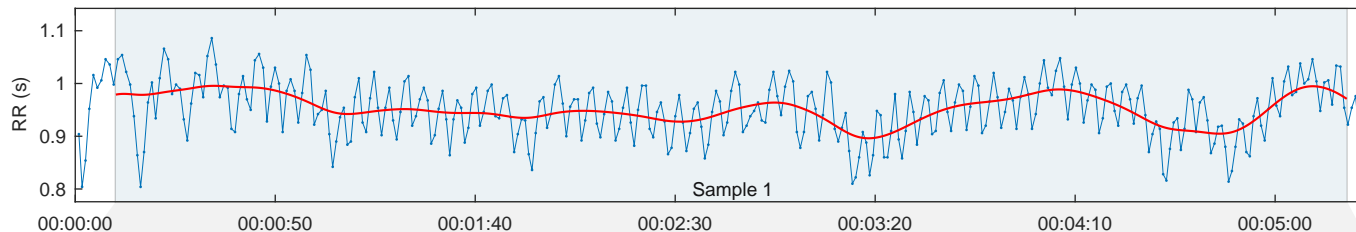
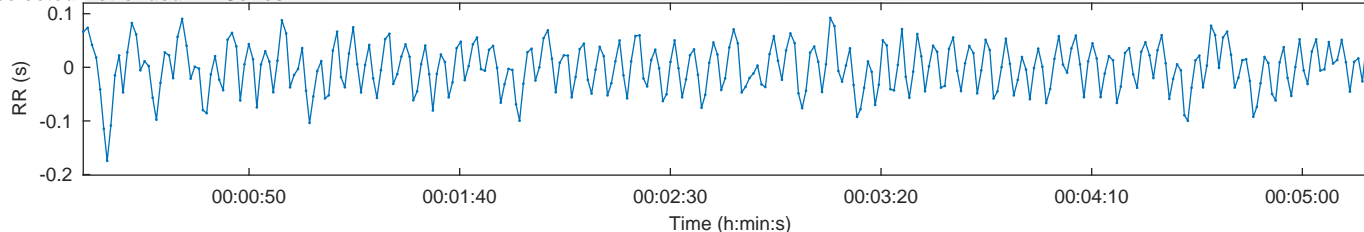


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:08
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:23	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
950 ms 49.1 ms 40.4%

PNS Index = 0.40

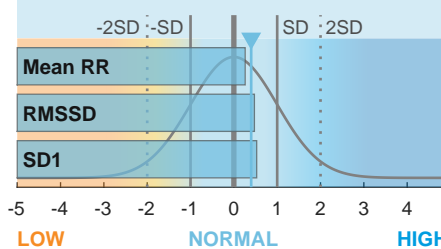
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
63 bpm 8.7 59.6%

SNS Index = -0.36

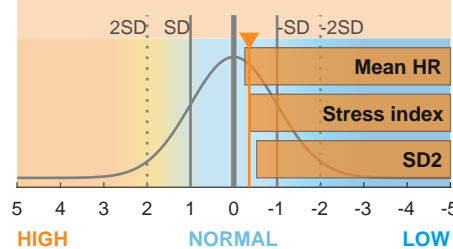
Parasympathetic tone (recovery)

PNS Index = 0.40



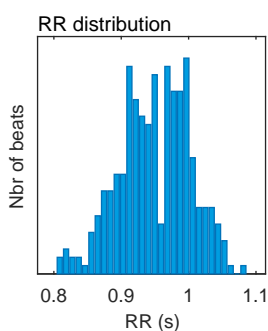
Sympathetic tone (stress)

SNS Index = -0.36



Time-Domain Results

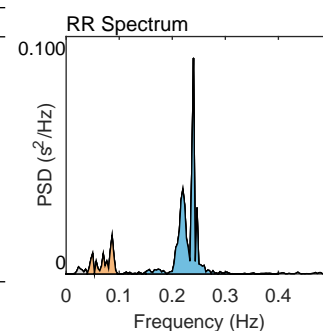
Variable	Units	Value
Mean RR*	(ms)	950
Mean HR*	(bpm)	63
Min HR	(bpm)	57
Max HR	(bpm)	70
SDNN	(ms)	43.8
RMSSD	(ms)	49.1
NN50	(beats)	136
pNN50	(%)	42.11
RR triangular index		11.57
TINN	(ms)	223.0
Stress Index (SI)		8.7



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)		0.023	0.087	0.240
Power	(ms ²)	37	299	1291
Power	(log)	3.607	5.700	7.163
Power	(%)	2.26	18.37	79.35
Power	(n.u.)		18.80	81.19

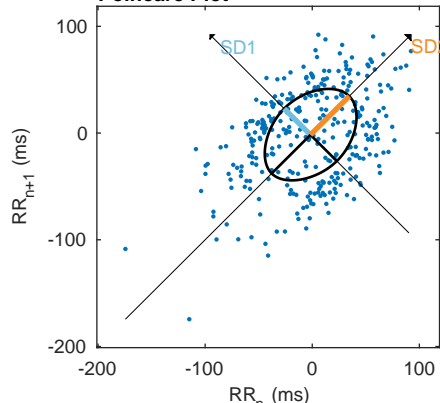
Total power	(ms ²)	1627		
Total Power	(log)	7.395		
LF/HF ratio		0.232		
RESP	(Hz)	-		



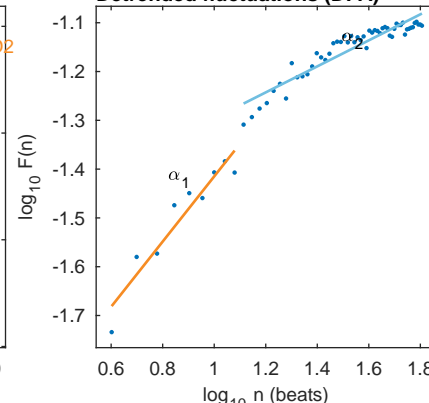
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	34.8
SD2	(ms)	51.2
SD2/SD1		1.473
Approximate Entropy (ApEn)		1.071
Sample Entropy (SampEn)		1.644
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.668
Long-term fluctuations, α_2		0.267

Poincare Plot



Detrended fluctuations (DFA)



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