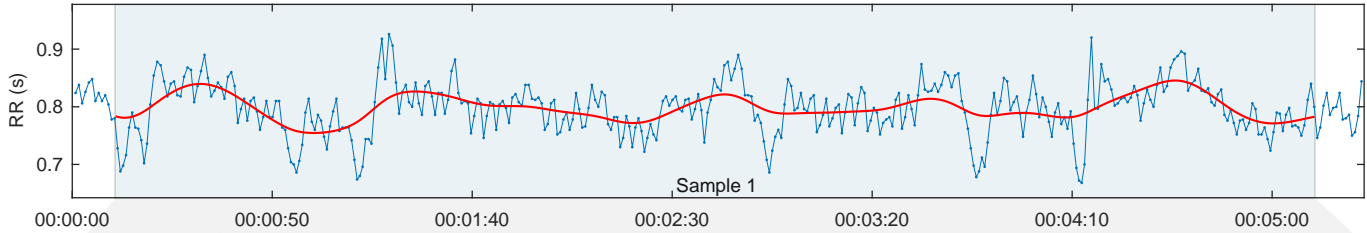
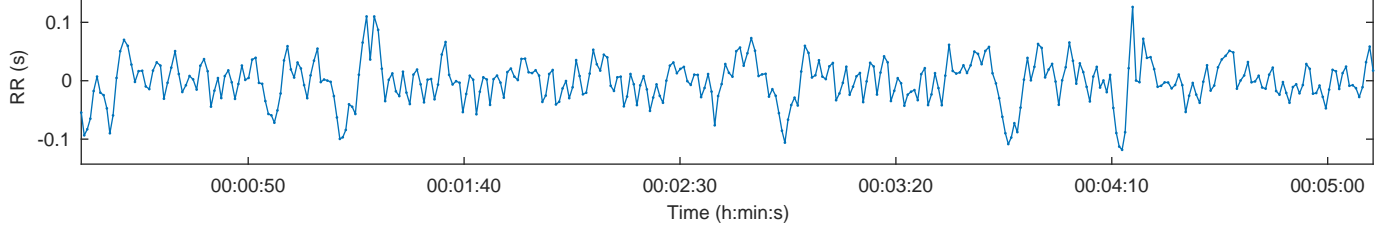


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m <sup>2</sup>	Duration:	00:05:23	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected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

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR 796 ms  
RMSSD 31.3 ms  
SD1 32.0%

**PNS Index = -0.87**

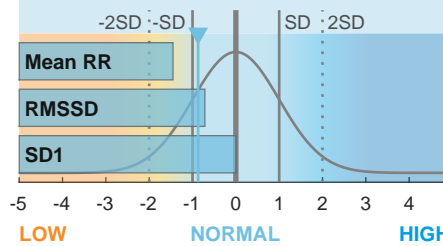
### Sympathetic Nervous System (SNS)

Mean HR 75 bpm  
Stress index 10.6  
SD2 68.0%

**SNS Index = 0.82**

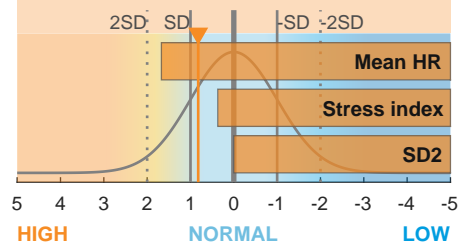
### Parasympathetic tone (recovery)

PNS Index = -0.87



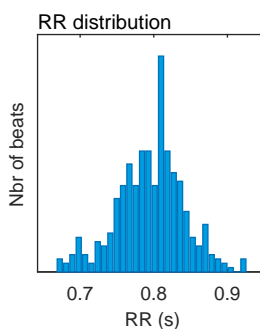
### Sympathetic tone (stress)

SNS Index = 0.82



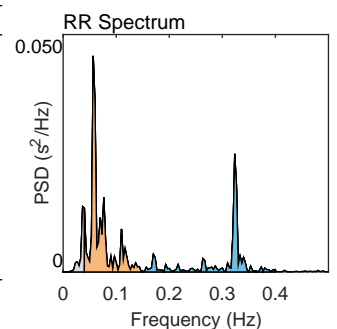
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	796
Mean HR*	(bpm)	75
Min HR	(bpm)	67
Max HR	(bpm)	86
SDNN	(ms)	36.8
RMSSD	(ms)	31.3
NN50	(beats)	33
pNN50	(%)	8.78
RR triangular index		8.57
TINN	(ms)	188.0
Stress Index (SI)		10.6



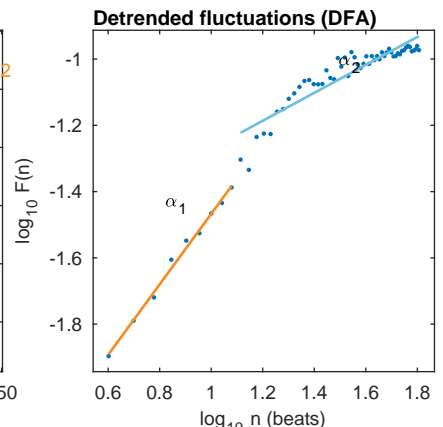
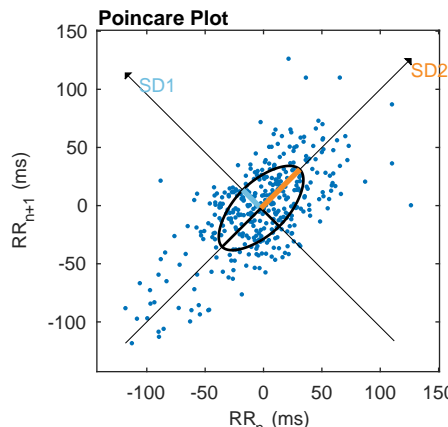
## Frequency-Domain Results (FFT spectrum)

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	0.057	0.323
Power	(ms <sup>2</sup> )	99	668	356
Power	(log)	4.595	6.504	5.874
Power	(%)	8.81	59.50	31.67
Power	(n.u.)		65.25	34.73
Total power	(ms <sup>2</sup> )	1123		
Total Power	(log)	7.023		
LF/HF ratio		1.879		
RESP	(Hz)	-		



## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	22.1
SD2	(ms)	47.1
SD2/SD1		2.126
Approximate Entropy (ApEn)		1.211
Sample Entropy (SampEn)		1.795
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.064
Long-term fluctuations, $\alpha_2$		0.422



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