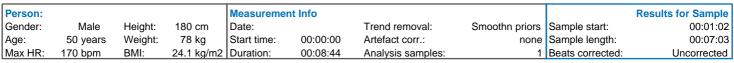
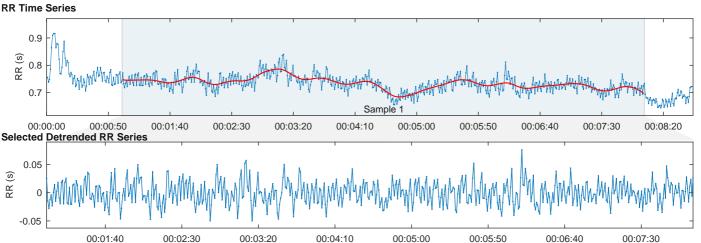
HRV Analysis Results



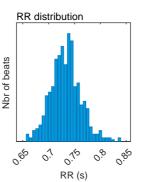


Autonomic nervous system indexes Parasympathetic tone (recovery) Parasympathetic Nervous System (PNS) Sympathetic tone (stress) Mean RR **RMSSD** SD1 PNS Index = -1.17SNS Index = 2.63 **733** ms 44.7% **25.1** ms SD 2SD -2SD -SD -SD -2SD PNS Index = -1.17Mean RR Mean HR **RMSSD** Sympathetic Nervous System (SNS) Stress index Mean HR Stress index SD1 SD2 **82** bpm 20.5 55.3% SNS Index = 2.63-5 -4 0 1 5 5 4 3 2 0 -1 -3 -4 -5 LOW **NORMAL** HIGH HIGH **NORMAL** LOW

Time (h:min:s)

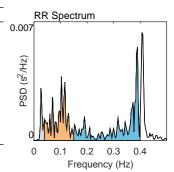
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	733
Mean HR*	(bpm)	82
Min HR	(bpm)	74
Max HR	(bpm)	90
SDNN	(ms)	20.0
RMSSD	(ms)	25.1
NN50	(beats)	12
pNN50	(%)	2.08
RR triangular index		6.27
TINN	(ms)	103.0
Stress Index	(SI)	20.5



Variable	Units	VLF	LF	HF
Frequency Peak frequ		0.00-0.04 0.027	0.04-0.15 0.103	0.15-0.40 0.390
Power Power Power Power	(ms ²) (log) (%) (n.u.)	25 3.235 7.88	123 4.815 38.27 41.54	172 5.147 53.34 57.90
Total powe Total Powe LF/HF ratio RESP	er (log)	322 5.776 0.717 -		

Frequency-Domain Results (FFT spectrum)



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.8
SD2	(ms)	22.0
SD2/SD1		1.236
Approximate Entropy (ApEn)		1.369
Sample Entropy (SampEn)		1.924
Detrended Fluctutation Analysis (D	FA)	
Short-term fluctuations, α 1		0.732
Long-term fluctuations, α 2		0.511

