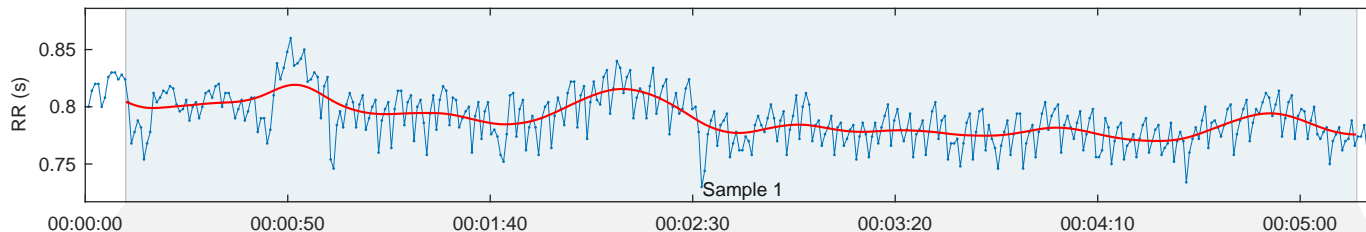
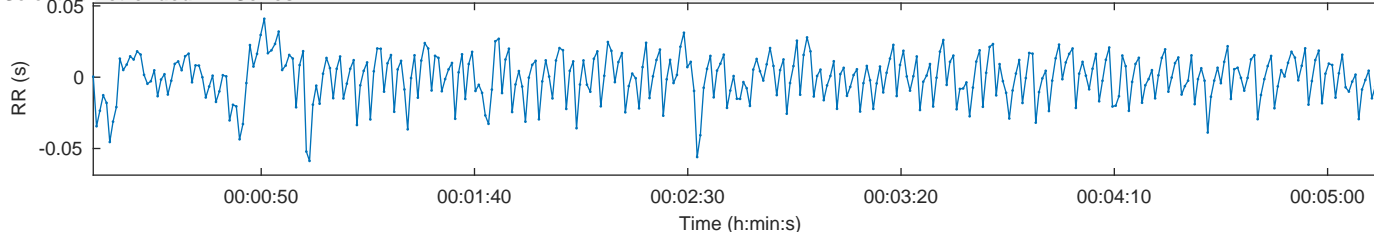


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:04
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:19	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR: 789 ms
RMSSD: 20.0 ms
SD1: 44.5%

PNS Index = -1.05

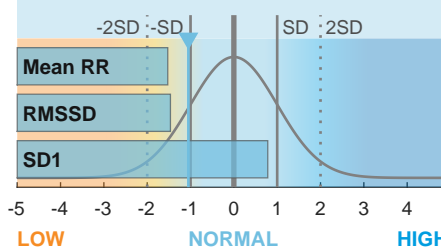
Sympathetic Nervous System (SNS)

Mean HR: 76 bpm
Stress index: 21.7
SD2: 55.5%

SNS Index = 2.44

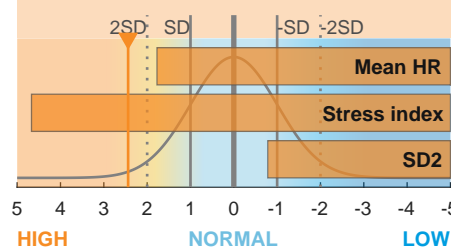
Parasympathetic tone (recovery)

PNS Index = -1.05



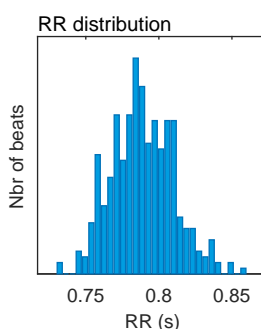
Sympathetic tone (stress)

SNS Index = 2.44



Time-Domain Results

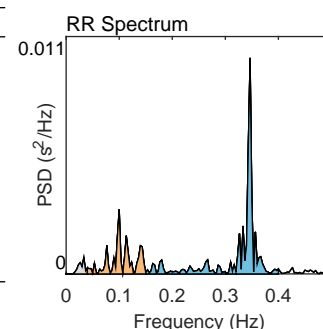
Variable	Units	Value
Mean RR*	(ms)	789
Mean HR*	(bpm)	76
Min HR	(bpm)	71
Max HR	(bpm)	79
SDNN	(ms)	16.0
RMSSD	(ms)	20.0
NN50	(beats)	1
pNN50	(%)	0.26
RR triangular index		5.20
TINN	(ms)	82.0
Stress Index (SI)		21.7



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	0.100	0.347
Power	(ms ²)	9	63	137
Power	(log)	2.141	4.139	4.918
Power	(%)	4.08	30.13	65.68
Power	(n.u.)		31.42	68.48

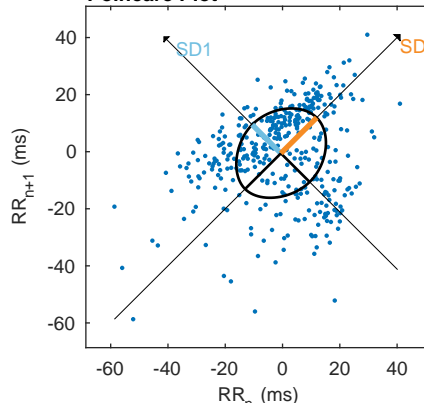
Total power	(ms ²)	208		
Total Power	(log)	5.339		
LF/HF ratio		0.459		
RESP	(Hz)	-		



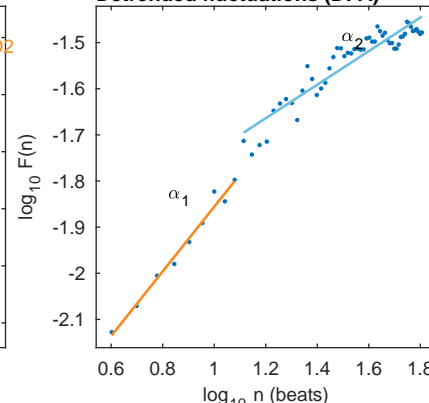
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	14.2
SD2	(ms)	17.7
SD2/SD1		1.246
Approximate Entropy (ApEn)		1.143
Sample Entropy (SampEn)		1.672
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.701
Long-term fluctuations, α_2		0.364

Poincare Plot



Detrended fluctuations (DFA)



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