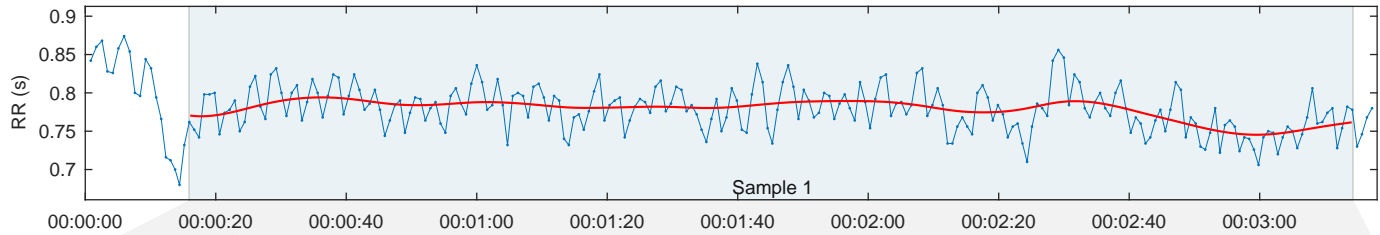
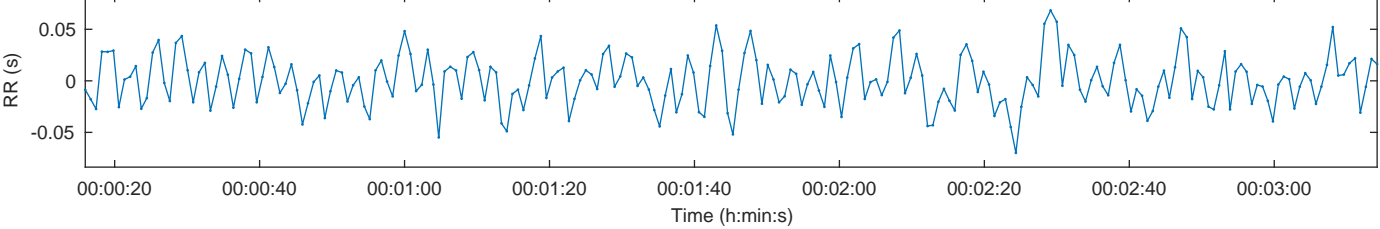


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:16
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:02:58
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:18	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
778 ms 28.2 ms 41.7%

PNS Index = -0.91

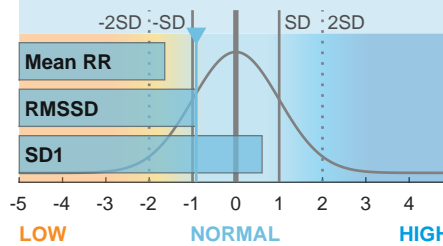
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
77 bpm 17.8 58.3%

SNS Index = 1.93

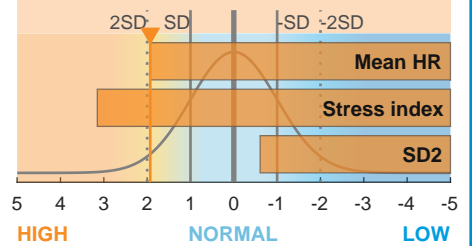
Parasympathetic tone (recovery)

PNS Index = -0.91



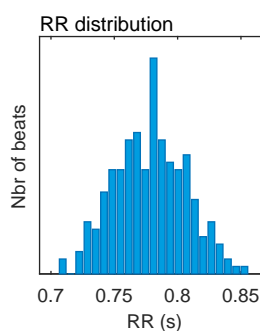
Sympathetic tone (stress)

SNS Index = 1.93



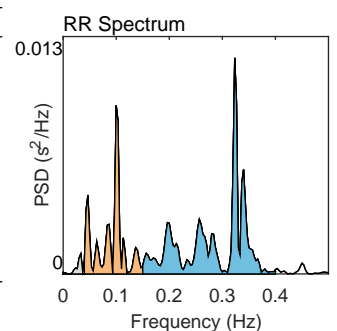
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	778
Mean HR*	(bpm)	77
Min HR	(bpm)	72
Max HR	(bpm)	82
SDNN	(ms)	24.2
RMSSD	(ms)	28.2
NN50	(beats)	16
pNN50	(%)	6.99
RR triangular index		7.93
TINN	(ms)	119.0
Stress Index (SI)		17.8



Frequency-Domain Results (FFT spectrum)

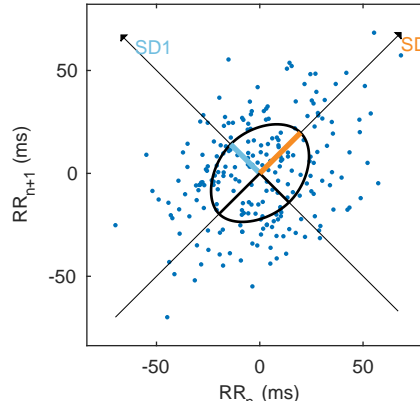
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.033	0.100	0.323
Power	(ms ²)	11	189	381
Power	(log)	2.442	5.240	5.943
Power	(%)	1.98	32.46	65.52
Power	(n.u.)		33.11	66.85
Total power		(ms ²)	581	
Total Power		(log)	6.365	
LF/HF ratio			0.495	
RESP		(Hz)	-	



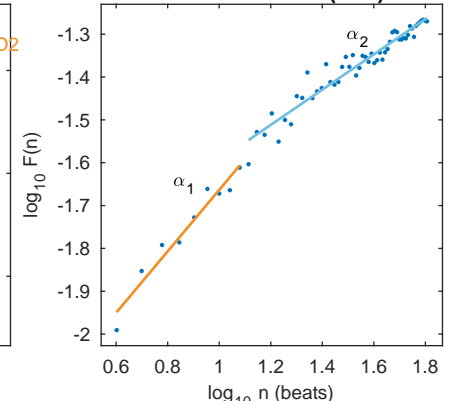
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	20.0
SD2	(ms)	27.9
SD2/SD1		1.398
Approximate Entropy (ApEn)		0.894
Sample Entropy (SampEn)		1.980
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.717
Long-term fluctuations, α_2		0.412

Poincare Plot



Detrended fluctuations (DFA)



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