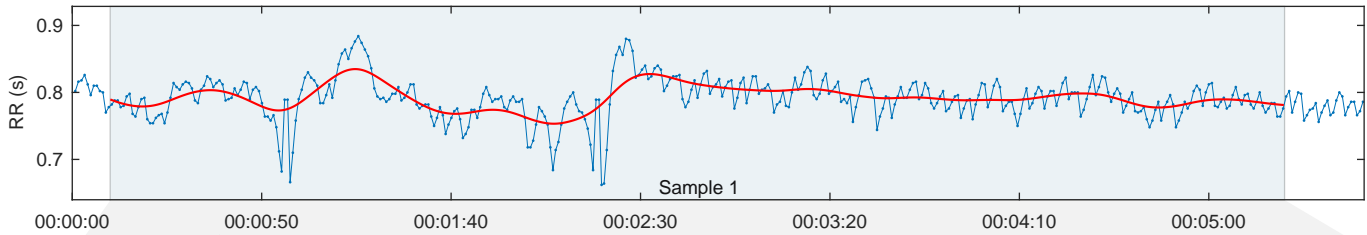
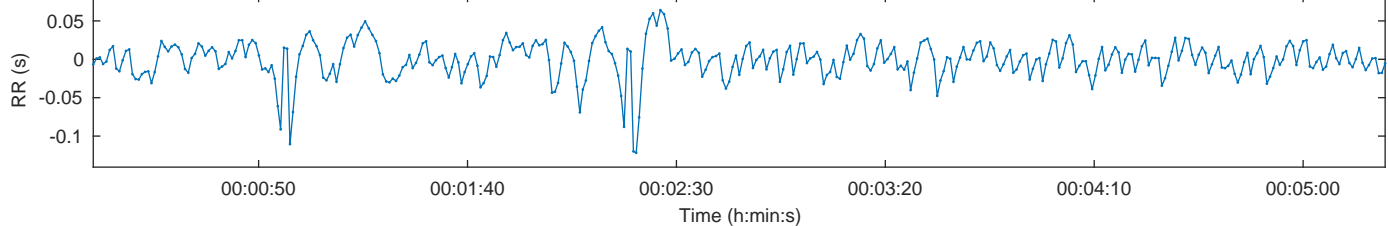


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:41	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
791 ms 20.7 ms 33.1%

PNS Index = -1.16

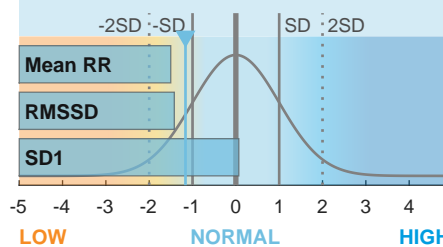
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
76 bpm 14.9 66.9%

SNS Index = 1.51

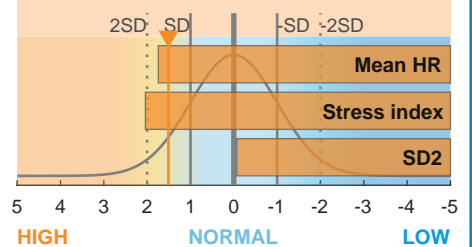
Parasympathetic tone (recovery)

PNS Index = -1.16



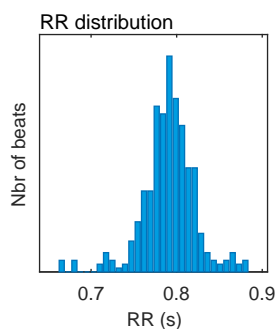
Sympathetic tone (stress)

SNS Index = 1.51



Time-Domain Results

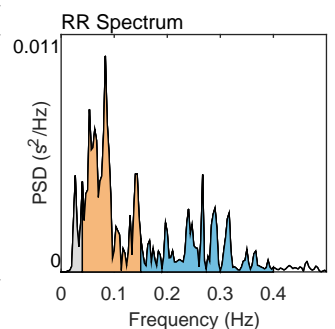
Variable	Units	Value
Mean RR*	(ms)	791
Mean HR*	(bpm)	76
Min HR	(bpm)	69
Max HR	(bpm)	84
SDNN	(ms)	23.3
RMSSD	(ms)	20.7
NN50	(beats)	5
pNN50	(%)	1.28
RR triangular index		6.32
TINN	(ms)	138.0
Stress Index (SI)		14.9



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	0.083	0.267
Power	(ms ²)	49	385	223
Power	(log)	3.887	5.952	5.409
Power	(%)	7.42	58.54	34.01
Power	(n.u.)		63.23	36.73

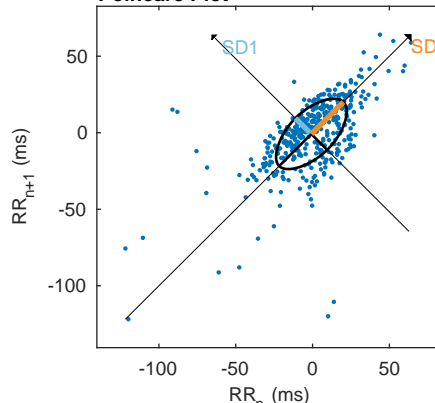
Total power	(ms ²)	657		
Total Power	(log)	6.488		
LF/HF ratio		1.721		
RESP	(Hz)	-		



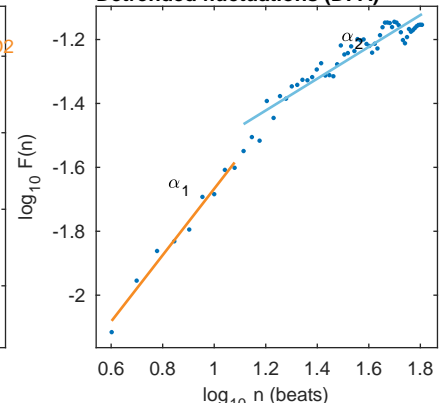
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	14.6
SD2	(ms)	29.6
SD2/SD1		2.021
Approximate Entropy (ApEn)		1.194
Sample Entropy (SampEn)		1.474
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.039
Long-term fluctuations, α_2		0.498

Poincare Plot



Detrended fluctuations (DFA)



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