample Entropy (SampEn)              |       | 1.439 |
| Detrended Fluctuation Analysis (DFA) |       |       |
| Short-term fluctuations, $\alpha_1$  |       | 0.600 |
| Long-term fluctuations, $\alpha_2$   |       | 0.147 |



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