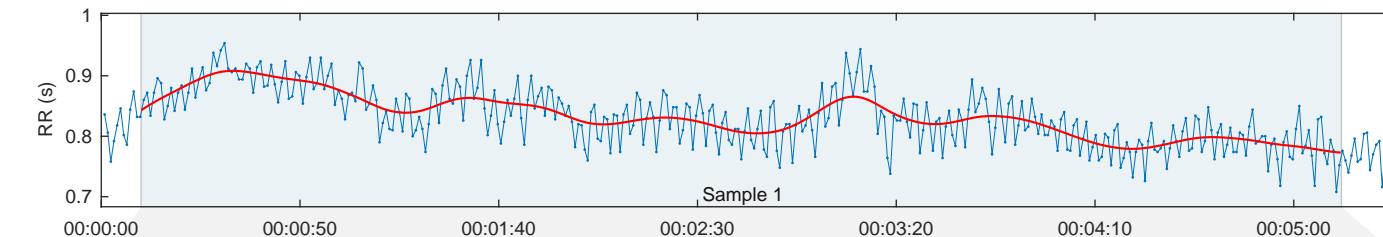
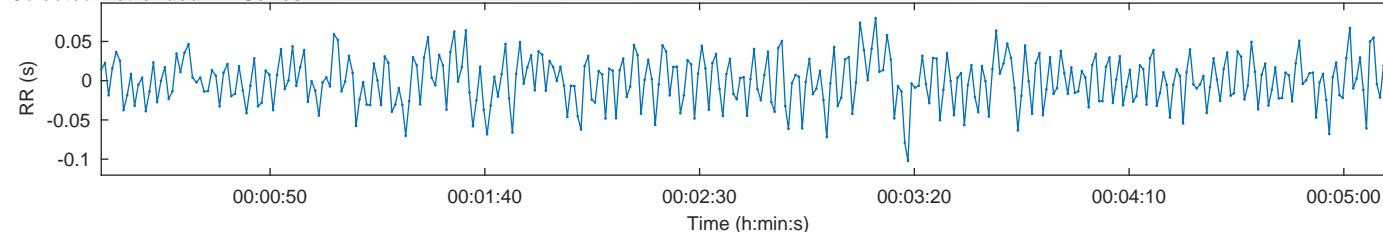


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:02
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:25	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 831 ms RMSSD 40.9 ms SD1 47.6%

PNS Index = -0.26

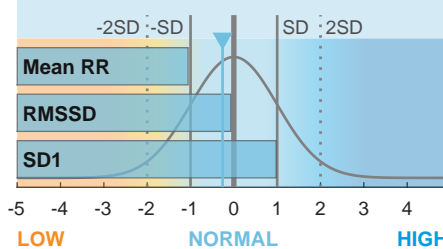
Sympathetic Nervous System (SNS)

Mean HR 72 bpm Stress index 13.8 SD2 52.4%

SNS Index = 0.92

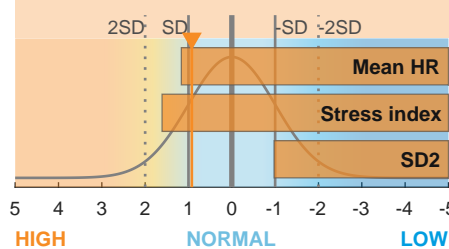
Parasympathetic tone (recovery)

PNS Index = -0.26



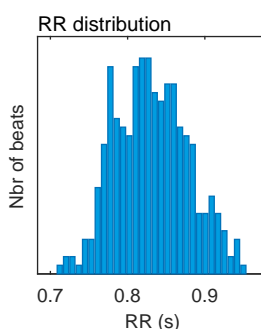
Sympathetic tone (stress)

SNS Index = 0.92



Time-Domain Results

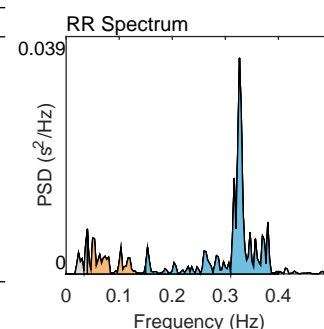
Variable	Units	Value
Mean RR*	(ms)	831
Mean HR*	(bpm)	72
Min HR	(bpm)	64
Max HR	(bpm)	81
SDNN	(ms)	30.4
RMSSD	(ms)	40.9
NN50	(beats)	87
pNN50	(%)	24.03
RR triangular index		8.85
TINN	(ms)	155.0
Stress Index (SI)		13.8



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	0.040	0.327
Power	(ms ²)	62	187	758
Power	(log)	4.120	5.231	6.631
Power	(%)	6.11	18.56	75.31
Power	(n.u.)		19.77	80.21

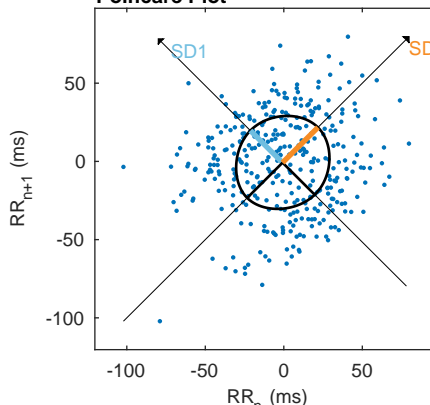
Total power	(ms ²)	1007		
Total Power	(log)	6.915		
LF/HF ratio		0.246		
RESP	(Hz)	-		



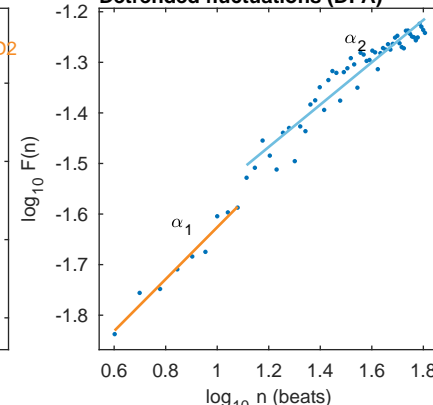
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	29.0
SD2	(ms)	31.9
SD2/SD1		1.100
Approximate Entropy (ApEn)		1.101
Sample Entropy (SampEn)		1.842
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.513
Long-term fluctuations, α_2		0.418

Poincare Plot



Detrended fluctuations (DFA)



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