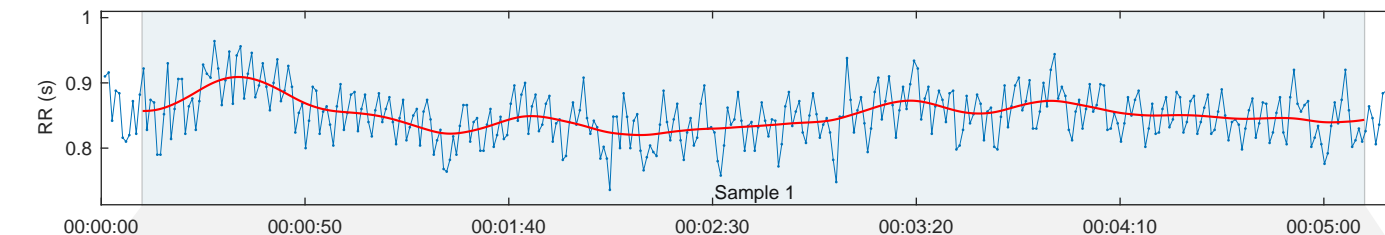
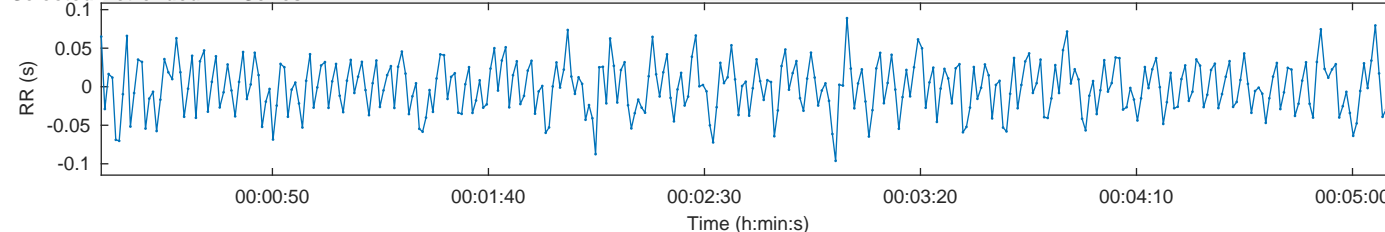


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:17	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 850 ms
RMSSD 40.7 ms
SD1 44.9%

PNS Index = -0.22

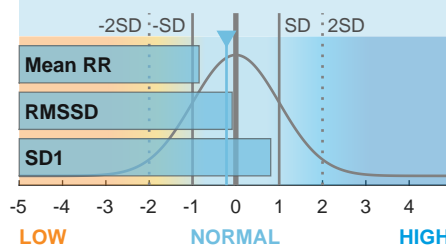
Sympathetic Nervous System (SNS)

Mean HR 71 bpm
Stress index 11.9
SD2 55.1%

SNS Index = 0.56

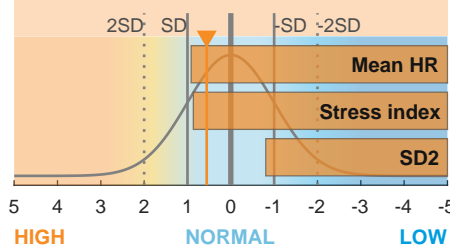
Parasympathetic tone (recovery)

PNS Index = -0.22



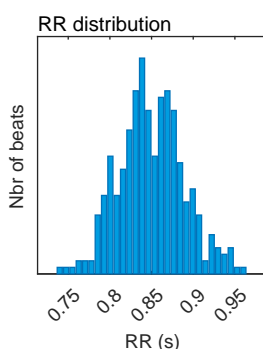
Sympathetic tone (stress)

SNS Index = 0.56



Time-Domain Results

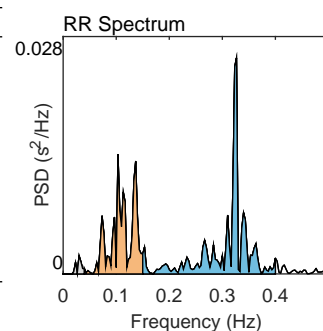
Variable	Units	Value
Mean RR*	(ms)	850
Mean HR*	(bpm)	71
Min HR	(bpm)	65
Max HR	(bpm)	76
SDNN	(ms)	32.4
RMSSD	(ms)	40.7
NN50	(beats)	80
pNN50	(%)	22.73
RR triangular index		10.70
TINN	(ms)	161.0
Stress Index (SI)		11.9



Frequency-Domain Results (FFT spectrum)

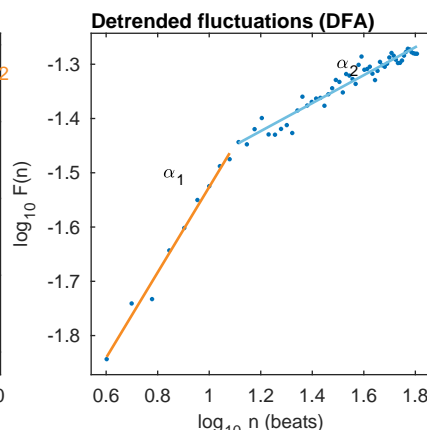
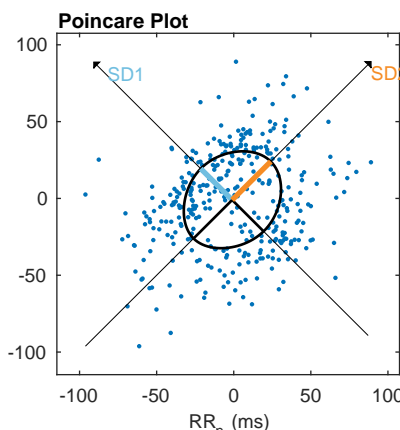
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.030	0.103	0.327
Power	(ms ²)	21	423	558
Power	(log)	3.039	6.048	6.324
Power	(%)	2.08	42.17	55.57
Power	(n.u.)		43.07	56.75

Total power	(ms ²)	1004		
Total Power	(log)	6.912		
LF/HF ratio		0.759		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	28.8
SD2	(ms)	35.4
SD2/SD1		1.228
Approximate Entropy (ApEn)		1.114
Sample Entropy (SampEn)		1.760
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.787
Long-term fluctuations, α_2		0.258



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