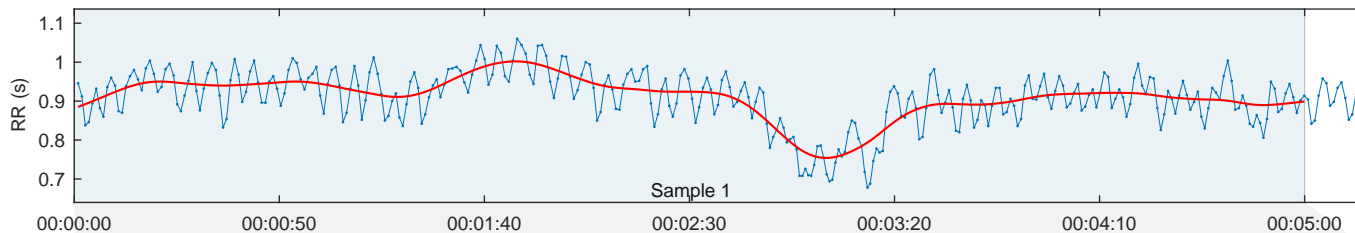
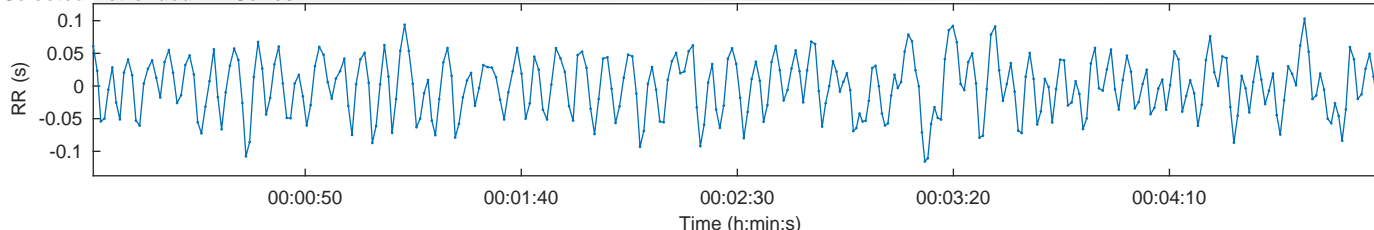


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:15	Beats corrected:	Uncorrected
			Trend removal:			Smoothn priors	none
			Artefact corr.:				
			Analysis samples:			1	

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
906 ms 44.1 ms 37.1%

PNS Index = 0.03

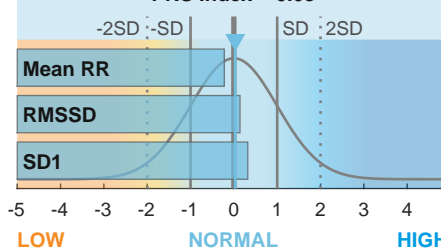
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
66 bpm 9.9 62.9%

SNS Index = 0.06

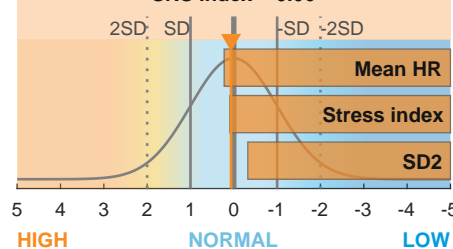
Parasympathetic tone (recovery)

PNS Index = 0.03



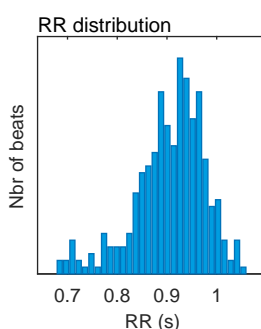
Sympathetic tone (stress)

SNS Index = 0.06



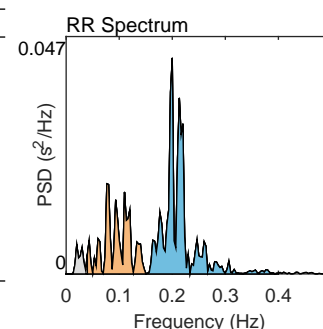
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	906
Mean HR*	(bpm)	66
Min HR	(bpm)	59
Max HR	(bpm)	84
SDNN	(ms)	43.4
RMSSD	(ms)	44.1
NN50	(beats)	98
pNN50	(%)	29.70
RR triangular index		12.26
TINN	(ms)	208.0
Stress Index (SI)		9.9



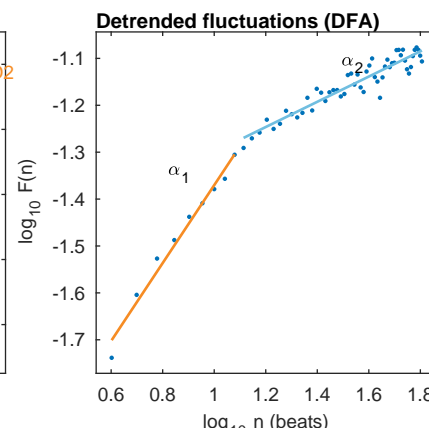
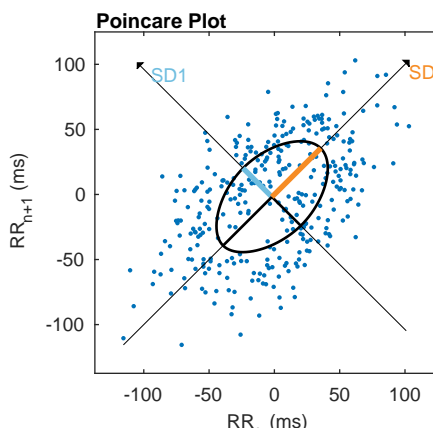
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.020	0.077	0.200
Power	(ms ²)	83	653	1208
Power	(log)	4.419	6.482	7.097
Power	(%)	4.27	33.59	62.13
Power	(n.u.)		35.09	64.90
Total power	(ms ²)	1944		
Total Power	(log)	7.573		
LF/HF ratio		0.541		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	31.3
SD2	(ms)	52.9
SD2/SD1		1.692
Approximate Entropy (ApEn)		1.064
Sample Entropy (SampEn)		1.595
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.831
Long-term fluctuations, α_2		0.269



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