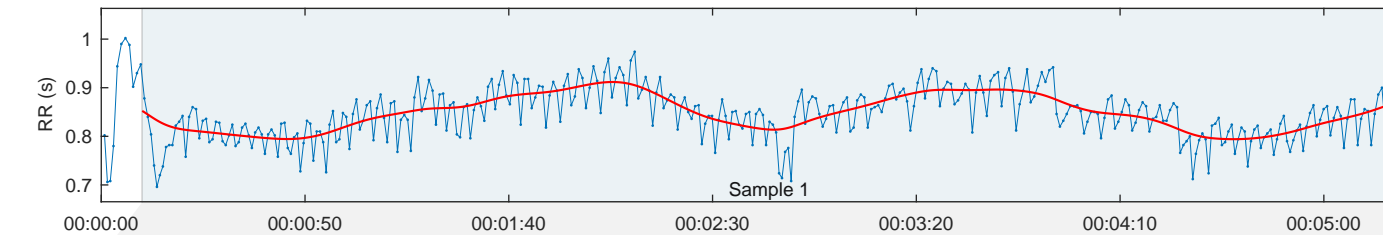
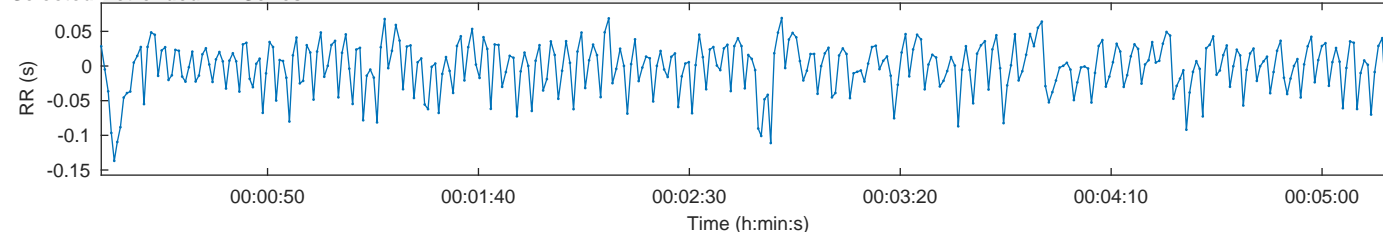


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:07
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:17	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1

844 ms 44.1 ms 44.8%

PNS Index = -0.15

Sympathetic Nervous System (SNS)

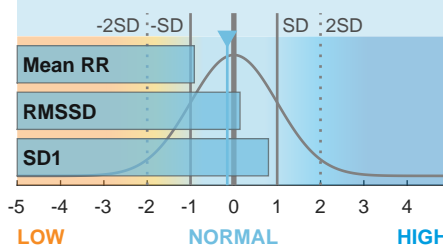
Mean HR Stress index SD2

71 bpm 11.6 55.2%

SNS Index = 0.54

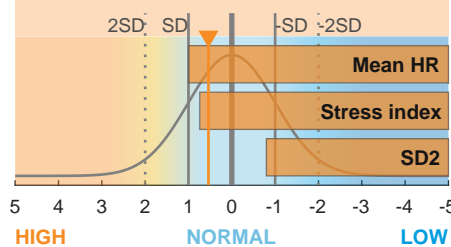
Parasympathetic tone (recovery)

PNS Index = -0.15



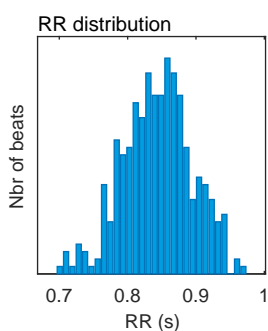
Sympathetic tone (stress)

SNS Index = 0.54



Time-Domain Results

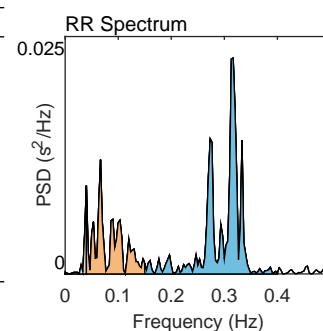
Variable	Units	Value
Mean RR*	(ms)	844
Mean HR*	(bpm)	71
Min HR	(bpm)	64
Max HR	(bpm)	82
SDNN	(ms)	35.1
RMSSD	(ms)	44.1
NN50	(beats)	112
pNN50	(%)	30.85
RR triangular index		8.67
TINN	(ms)	180.0
Stress Index (SI)		11.6



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)		0.040	0.067	0.317
Power	(ms ²)	36	339	704
Power	(log)	3.584	5.826	6.557
Power	(%)	3.34	31.41	65.24
Power	(n.u.)		32.50	67.49

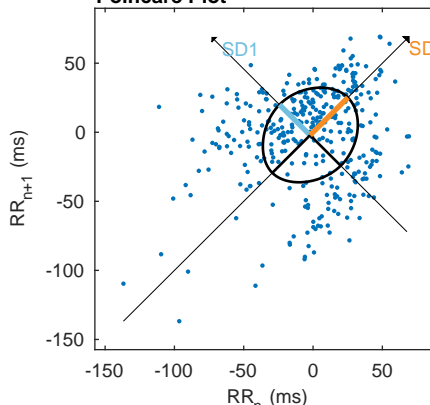
Total power	(ms ²)	1079		
Total Power	(log)	6.984		
LF/HF ratio		0.482		
RESP	(Hz)	-		



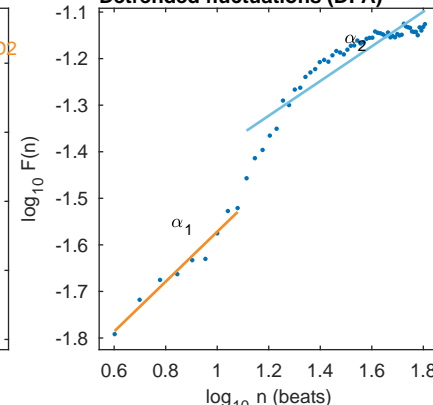
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	31.3
SD2	(ms)	38.6
SD2/SD1		1.233
Approximate Entropy (ApEn)		1.170
Sample Entropy (SampEn)		1.767
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.536
Long-term fluctuations, α_2		0.373

Poincare Plot



Detrended fluctuations (DFA)



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