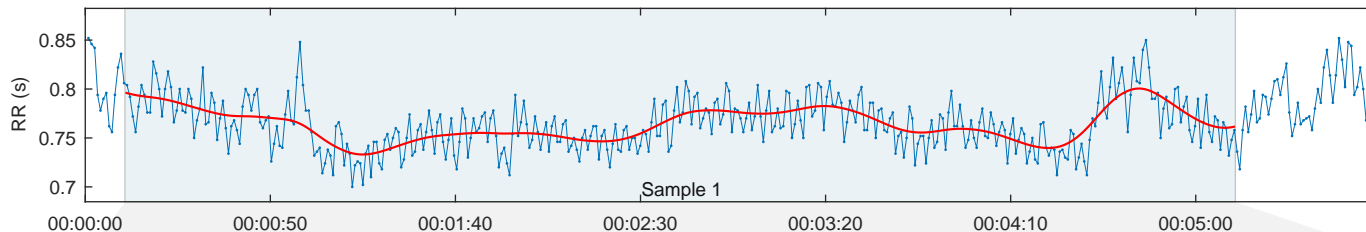
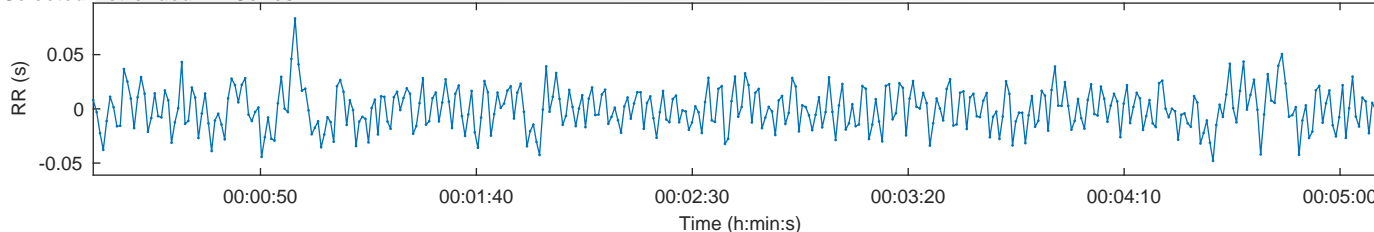


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:49	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR: 763 ms
RMSSD: 23.3 ms
SD1: 44.2%

PNS Index = -1.08

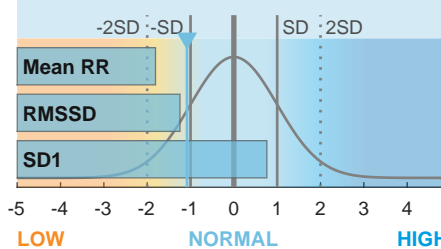
Sympathetic Nervous System (SNS)

Mean HR: 79 bpm
Stress index: 18.6
SD2: 55.8%

SNS Index = 2.11

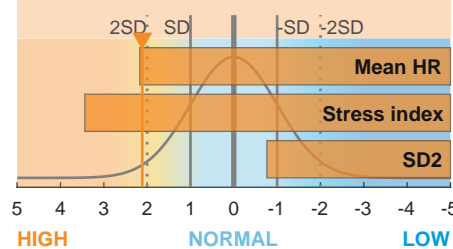
Parasympathetic tone (recovery)

PNS Index = -1.08



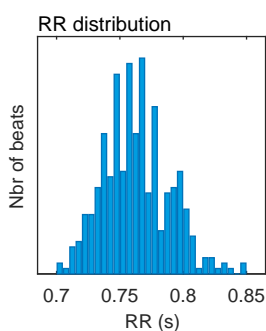
Sympathetic tone (stress)

SNS Index = 2.11



Time-Domain Results

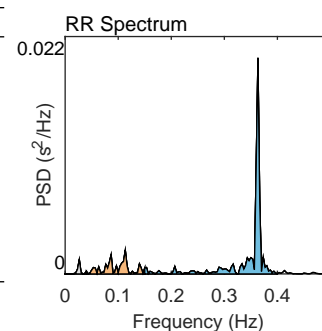
Variable	Units	Value
Mean RR*	(ms)	763
Mean HR*	(bpm)	79
Min HR	(bpm)	73
Max HR	(bpm)	84
SDNN	(ms)	18.8
RMSSD	(ms)	23.3
NN50	(beats)	5
pNN50	(%)	1.28
RR triangular index		6.44
TINN	(ms)	106.0
Stress Index (SI)		18.6



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)		0.027	0.113	0.363
Power	(ms ²)	7	54	200
Power	(log)	1.965	3.987	5.300
Power	(%)	2.73	20.61	76.64
Power	(n.u.)		21.19	78.79

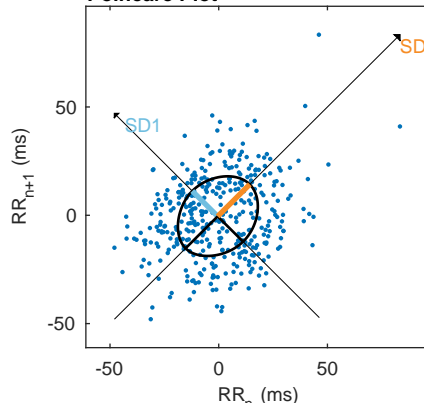
Total power	(ms ²)	261		
Total Power	(log)	5.566		
LF/HF ratio		0.269		
RESP	(Hz)	-		



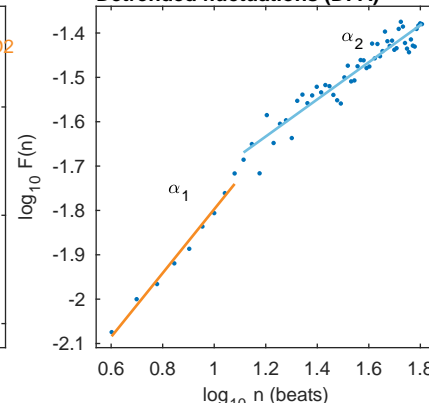
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.5
SD2	(ms)	20.9
SD2/SD1		1.263
Approximate Entropy (ApEn)		1.212
Sample Entropy (SampEn)		1.955
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.720
Long-term fluctuations, α_2		0.419

Poincare Plot



Detrended fluctuations (DFA)



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