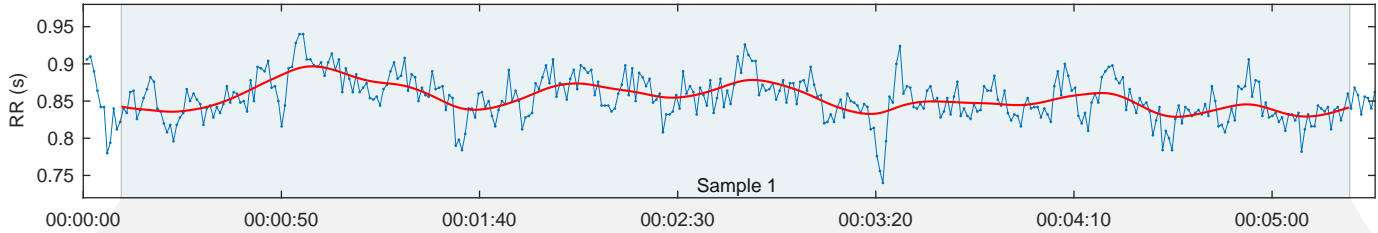
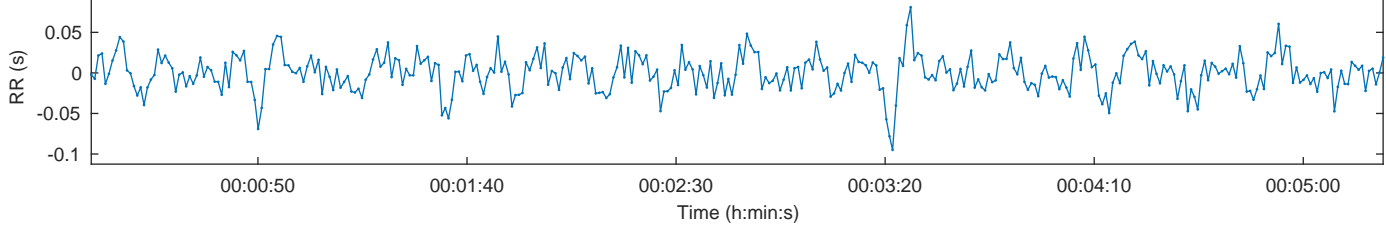


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:26	Beats corrected:	Uncorrected
				Trend removal:	Smoothn priors		
				Artefact corr.:	none		
				Analysis samples:	1		

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1

853 ms 22.6 ms 37.2%

PNS Index = -0.78

Sympathetic Nervous System (SNS)

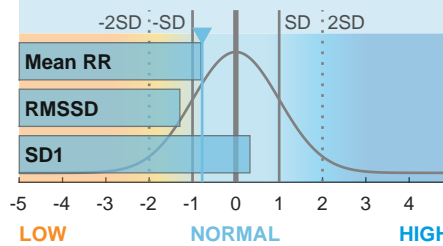
Mean HR Stress index SD2

70 bpm 12.8 62.8%

SNS Index = 0.78

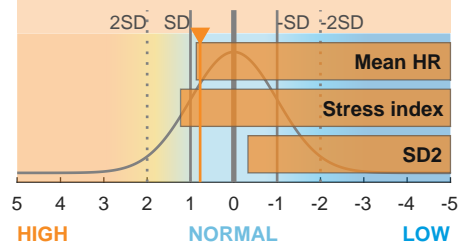
Parasympathetic tone (recovery)

PNS Index = -0.78



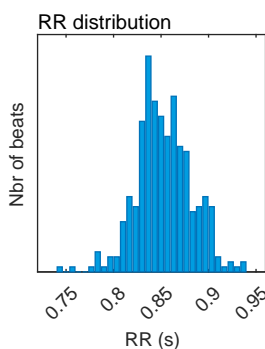
Sympathetic tone (stress)

SNS Index = 0.78



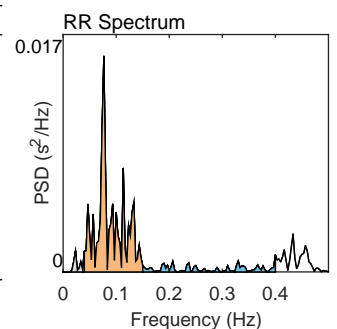
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	853
Mean HR*	(bpm)	70
Min HR	(bpm)	65
Max HR	(bpm)	77
SDNN	(ms)	22.2
RMSSD	(ms)	22.6
NN50	(beats)	9
pNN50	(%)	2.49
RR triangular index		6.37
TINN	(ms)	132.0
Stress Index (SI)		12.8



Frequency-Domain Results (FFT spectrum)

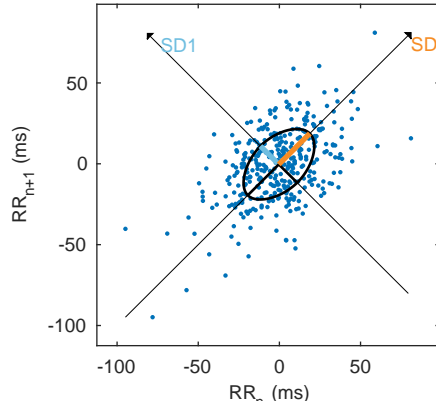
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.023	0.077	0.400
Power	(ms ²)	15	349	52
Power	(log)	2.677	5.855	3.951
Power	(%)	3.49	83.76	12.47
Power	(n.u.)		86.79	12.92
Total power	(ms ²)	417		
Total Power	(log)	6.032		
LF/HF ratio		6.715		
RESP	(Hz)	-		



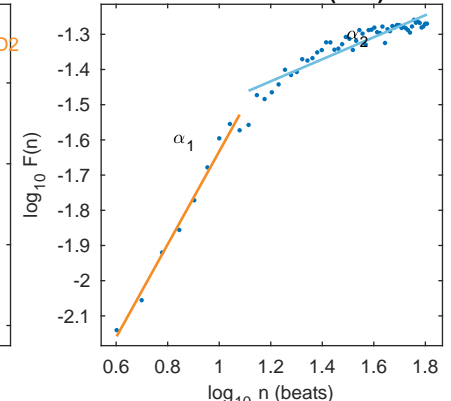
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.0
SD2	(ms)	27.0
SD2/SD1		1.687
Approximate Entropy (ApEn)		1.210
Sample Entropy (SampEn)		2.043
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.320
Long-term fluctuations, α_2		0.313

Poincare Plot



Detrended fluctuations (DFA)



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