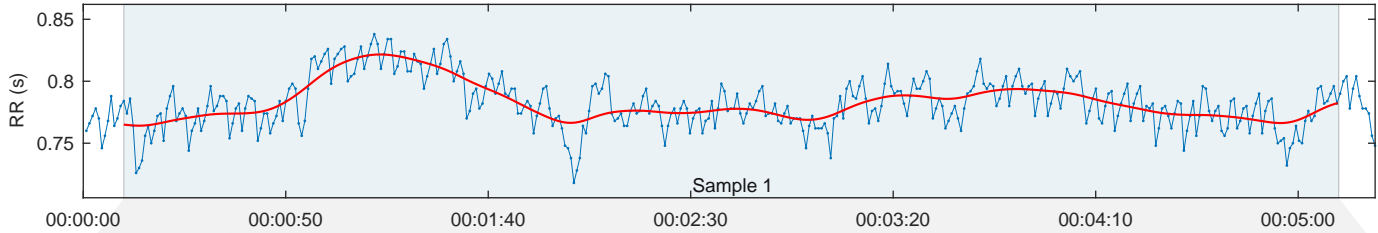
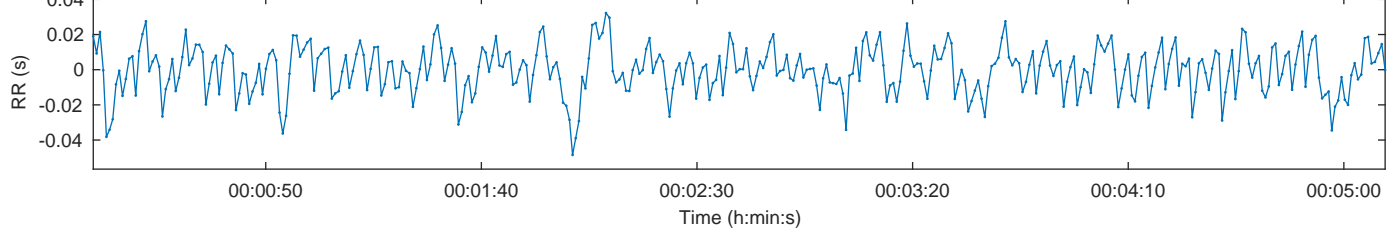


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:19	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 782 ms RMSSD 13.4 ms SD1 36.7%

PNS Index = -1.35

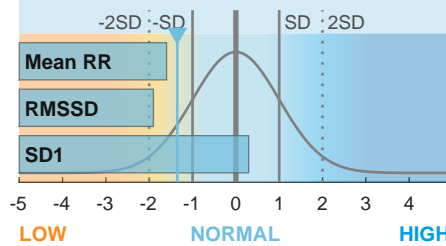
Sympathetic Nervous System (SNS)

Mean HR 77 bpm Stress index 27.0 SD2 63.3%

SNS Index = 3.40

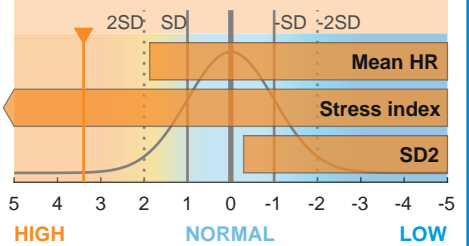
Parasympathetic tone (recovery)

PNS Index = -1.35



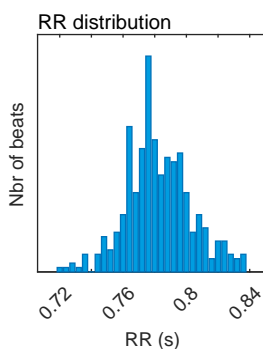
Sympathetic tone (stress)

SNS Index = 3.40



Time-Domain Results

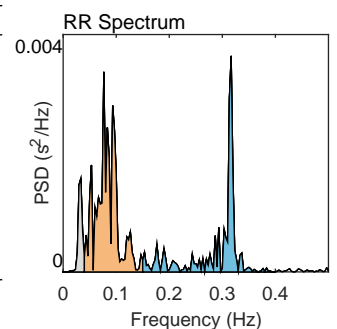
Variable	Units	Value
Mean RR*	(ms)	782
Mean HR*	(bpm)	77
Min HR	(bpm)	73
Max HR	(bpm)	82
SDNN	(ms)	13.4
RMSSD	(ms)	13.4
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		3.92
TINN	(ms)	67.0
Stress Index (SI)		27.0



Frequency-Domain Results (FFT spectrum)

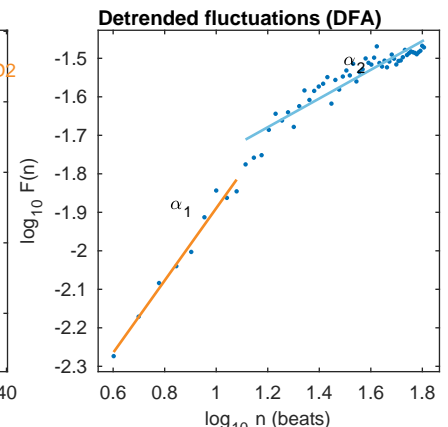
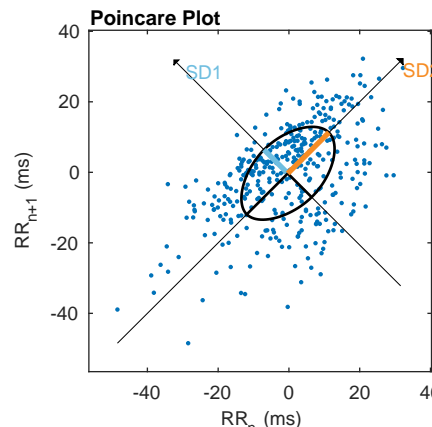
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.033	0.077	0.317
Power	(ms ²)	13	90	55
Power	(log)	2.545	4.496	4.016
Power	(%)	8.07	56.80	35.13
Power	(n.u.)		61.78	38.21

Total power	(ms ²)	158		
Total Power	(log)	5.062		
LF/HF ratio		1.617		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	9.5
SD2	(ms)	16.4
SD2/SD1		1.724
Approximate Entropy (ApEn)		1.192
Sample Entropy (SampEn)		1.777
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.939
Long-term fluctuations, α_2		0.373



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