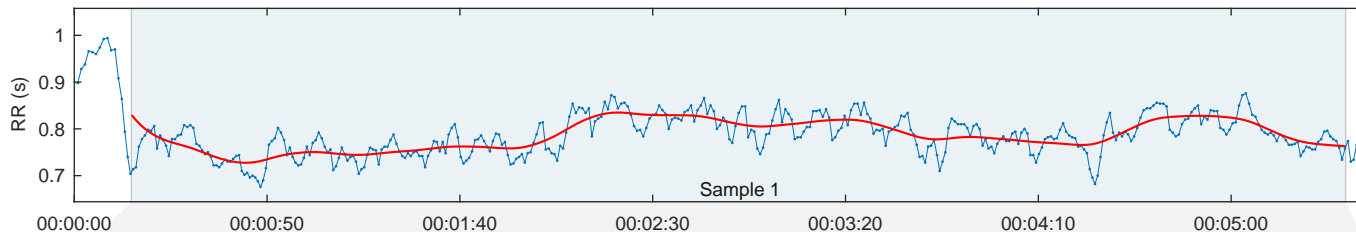
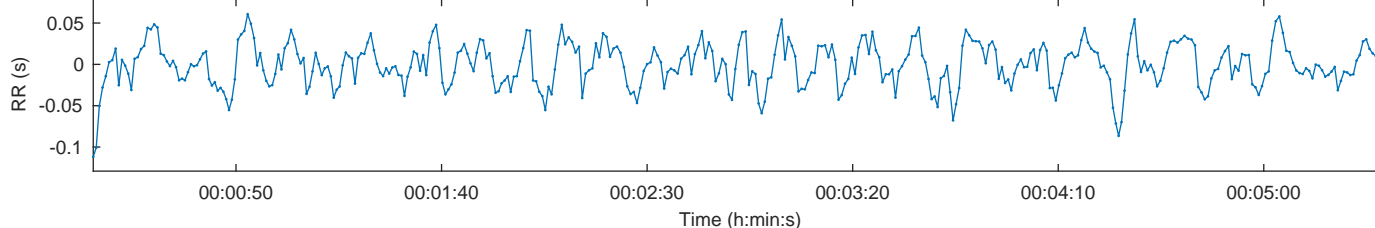


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:15
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:15
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:35	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
783 ms 18.9 ms 28.1%

PNS Index = -1.30

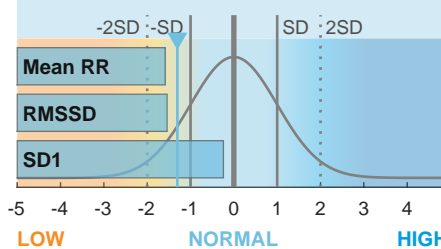
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
77 bpm 15.4 71.9%

SNS Index = 1.69

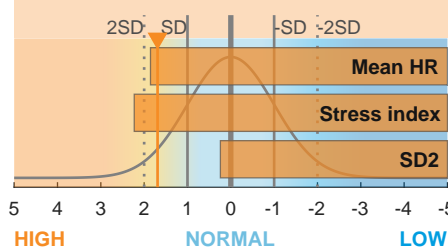
Parasympathetic tone (recovery)

PNS Index = -1.30



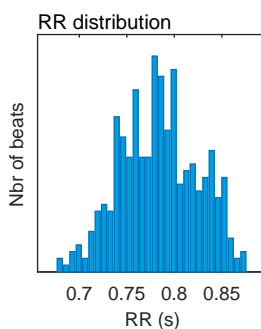
Sympathetic tone (stress)

SNS Index = 1.69



Time-Domain Results

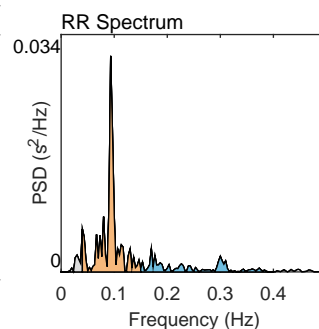
Variable	Units	Value
Mean RR*	(ms)	783
Mean HR*	(bpm)	77
Min HR	(bpm)	70
Max HR	(bpm)	87
SDNN	(ms)	26.2
RMSSD	(ms)	18.9
NN50	(beats)	6
pNN50	(%)	1.50
RR triangular index		7.44
TINN	(ms)	137.0
Stress Index (SI)		15.4



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	0.093	0.170
Power	(ms ²)	38	441	133
Power	(log)	3.638	6.090	4.889
Power	(%)	6.21	72.08	21.70
Power	(n.u.)		76.85	23.14

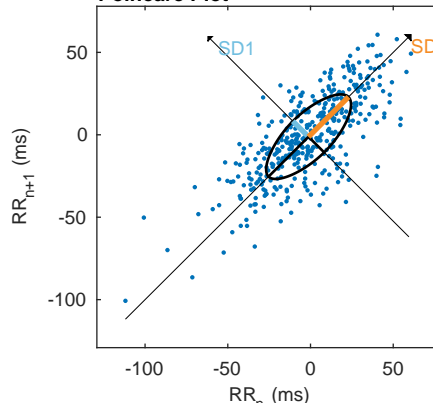
Total power	(ms ²)	612		
Total Power	(log)	6.417		
LF/HF ratio		3.321		
RESP	(Hz)	-		



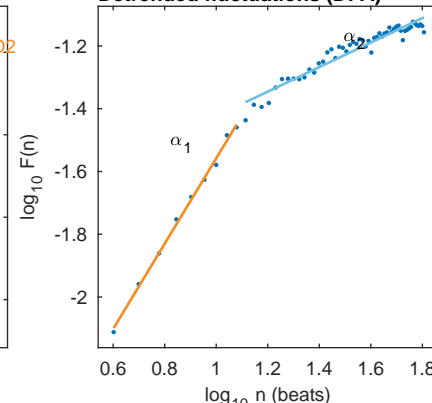
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	13.4
SD2	(ms)	34.2
SD2/SD1		2.553
Approximate Entropy (ApEn)		1.257
Sample Entropy (SampEn)		1.711
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.359
Long-term fluctuations, α_2		0.391

Poincare Plot



Detrended fluctuations (DFA)



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