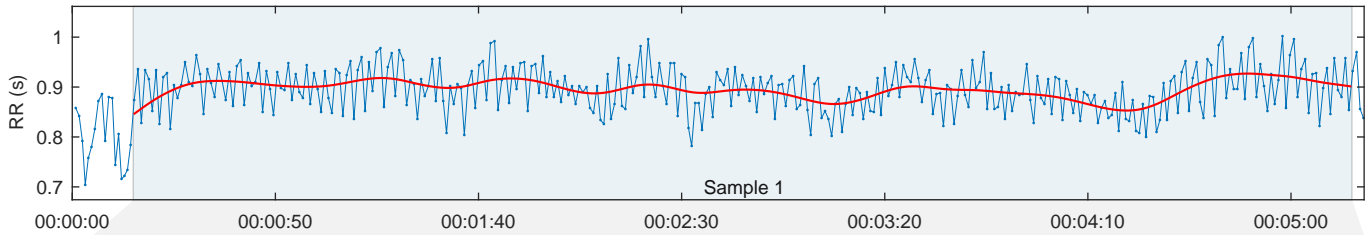
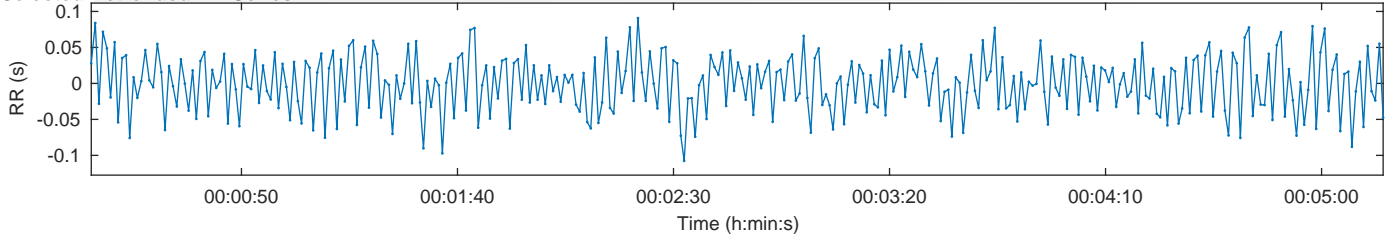


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:15
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:18	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
895 ms 63.7 ms 56.9%

PNS Index = 0.75

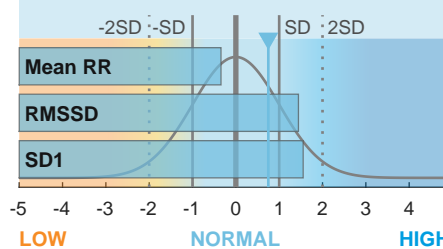
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
67 bpm 10.7 43.1%

SNS Index = -0.00

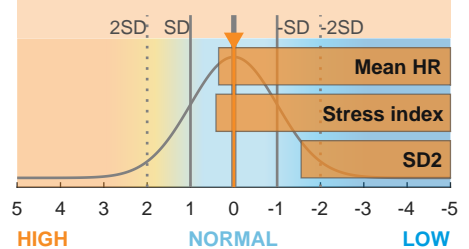
Parasympathetic tone (recovery)

PNS Index = 0.75



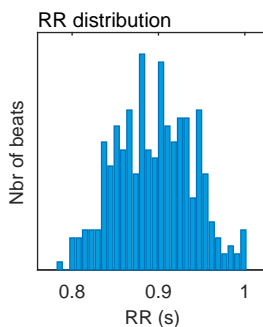
Sympathetic tone (stress)

SNS Index = -0.00



Time-Domain Results

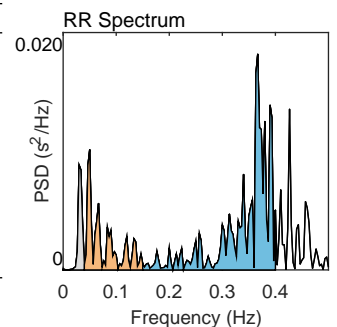
Variable	Units	Value
Mean RR*	(ms)	895
Mean HR*	(bpm)	67
Min HR	(bpm)	63
Max HR	(bpm)	72
SDNN	(ms)	40.0
RMSSD	(ms)	63.7
NN50	(beats)	187
pNN50	(%)	55.99
RR triangular index		12.88
TINN	(ms)	222.0
Stress Index (SI)		10.7



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)		0.030	0.050	0.367
Power	(ms ²)	79	237	714
Power	(log)	4.365	5.469	6.571
Power	(%)	7.60	22.93	69.05
Power	(n.u.)		24.82	74.73

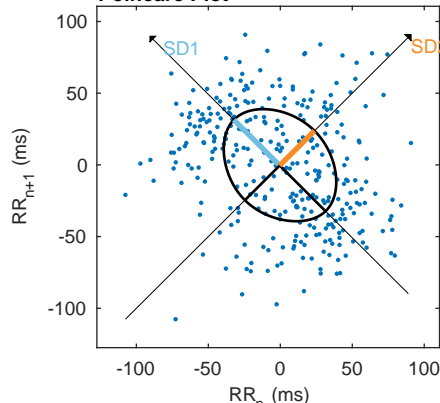
Total power	(ms ²)	1034		
Total Power	(log)	6.942		
LF/HF ratio		0.332		
RESP	(Hz)	-		



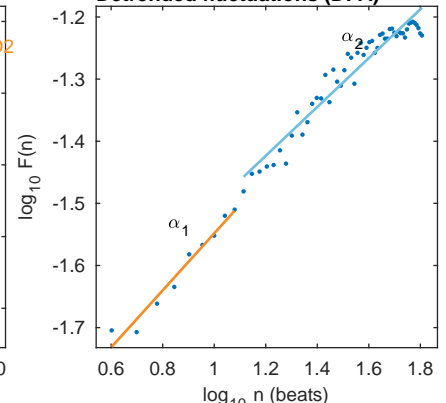
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	45.1
SD2	(ms)	34.2
SD2/SD1		0.759
Approximate Entropy (ApEn)		1.132
Sample Entropy (SampEn)		2.025
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.459
Long-term fluctuations, α_2		0.393

Poincare Plot



Detrended fluctuations (DFA)



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