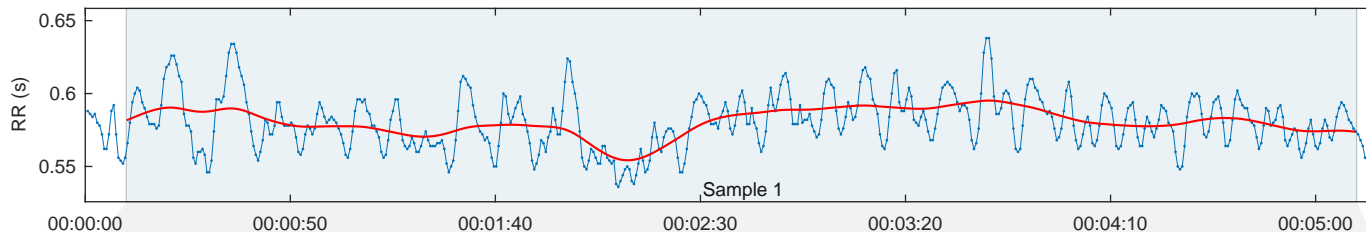
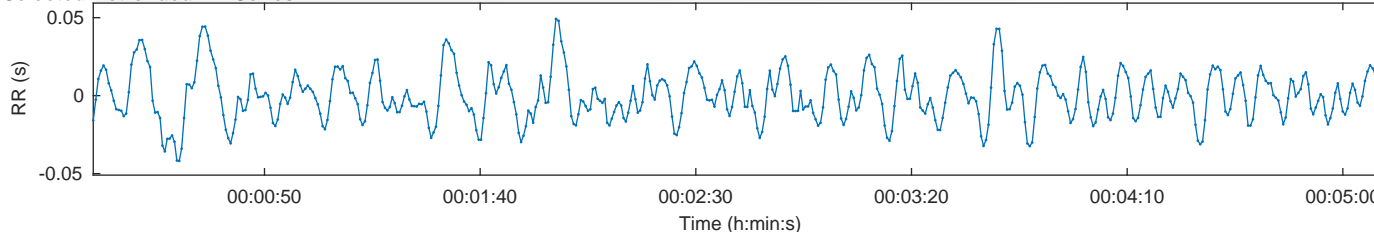


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:15	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
580 ms 8.3 ms 21.9%

PNS Index = -2.64

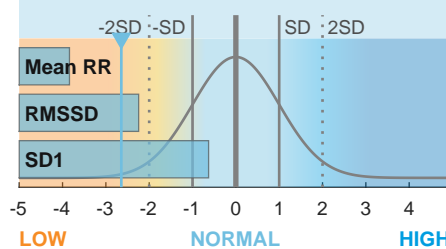
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
103 bpm 29.2 78.1%

SNS Index = 5.79

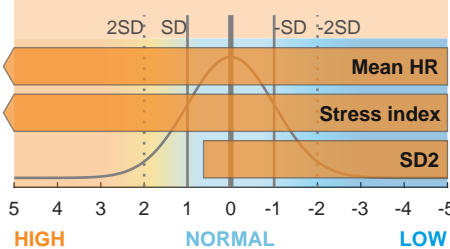
Parasympathetic tone (recovery)

PNS Index = -2.64



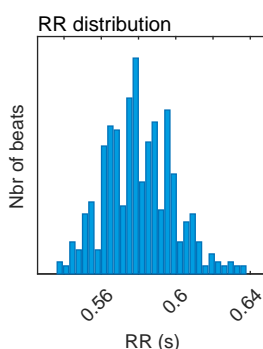
Sympathetic tone (stress)

SNS Index = 5.79



Time-Domain Results

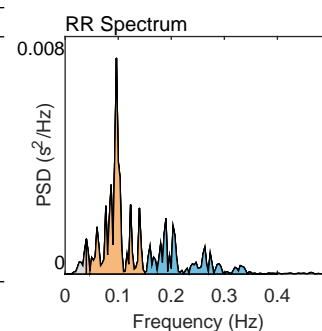
Variable	Units	Value
Mean RR*	(ms)	580
Mean HR*	(bpm)	103
Min HR	(bpm)	95
Max HR	(bpm)	111
SDNN	(ms)	15.4
RMSSD	(ms)	8.3
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		5.02
TINN	(ms)	75.0
Stress Index (SI)		29.2



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	0.097	0.190
Power	(ms ²)	9	140	69
Power	(log)	2.228	4.939	4.239
Power	(%)	4.25	63.97	31.77
Power	(n.u.)		66.81	33.18

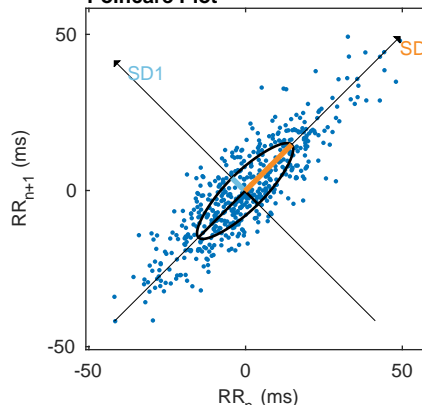
Total power	(ms ²)	218		
Total Power	(log)	5.386		
LF/HF ratio		2.013		
RESP	(Hz)	-		



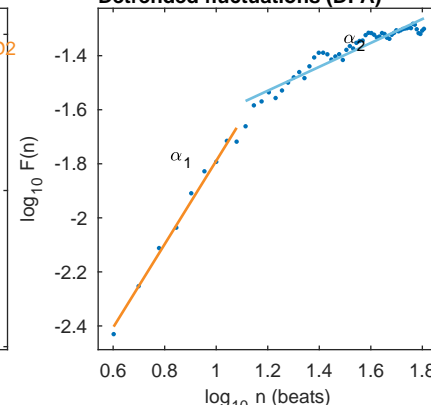
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	5.9
SD2	(ms)	21.0
SD2/SD1		3.560
Approximate Entropy (ApEn)		1.019
Sample Entropy (SampEn)		1.188
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.542
Long-term fluctuations, α_2		0.442

Poincare Plot



Detrended fluctuations (DFA)



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