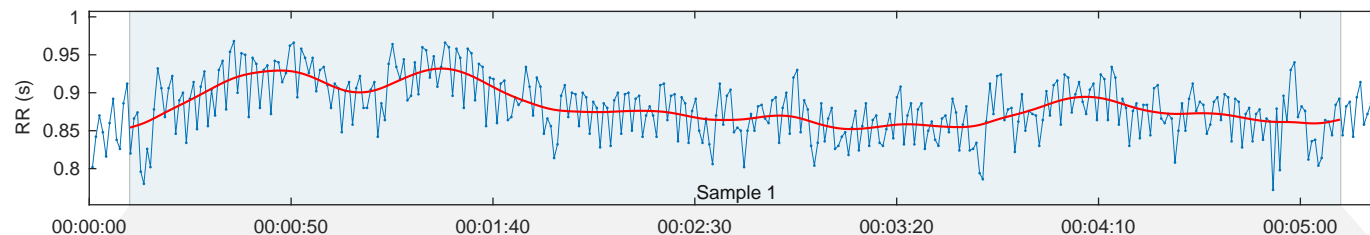
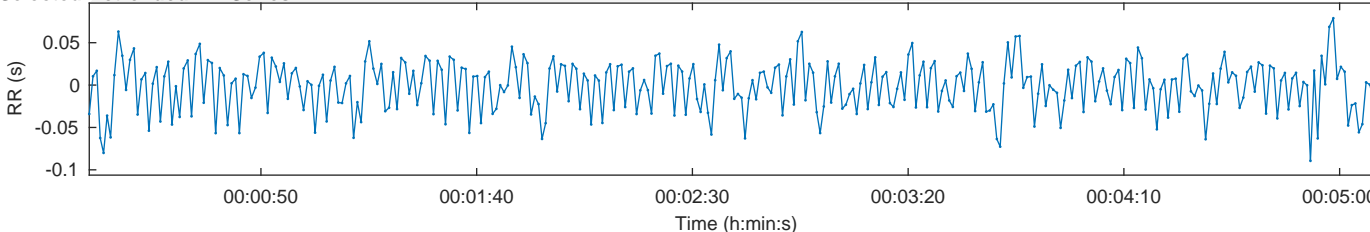


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:20	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1

880 ms 40.8 ms 49.1%

PNS Index = -0.02

Sympathetic Nervous System (SNS)

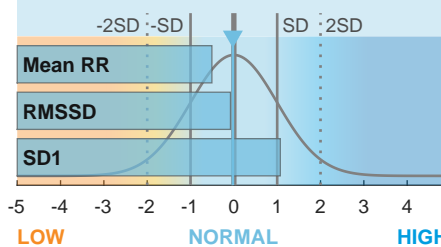
Mean HR Stress index SD2

68 bpm 13.7 50.9%

SNS Index = 0.62

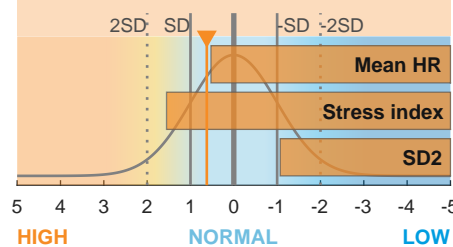
Parasympathetic tone (recovery)

PNS Index = -0.02



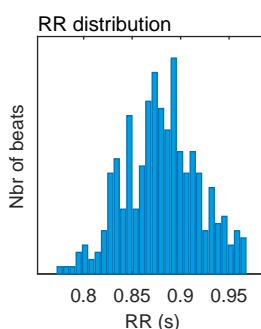
Sympathetic tone (stress)

SNS Index = 0.62



Time-Domain Results

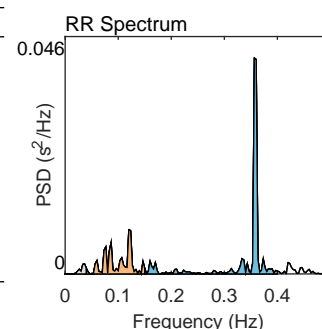
Variable	Units	Value
Mean RR*	(ms)	880
Mean HR*	(bpm)	68
Min HR	(bpm)	63
Max HR	(bpm)	74
SDNN	(ms)	29.4
RMSSD	(ms)	40.8
NN50	(beats)	89
pNN50	(%)	26.18
RR triangular index		7.75
TINN	(ms)	144.0
Stress Index (SI)		13.7



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)		0.037	0.120	0.357
Power	(ms ²)	22	212	430
Power	(log)	3.069	5.356	6.065
Power	(%)	3.24	31.91	64.78
Power	(n.u.)		32.97	66.95

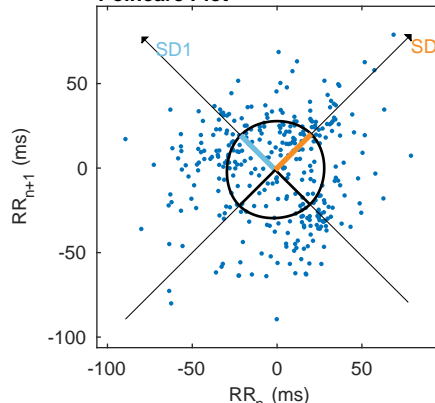
Total power	(ms ²)	664		
Total Power	(log)	6.499		
LF/HF ratio		0.493		
RESP	(Hz)	-		



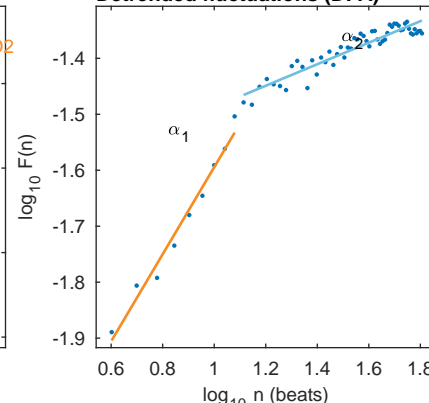
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	28.9
SD2	(ms)	29.9
SD2/SD1		1.035
Approximate Entropy (ApEn)		1.074
Sample Entropy (SampEn)		1.662
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.778
Long-term fluctuations, α_2		0.192

Poincare Plot



Detrended fluctuations (DFA)



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