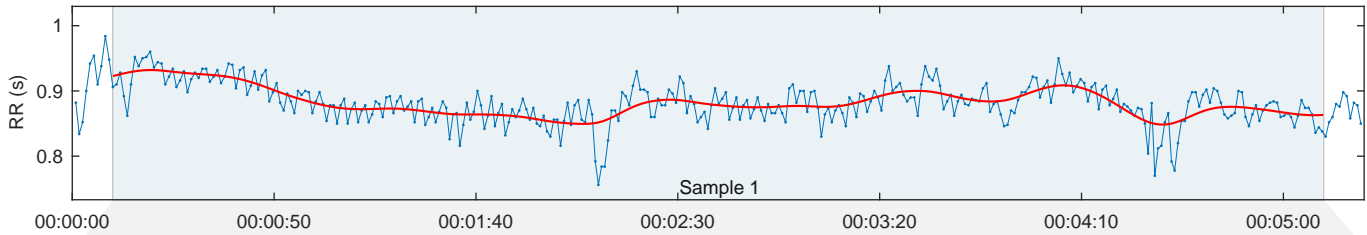
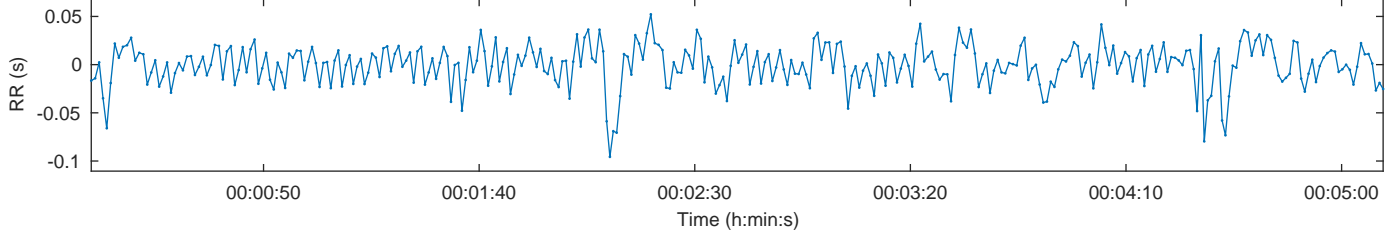


Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:20	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 881 ms
RMSSD 24.2 ms
SD1 41.1 %

PNS Index = -0.56

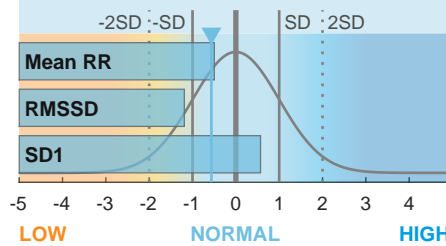
Sympathetic Nervous System (SNS)

Mean HR 68 bpm
Stress index 17.0
SD2 58.9 %

SNS Index = 1.23

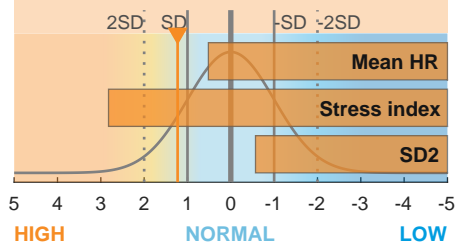
Parasympathetic tone (recovery)

PNS Index = -0.56



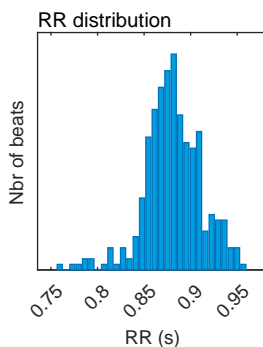
Sympathetic tone (stress)

SNS Index = 1.23



Time-Domain Results

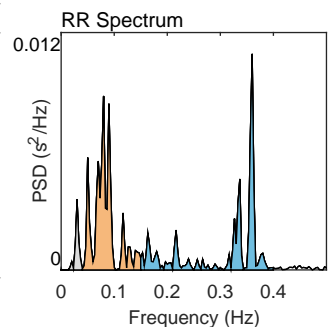
Variable	Units	Value
Mean RR*	(ms)	881
Mean HR*	(bpm)	68
Min HR	(bpm)	63
Max HR	(bpm)	76
SDNN	(ms)	21.1
RMSSD	(ms)	24.2
NN50	(beats)	5
pNN50	(%)	1.47
RR triangular index		5.25
TINN	(ms)	114.0
Stress Index (SI)		17.0



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	0.080	0.360
Power	(ms ²)	25	235	205
Power	(log)	3.217	5.459	5.321
Power	(%)	5.37	50.57	44.04
Power	(n.u.)		53.44	46.54

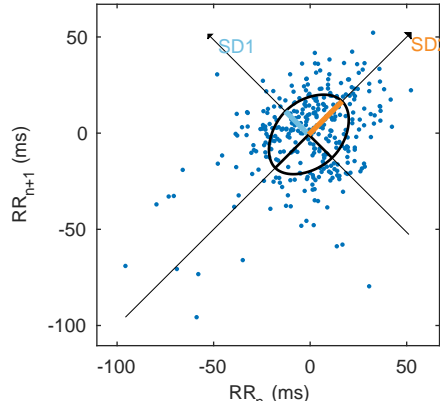
Total power	(ms ²)	465		
Total Power	(log)	6.141		
LF/HF ratio		1.148		
RESP	(Hz)	-		



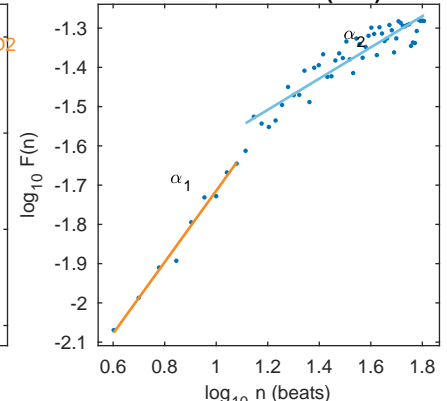
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.1
SD2	(ms)	24.5
SD2/SD1		1.432
Approximate Entropy (ApEn)		1.159
Sample Entropy (SampEn)		1.859
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.909
Long-term fluctuations, α_2		0.398

Poincare Plot



Detrended fluctuations (DFA)



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