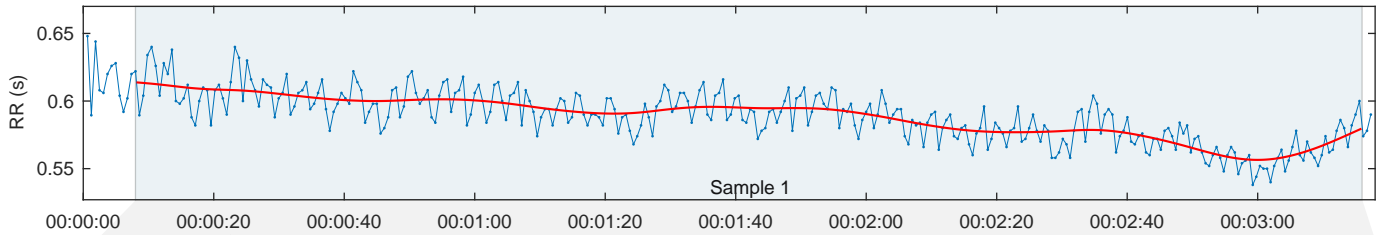
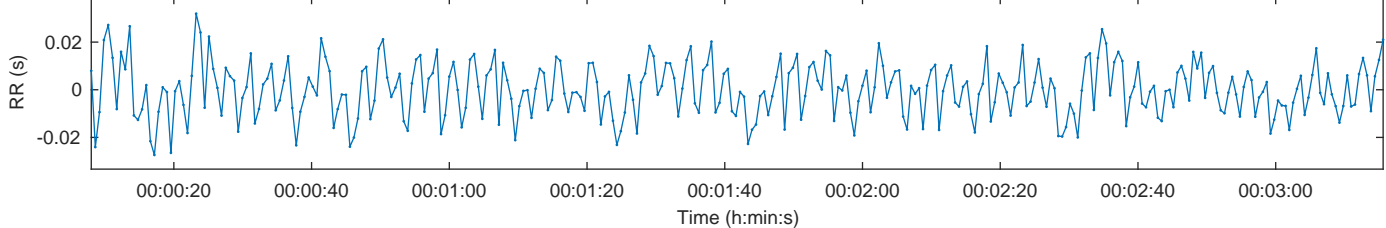


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:08
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:08
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:18	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR: 588 ms
RMSSD: 13.4 ms
SD1: 43.0%

PNS Index = -2.24

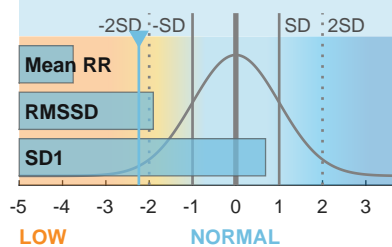
Sympathetic Nervous System (SNS)

Mean HR: 102 bpm
Stress index: 33.9
SD2: 57.0%

SNS Index = 6.21

Parasympathetic tone (recovery)

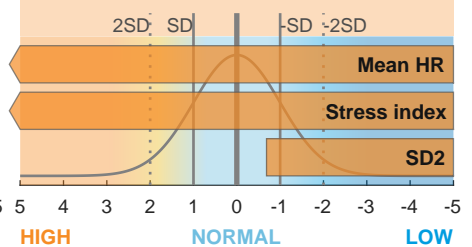
PNS Index = -2.24



LOW NORMAL HIGH

Sympathetic tone (stress)

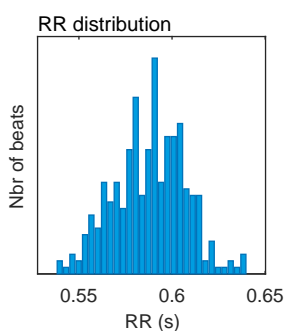
SNS Index = 6.21



HIGH NORMAL LOW

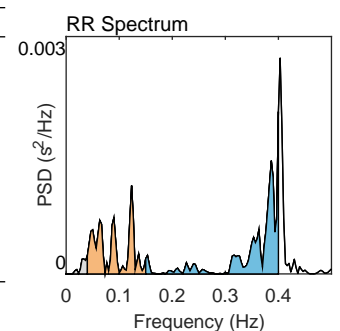
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	588
Mean HR*	(bpm)	102
Min HR	(bpm)	96
Max HR	(bpm)	110
SDNN	(ms)	11.2
RMSSD	(ms)	13.4
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.00
TINN	(ms)	54.0
Stress Index (SI)		33.9



Frequency-Domain Results (FFT spectrum)

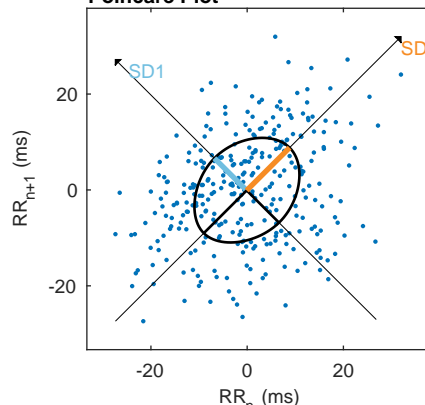
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.040	0.123	0.400
Power	(ms ²)	2	30	41
Power	(log)	0.862	3.392	3.721
Power	(%)	3.15	39.49	54.89
Power	(n.u.)		40.78	56.67
Total power	(ms ²)	75		
Total Power	(log)	4.321		
LF/HF ratio		0.719		
RESP	(Hz)	-		



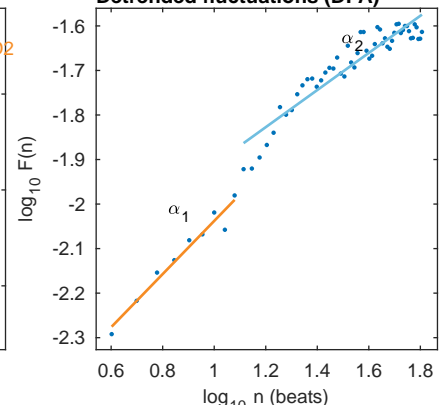
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	9.5
SD2	(ms)	12.6
SD2/SD1		1.327
Approximate Entropy (ApEn)		1.097
Sample Entropy (SampEn)		2.018
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.597
Long-term fluctuations, α_2		0.417

Poincare Plot



Detrended fluctuations (DFA)



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