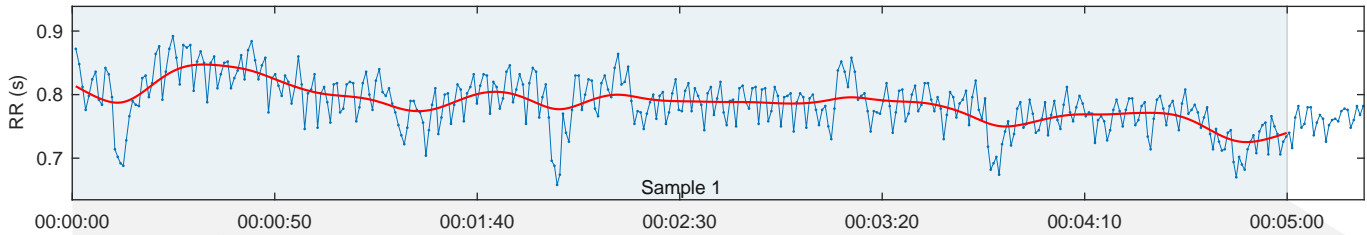
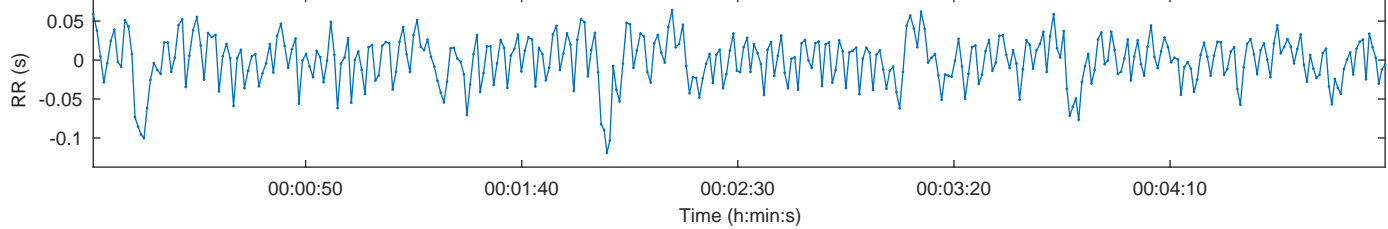


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:19	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
785 ms 33.0 ms 39.3%

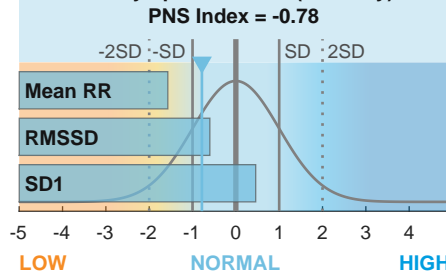
PNS Index = -0.78

Sympathetic Nervous System (SNS)

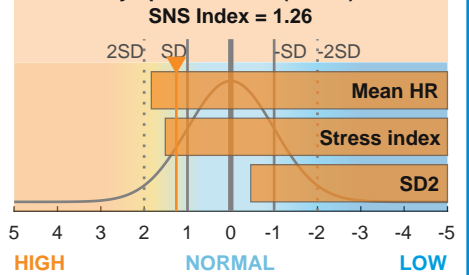
Mean HR Stress index SD2
76 bpm 13.6 60.7%

SNS Index = 1.26

Parasympathetic tone (recovery)

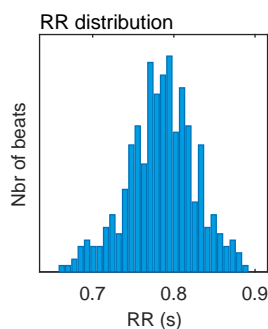


Sympathetic tone (stress)



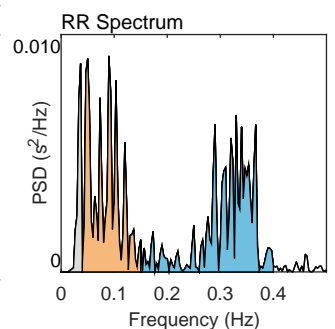
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	785
Mean HR*	(bpm)	76
Min HR	(bpm)	69
Max HR	(bpm)	87
SDNN	(ms)	30.4
RMSSD	(ms)	33.0
NN50	(beats)	43
pNN50	(%)	11.29
RR triangular index		8.49
TINN	(ms)	151.0
Stress Index (SI)		13.6



Frequency-Domain Results (FFT spectrum)

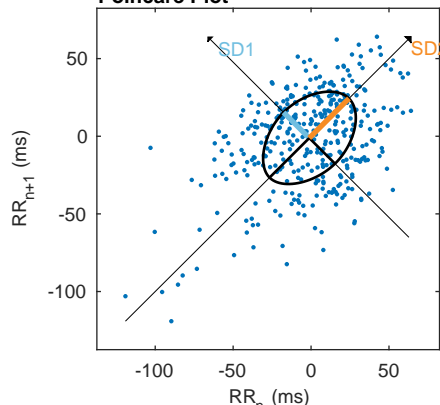
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.037	0.090	0.330
Power	(ms ²)	72	371	426
Power	(log)	4.273	5.916	6.054
Power	(%)	8.26	42.71	49.00
Power	(n.u.)		46.55	53.41
Total power		(ms ²)	869	
Total Power		(log)	6.767	
LF/HF ratio			0.872	
RESP		(Hz)	-	



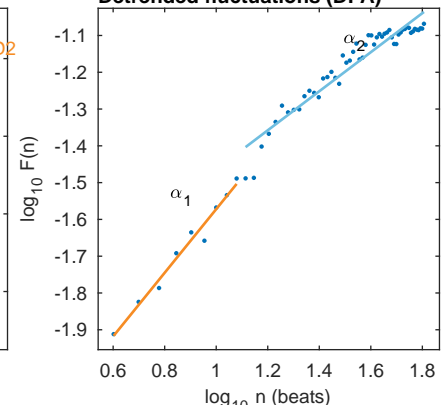
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.4
SD2	(ms)	36.0
SD2/SD1		1.543
Approximate Entropy (ApEn)		1.202
Sample Entropy (SampEn)		1.761
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.865
Long-term fluctuations, α_2		0.531

Poincare Plot



Detrended fluctuations (DFA)



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