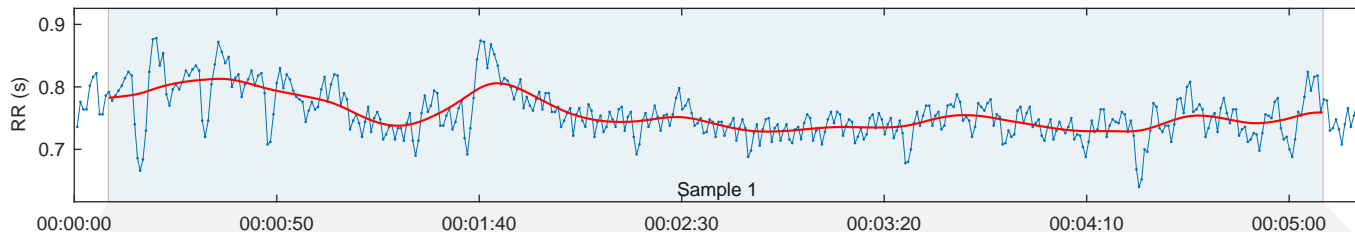
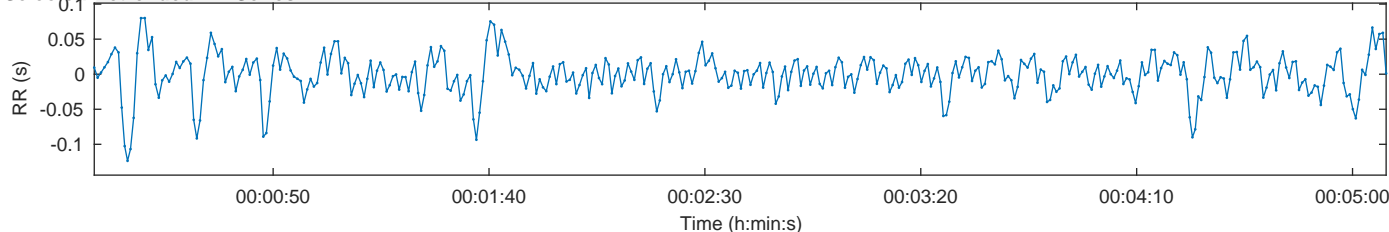


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height: 180 cm	Date:	Trend removal:	Smoothn priors	Sample start:	00:00:09
Age:	50 years	Weight: 78 kg	Start time:	Artefact corr.:	none	Sample length:	00:05:00
Max HR:	170 bpm	BMI: 24.1 kg/m ²	Duration:	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
756 ms 25.0 ms 33.0%

PNS Index = -1.21

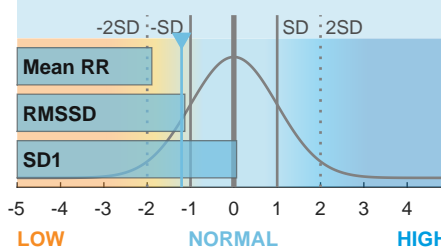
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
79 bpm 12.6 67.0%

SNS Index = 1.38

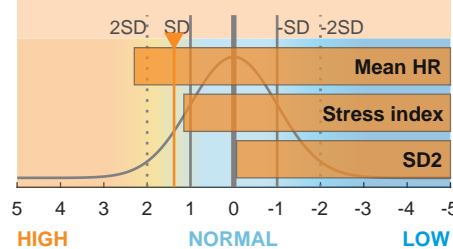
Parasympathetic tone (recovery)

PNS Index = -1.21



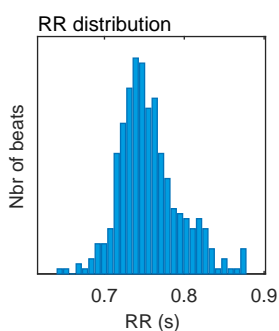
Sympathetic tone (stress)

SNS Index = 1.38



Time-Domain Results

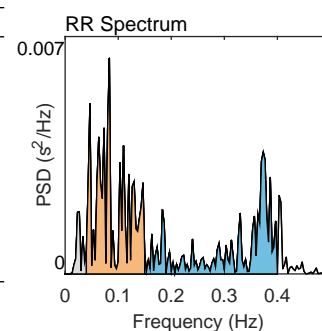
Variable	Units	Value
Mean RR*	(ms)	756
Mean HR*	(bpm)	79
Min HR	(bpm)	70
Max HR	(bpm)	89
SDNN	(ms)	28.3
RMSSD	(ms)	25.0
NN50	(beats)	14
pNN50	(%)	3.54
RR triangular index		7.22
TINN	(ms)	152.0
Stress Index (SI)		12.6



Frequency-Domain Results (FFT spectrum)

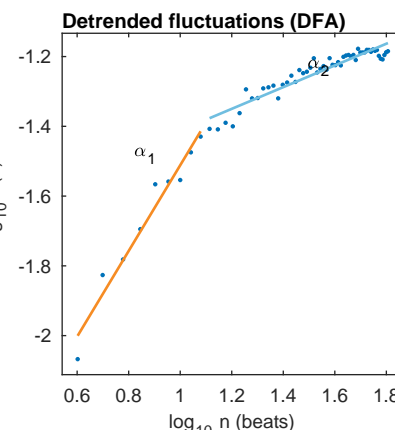
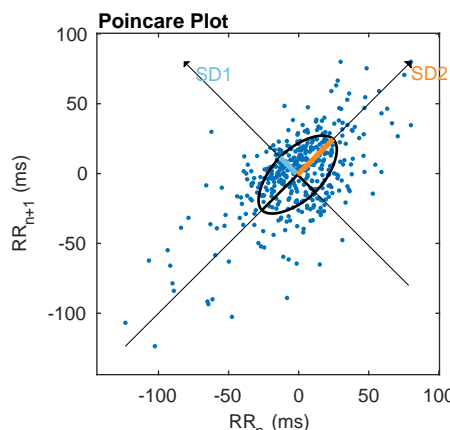
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.027	0.083	0.373
Power	(ms ²)	20	216	166
Power	(log)	3.003	5.374	5.115
Power	(%)	5.00	53.56	41.34
Power	(n.u.)		56.38	43.51

Total power	(ms ²)	403		
Total Power	(log)	5.998		
LF/HF ratio		1.296		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.7
SD2	(ms)	36.0
SD2/SD1		2.029
Approximate Entropy (ApEn)		1.123
Sample Entropy (SampEn)		1.492
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.228
Long-term fluctuations, α_2		0.311



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