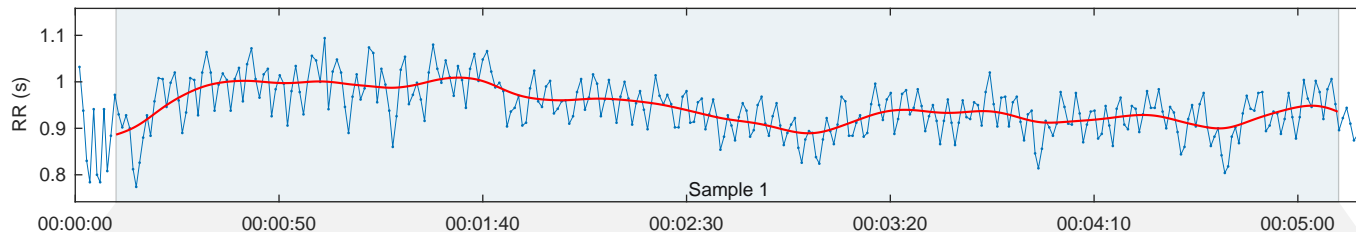
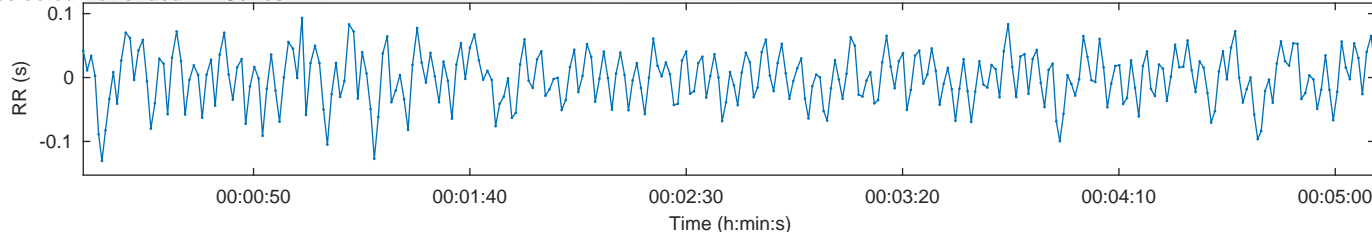


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:17	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
945 ms 48.4 ms 42.8%

PNS Index = 0.39

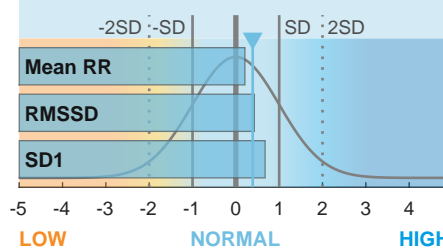
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
64 bpm 9.9 57.2%

SNS Index = -0.17

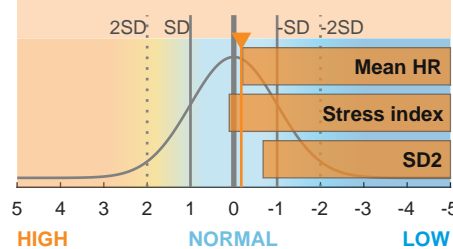
Parasympathetic tone (recovery)

PNS Index = 0.39



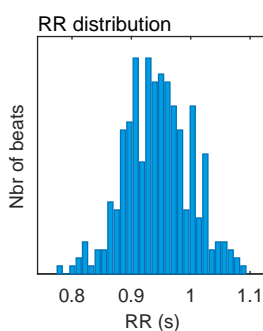
Sympathetic tone (stress)

SNS Index = -0.17



Time-Domain Results

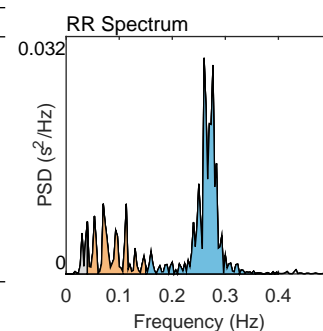
Variable	Units	Value
Mean RR*	(ms)	945
Mean HR*	(bpm)	64
Min HR	(bpm)	58
Max HR	(bpm)	72
SDNN	(ms)	40.4
RMSSD	(ms)	48.4
NN50	(beats)	111
pNN50	(%)	35.13
RR triangular index		9.61
TINN	(ms)	186.0
Stress Index (SI)		9.9



Frequency-Domain Results (FFT spectrum)

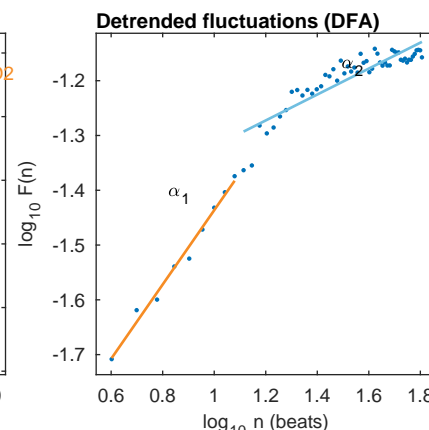
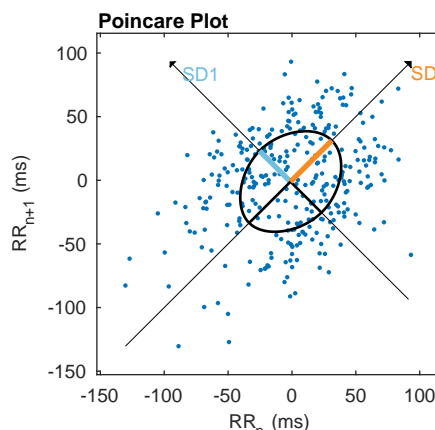
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.040	0.070	0.260
Power	(ms ²)	55	297	841
Power	(log)	4.012	5.695	6.734
Power	(%)	4.63	24.91	70.45
Power	(n.u.)		26.12	73.87

Total power	(ms ²)	1193		
Total Power	(log)	7.085		
LF/HF ratio		0.354		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	34.3
SD2	(ms)	45.8
SD2/SD1		1.336
Approximate Entropy (ApEn)		1.124
Sample Entropy (SampEn)		1.900
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.678
Long-term fluctuations, α_2		0.237



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