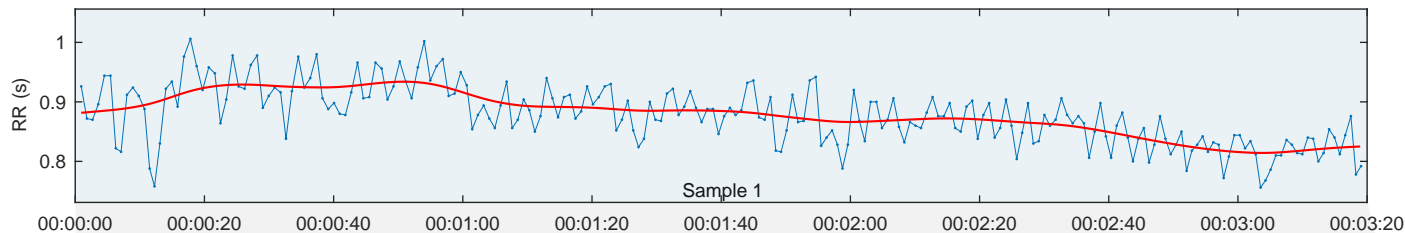
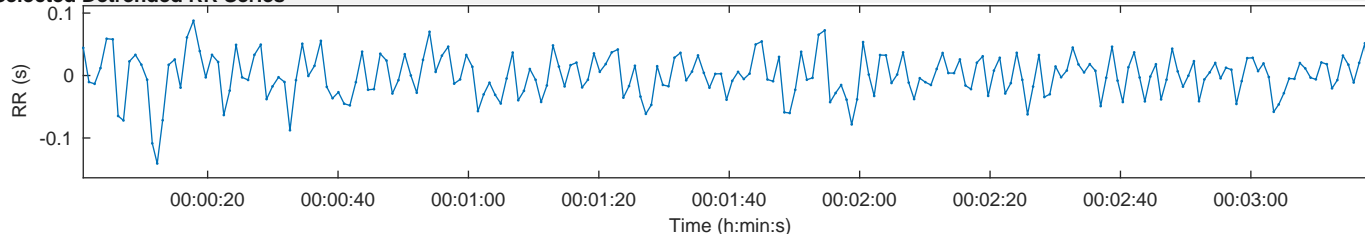


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:20
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:20	Analysis samples:	1
			Trend removal:			Smoothn priors	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 877 ms
RMSSD 41.3 ms
SD1 43.4%

PNS Index = -0.10

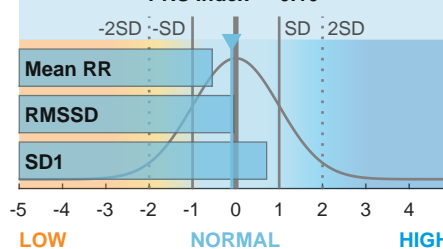
Sympathetic Nervous System (SNS)

Mean HR 68 bpm
Stress index 11.6
SD2 56.6%

SNS Index = 0.39

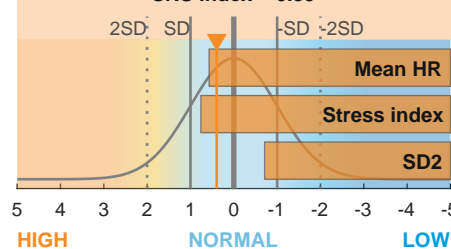
Parasympathetic tone (recovery)

PNS Index = -0.10



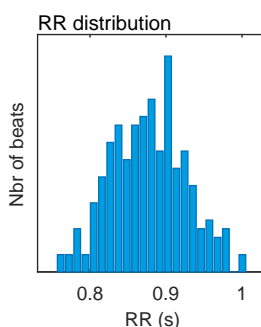
Sympathetic tone (stress)

SNS Index = 0.39



Time-Domain Results

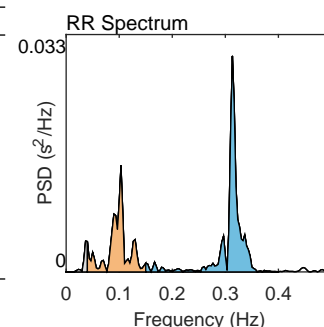
Variable	Units	Value
Mean RR*	(ms)	877
Mean HR*	(bpm)	68
Min HR	(bpm)	62
Max HR	(bpm)	76
SDNN	(ms)	34.1
RMSSD	(ms)	41.3
NN50	(beats)	48
pNN50	(%)	21.24
RR triangular index		8.41
TINN	(ms)	174.0
Stress Index (SI)		11.6



Frequency-Domain Results (FFT spectrum)

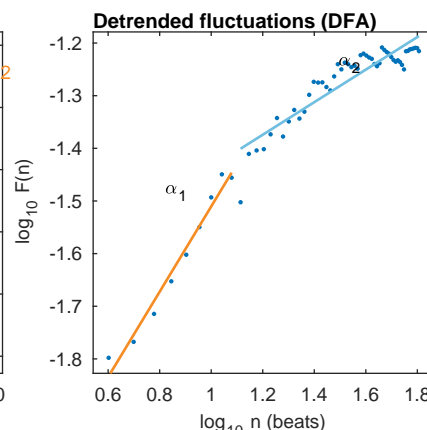
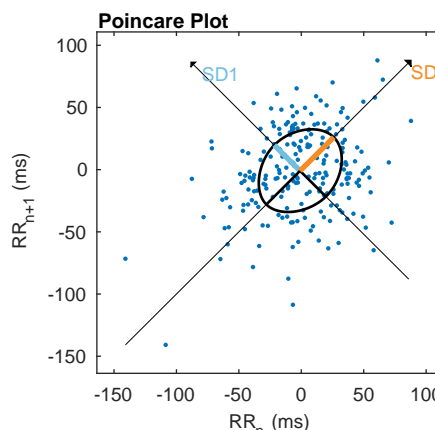
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.037	0.103	0.313
Power	(ms ²)	30	346	546
Power	(log)	3.409	5.847	6.302
Power	(%)	3.28	37.53	59.19
Power	(n.u.)		38.80	61.19

Total power	(ms ²)	922		
Total Power	(log)	6.827		
LF/HF ratio		0.634		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	29.3
SD2	(ms)	38.2
SD2/SD1		1.306
Approximate Entropy (ApEn)		0.972
Sample Entropy (SampEn)		2.144
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.810
Long-term fluctuations, α_2		0.309



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