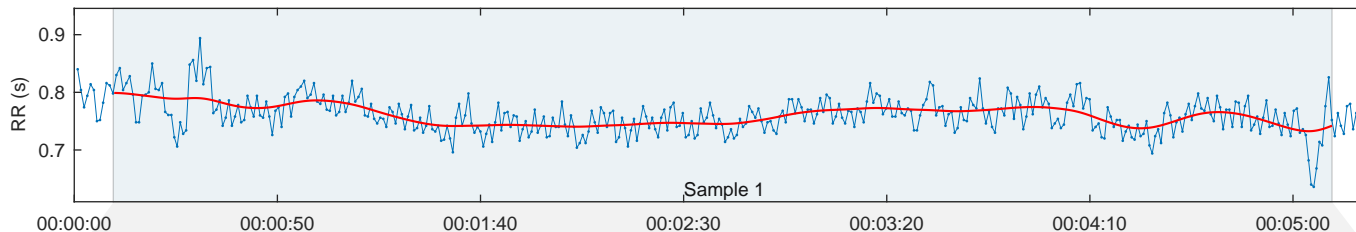
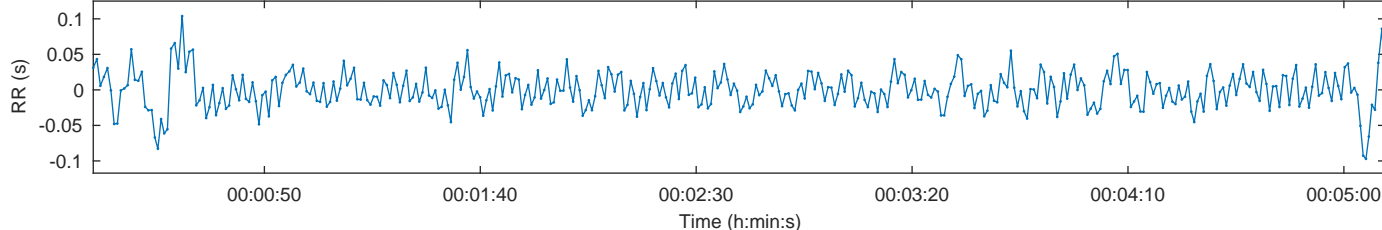


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:18	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 760 ms
RMSSD 28.1 ms
SD1 40.5%

PNS Index = -1.02

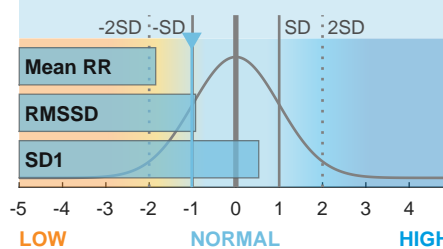
Sympathetic Nervous System (SNS)

Mean HR 79 bpm
Stress index 13.7
SD2 59.5%

SNS Index = 1.42

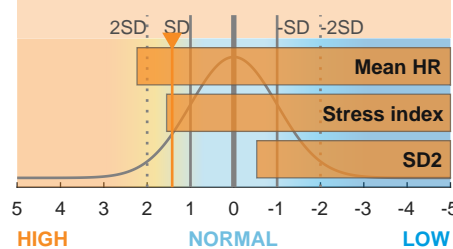
Parasympathetic tone (recovery)

PNS Index = -1.02



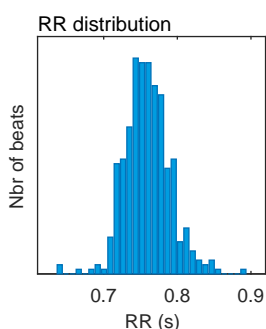
Sympathetic tone (stress)

SNS Index = 1.42



Time-Domain Results

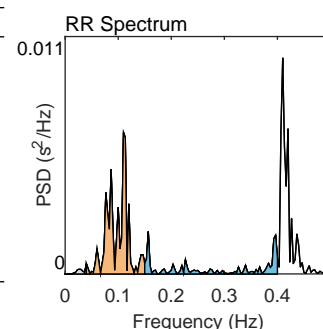
Variable	Units	Value
Mean RR*	(ms)	760
Mean HR*	(bpm)	79
Min HR	(bpm)	71
Max HR	(bpm)	90
SDNN	(ms)	25.0
RMSSD	(ms)	28.1
NN50	(beats)	18
pNN50	(%)	4.57
RR triangular index		7.18
TINN	(ms)	149.0
Stress Index (SI)		13.7



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)		0.040	0.110	0.157
Power	(ms ²)	4	164	56
Power	(log)	1.374	5.097	4.026
Power	(%)	1.76	72.93	25.00
Power	(n.u.)		74.23	25.45

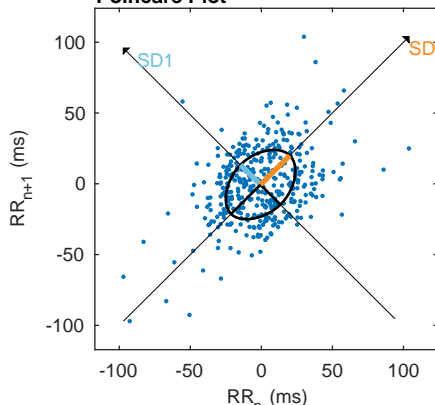
Total power	(ms ²)	224		
Total Power	(log)	5.413		
LF/HF ratio		2.917		
RESP	(Hz)	-		



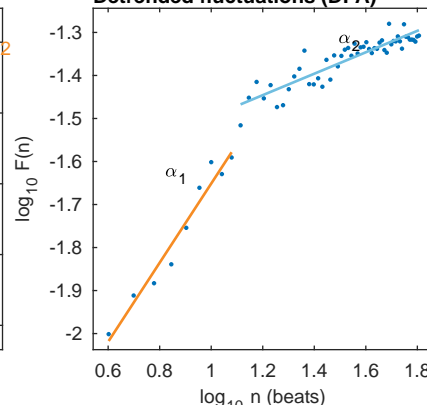
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	19.9
SD2	(ms)	29.2
SD2/SD1		1.472
Approximate Entropy (ApEn)		1.222
Sample Entropy (SampEn)		1.894
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.920
Long-term fluctuations, α_2		0.249

Poincare Plot



Detrended fluctuations (DFA)



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