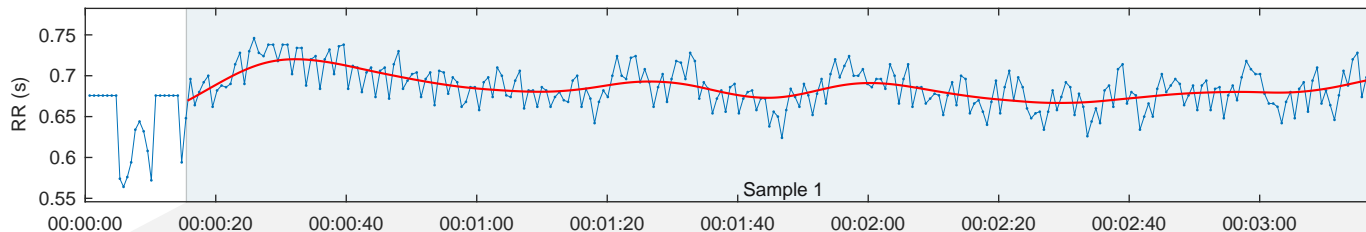
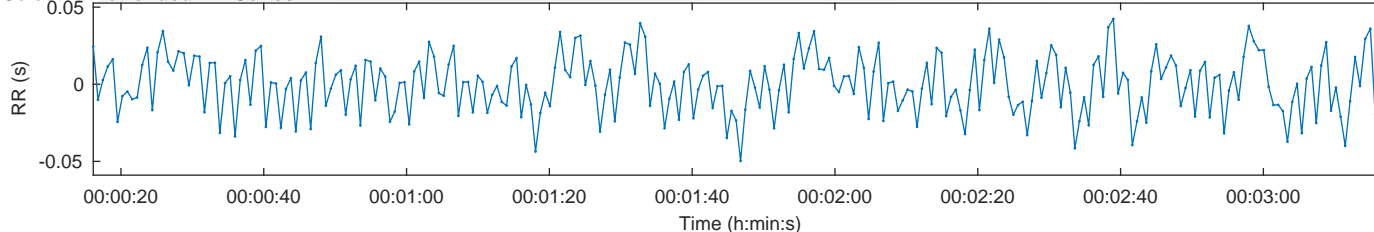


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:16
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:03
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:18	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
685 ms 23.5 ms 45.2%

PNS Index = -1.43

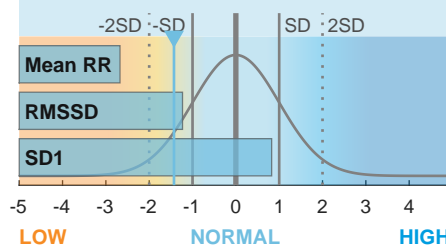
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
88 bpm 24.3 54.8%

SNS Index = 3.59

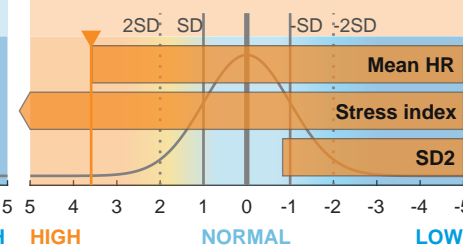
Parasympathetic tone (recovery)

PNS Index = -1.43



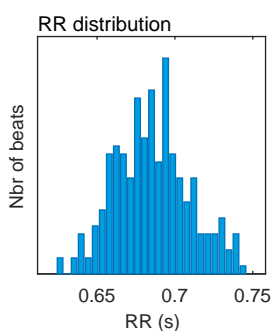
Sympathetic tone (stress)

SNS Index = 3.59



Time-Domain Results

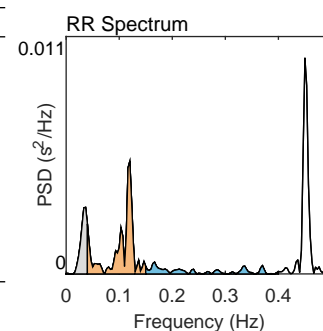
Variable	Units	Value
Mean RR*	(ms)	685
Mean HR*	(bpm)	88
Min HR	(bpm)	82
Max HR	(bpm)	93
SDNN	(ms)	18.5
RMSSD	(ms)	23.5
NN50	(beats)	3
pNN50	(%)	1.14
RR triangular index		6.02
TINN	(ms)	92.0
Stress Index (SI)		24.3



Frequency-Domain Results (FFT spectrum)

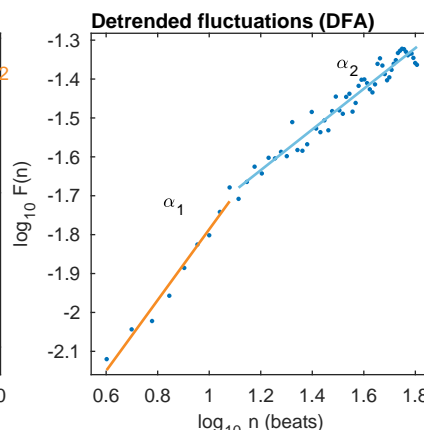
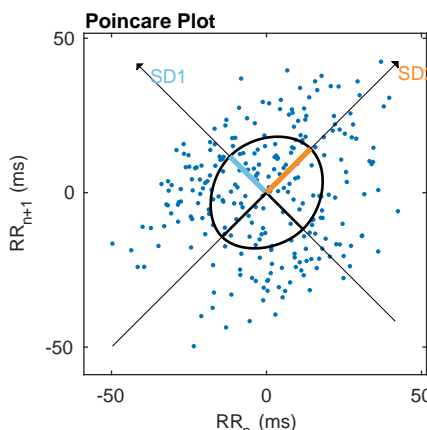
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.037	0.120	0.167
Power	(ms ²)	41	112	31
Power	(log)	3.702	4.717	3.428
Power	(%)	22.11	61.02	16.81
Power	(n.u.)		78.34	21.59

Total power	(ms ²)	183		
Total Power	(log)	5.211		
LF/HF ratio		3.629		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.7
SD2	(ms)	20.2
SD2/SD1		1.211
Approximate Entropy (ApEn)		0.919
Sample Entropy (SampEn)		1.748
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.909
Long-term fluctuations, α_2		0.523



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