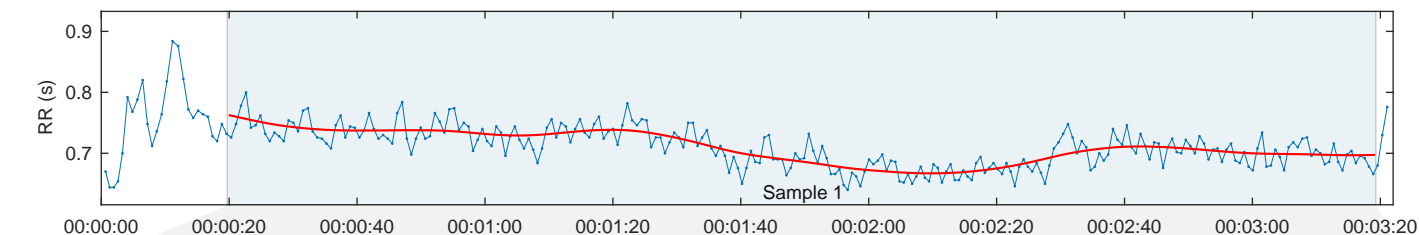
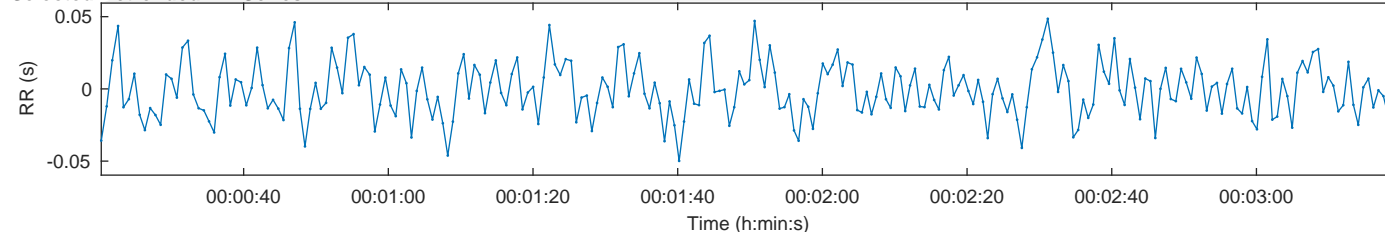


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:20
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:22	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
709 ms 21.9 ms 42.0%

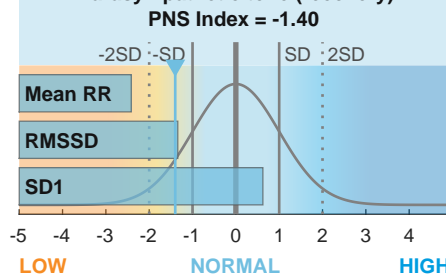
PNS Index = -1.40

Sympathetic Nervous System (SNS)

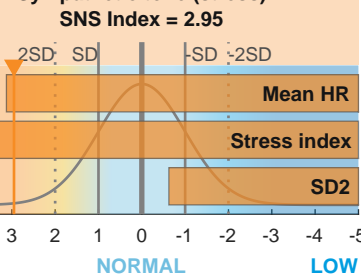
Mean HR Stress index SD2
85 bpm 21.2 58.0%

SNS Index = 2.95

Parasympathetic tone (recovery)

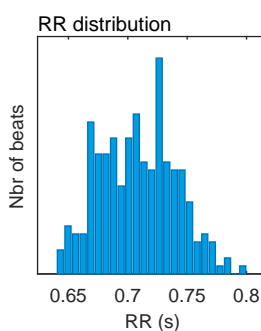


Sympathetic tone (stress)



Time-Domain Results

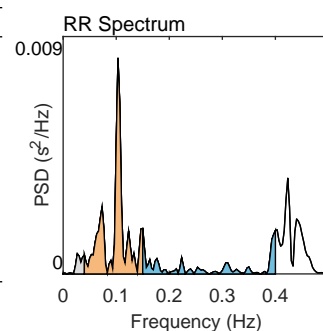
Variable	Units	Value
Mean RR*	(ms)	709
Mean HR*	(bpm)	85
Min HR	(bpm)	78
Max HR	(bpm)	92
SDNN	(ms)	18.8
RMSSD	(ms)	21.9
NN50	(beats)	3
pNN50	(%)	1.19
RR triangular index		6.49
TINN	(ms)	79.0
Stress Index (SI)		21.2



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	0.103	0.150
Power	(ms ²)	11	165	56
Power	(log)	2.424	5.104	4.019
Power	(%)	4.84	70.58	23.87
Power	(n.u.)		74.17	25.08

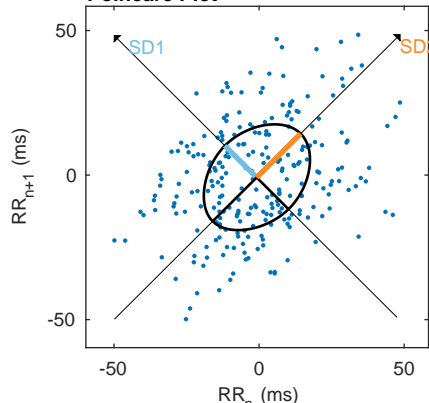
Total power	(ms ²)	233		
Total Power	(log)	5.452		
LF/HF ratio		2.957		
RESP	(Hz)	-		



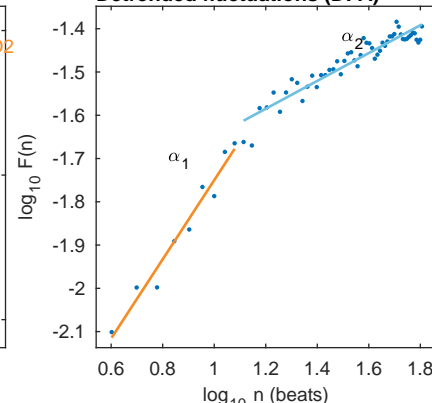
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	15.5
SD2	(ms)	21.4
SD2/SD1		1.382
Approximate Entropy (ApEn)		1.027
Sample Entropy (SampEn)		1.956
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.915
Long-term fluctuations, α_2		0.322

Poincare Plot



Detrended fluctuations (DFA)



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