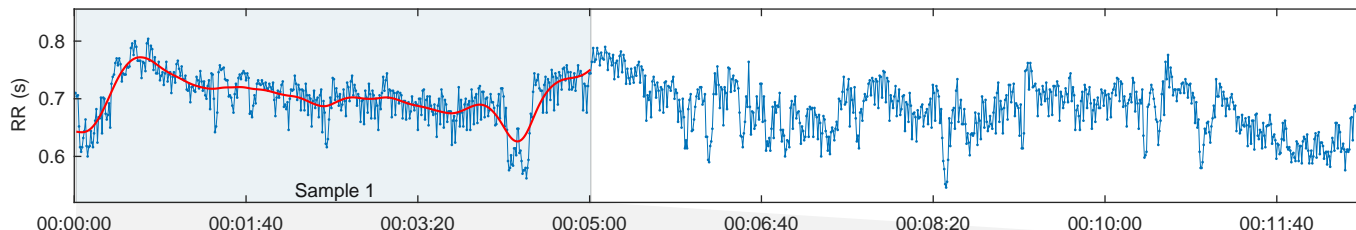
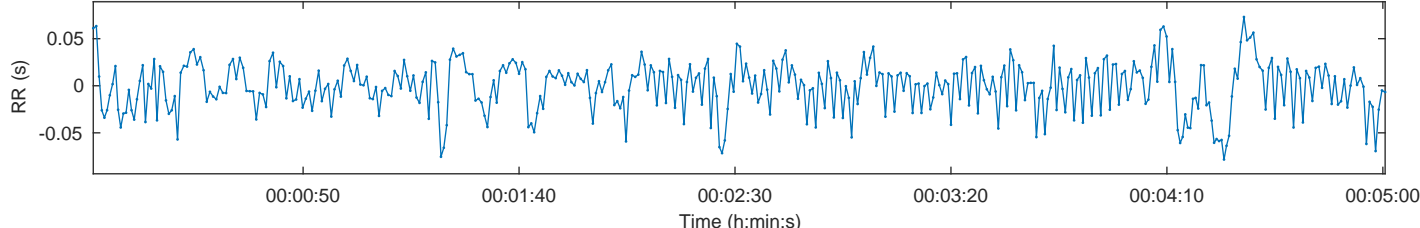


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:12:32	Beats corrected:	Uncorrected
			Trend removal:			Smoothn priors	none
			Artefact corr.:				1
			Analysis samples:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 701 ms RMSSD 28.9 ms SD1 40.1 %

PNS Index = -1.27

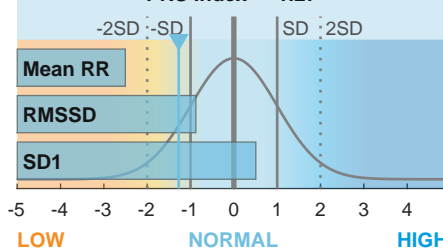
Sympathetic Nervous System (SNS)

Mean HR 86 bpm Stress index 16.6 SD2 59.9 %

SNS Index = 2.31

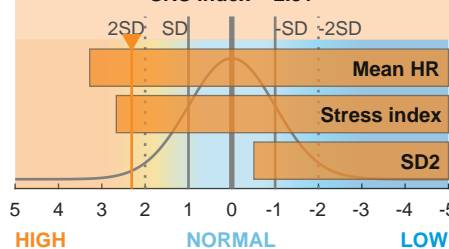
Parasympathetic tone (recovery)

PNS Index = -1.27



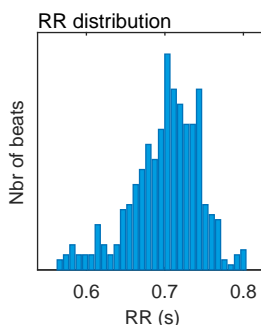
Sympathetic tone (stress)

SNS Index = 2.31



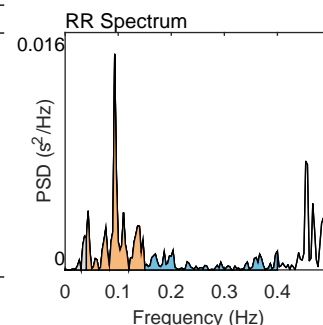
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	701
Mean HR*	(bpm)	86
Min HR	(bpm)	76
Max HR	(bpm)	105
SDNN	(ms)	26.0
RMSSD	(ms)	28.9
NN50	(beats)	39
pNN50	(%)	9.13
RR triangular index		6.11
TINN	(ms)	123.0
Stress Index (SI)		16.6



Frequency-Domain Results (FFT spectrum)

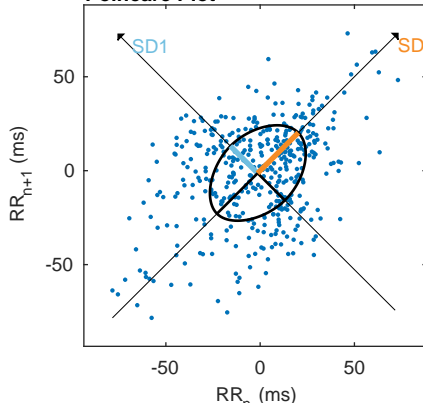
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.037	0.093	0.203
Power	(ms ²)	20	224	80
Power	(log)	3.014	5.412	4.382
Power	(%)	6.26	68.84	24.57
Power	(n.u.)		73.43	26.21
Total power	(ms ²)	325		
Total Power	(log)	5.785		
LF/HF ratio		2.802		
RESP	(Hz)	-		



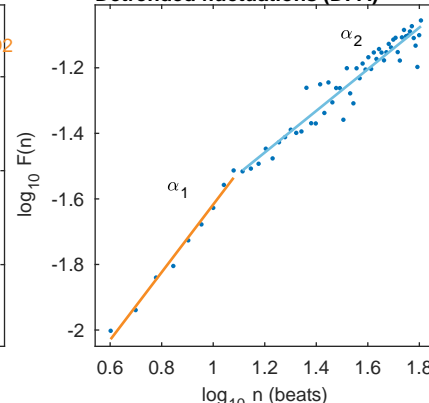
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	20.4
SD2	(ms)	30.5
SD2/SD1		1.492
Approximate Entropy (ApEn)		1.258
Sample Entropy (SampEn)		1.938
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.032
Long-term fluctuations, α_2		0.635

Poincare Plot



Detrended fluctuations (DFA)



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