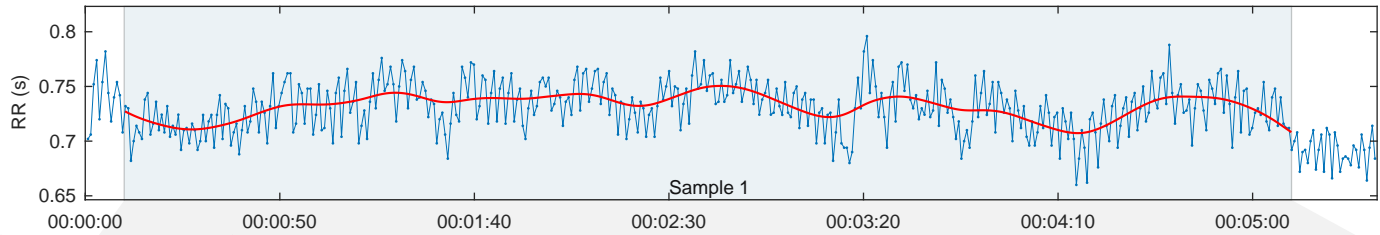
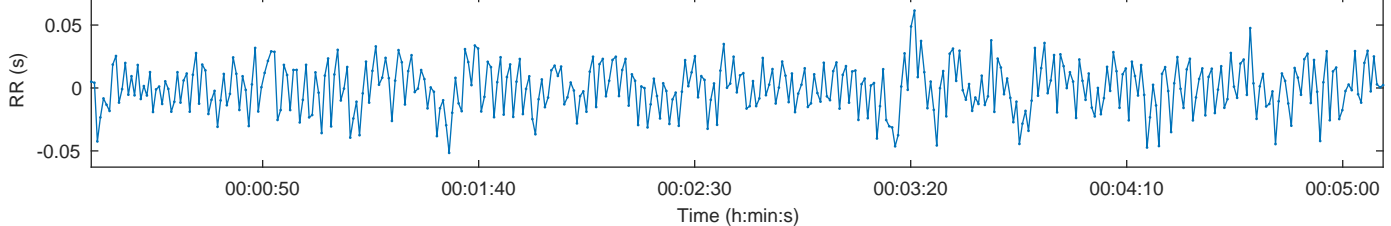


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:32	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
731 ms 25.6 ms 47.7%

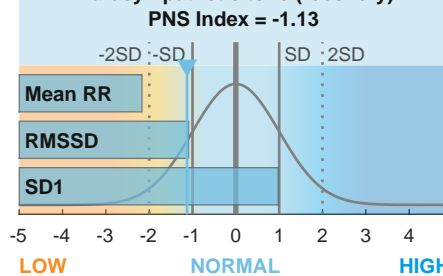
PNS Index = -1.13

Sympathetic Nervous System (SNS)

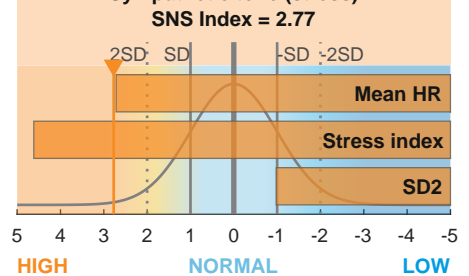
Mean HR Stress index SD2
82 bpm 21.6 52.3%

SNS Index = 2.77

Parasympathetic tone (recovery)

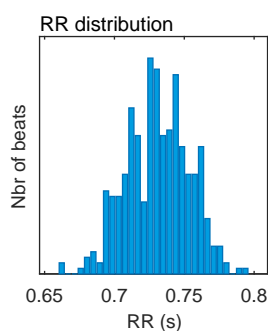


Sympathetic tone (stress)



Time-Domain Results

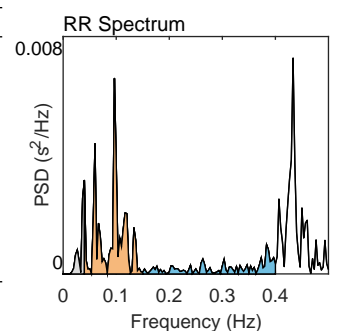
Variable	Units	Value
Mean RR*	(ms)	731
Mean HR*	(bpm)	82
Min HR	(bpm)	78
Max HR	(bpm)	88
SDNN	(ms)	19.0
RMSSD	(ms)	25.6
NN50	(beats)	11
pNN50	(%)	2.69
RR triangular index		6.61
TINN	(ms)	100.0
Stress Index (SI)		21.6



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)		0.040	0.097	0.383
Power	(ms ²)	20	121	44
Power	(log)	3.001	4.793	3.784
Power	(%)	10.86	65.19	23.76
Power	(n.u.)		73.14	26.65

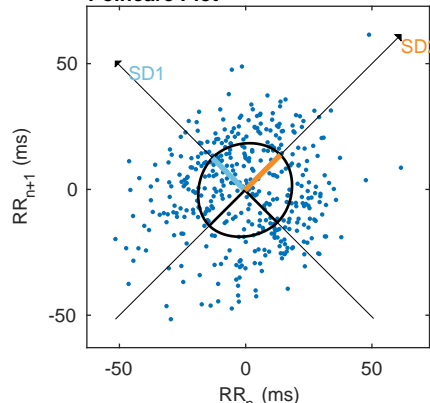
Total power	(ms ²)	185		
Total Power	(log)	5.221		
LF/HF ratio		2.744		
RESP	(Hz)	-		



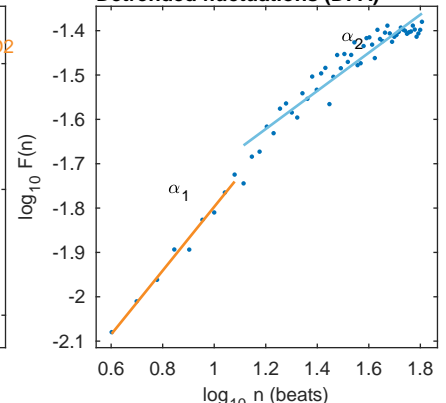
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	18.1
SD2	(ms)	19.9
SD2/SD1		1.098
Approximate Entropy (ApEn)		1.221
Sample Entropy (SampEn)		2.018
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.719
Long-term fluctuations, α_2		0.430

Poincare Plot



Detrended fluctuations (DFA)



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