### Supplementary Table 2: RMSSD, SDNN-i and Heart Rate from 24h ECG recordings in voluntary, predominantly healthy employees (MICS-Study)

Percentiles from average 5-min **RMSSD** (msec) values from 24h ECG recordings in voluntary, predominantly healthy employees (MICS-Study)

| Age group | Males | Percentile | Females | Percentile |
|-----------|-------|------------|---------|------------|
|           | N | p1 | p5 | p10 | p25 | p50 | p75 | p90 | p95 | p99 |
| 18/24     | 125 | 18.5 | 26.6 | 28.1 | 38.1 | 47.4 | 58.8 | 70.2 | 80.4 | 94.5 |
| 25/29     | 476 | 17.8 | 23.5 | 26.8 | 33.6 | 41.3 | 52.2 | 65.4 | 72.8 | 86.5 |
| 30/34     | 638 | 15.5 | 19.8 | 22.2 | 28.8 | 36.5 | 45.6 | 56.5 | 64.7 | 73.1 |
| 35/39     | 739 | 12.7 | 17.2 | 19.8 | 25.1 | 31.1 | 39.5 | 50.3 | 57.7 | 70.8 |
| 40/44     | 775 | 11.6 | 15.8 | 18.0 | 22.4 | 28.2 | 35.4 | 44.1 | 49.3 | 65.7 |
| 45/49     | 1086 | 9.4 | 13.8 | 15.8 | 19.7 | 25.0 | 31.4 | 38.3 | 42.8 | 56.6 |
| 50/54     | 958 | 8.9 | 11.9 | 14.3 | 17.6 | 21.6 | 27.0 | 33.7 | 38.1 | 49.1 |
| 55/59     | 699 | 7.7 | 11.0 | 12.6 | 15.9 | 20.1 | 24.7 | 31.3 | 36.0 | 45.9 |
| 60/65     | 235 | 9.2 | 10.5 | 12.4 | 15.6 | 19.1 | 24.4 | 29.8 | 35.5 | 43.8 |
| Total     | 5731 | 9.7 | 13.5 | 15.8 | 20.2 | 26.8 | 36.1 | 47.2 | 55.7 | 71.3 |

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Supplementary Table 2: RMSSD, SDNN-i and Heart Rate from 24h ECG recordings in voluntary, predominantly healthy employees (MICS-Study)

Percentiles from average 5-min SDNN-i (msec) values from 24h ECG recordings in voluntary, predominantly healthy employees (MICS-Study)

| Age Group | N   | p1   | p5   | p10  | p25  | p50  | p75  | p90  | p95  | p99  | Mean | SD  |
|-----------|-----|------|------|------|------|------|------|------|------|------|------|-----|
| Males     |     |      |      |      |      |      |      |      |      |      |      |     |
| 18/24     | 125 | 42.9 | 53.8 | 58.7 | 71.2 | 82.5 | 97.4 | 109.1| 113.8| 126.7| 83.9 | 19.3|
| 25/29     | 476 | 46.9 | 55.8 | 60.1 | 68.7 | 80.5 | 93.1 | 106.5| 114.4| 127.3| 81.8 | 17.8|
| 30/34     | 638 | 41.2 | 50.2 | 55.2 | 64.3 | 74.3 | 86.5 | 99.6 | 105.9| 117.7| 76.0 | 16.6|
| 35/39     | 739 | 36.8 | 46.3 | 50.7 | 60.1 | 70.2 | 82.2 | 95.1 | 102.3| 114.2| 71.8 | 17.0|
| 40/44     | 775 | 34.5 | 44.9 | 48.4 | 56.6 | 67.6 | 77.9 | 88.6 | 96.7 | 106.6| 67.9 | 15.6|
| 45/49     | 1086| 31.9 | 40.0 | 44.0 | 52.4 | 62.3 | 71.8 | 84.0 | 89.4 | 105.3| 63.0 | 15.2|
| 50/54     | 958 | 28.5 | 37.4 | 41.1 | 48.0 | 57.1 | 66.7 | 75.5 | 82.8 | 97.5 | 58.0 | 13.9|
| 55/59     | 699 | 24.5 | 33.9 | 37.3 | 45.4 | 53.8 | 62.3 | 72.2 | 78.6 | 92.2 | 54.5 | 13.4|
| 60/65     | 235 | 29.5 | 33.4 | 37.4 | 44.0 | 52.3 | 60.5 | 70.1 | 74.1 | 97.0 | 52.8 | 13.0|
| Total     | 5731| 31.7 | 39.6 | 44.6 | 53.3 | 64.4 | 76.8 | 89.8 | 99.2 | 113.6| 66.0 | 17.9|

| Age Group | N   | p1   | p5   | p10  | p25  | p50  | p75  | p90  | p95  | p99  | Mean | SD  |
|-----------|-----|------|------|------|------|------|------|------|------|------|------|-----|
| Females   |     |      |      |      |      |      |      |      |      |      |      |     |
| 18/24     | 97  | 39.7 | 45.4 | 49.0 | 55.4 | 63.8 | 73.2 | 88.4 | 95.8 | 117.6| 66.6 | 15.5|
| 25/29     | 231 | 43.0 | 45.7 | 49.3 | 56.3 | 68.1 | 79.6 | 90.0 | 93.6 | 112.3| 69.0 | 15.7|
| 30/34     | 235 | 34.5 | 42.4 | 46.0 | 53.9 | 65.2 | 76.6 | 84.7 | 90.9 | 100.4| 65.6 | 15.4|
| 35/39     | 133 | 40.9 | 43.6 | 46.4 | 54.7 | 62.7 | 72.1 | 83.2 | 91.9 | 104.8| 64.1 | 14.6|
| 40/44     | 203 | 36.2 | 41.5 | 44.9 | 50.9 | 57.7 | 68.5 | 79.9 | 85.9 | 98.9 | 60.4 | 13.8|
| 45/49     | 218 | 29.2 | 36.4 | 39.6 | 48.3 | 56.1 | 65.2 | 73.8 | 84.9 | 88.8 | 57.0 | 13.8|
| 50/54     | 149 | 25.3 | 32.7 | 35.7 | 44.0 | 52.1 | 62.0 | 71.0 | 80.3 | 87.9 | 53.4 | 13.7|
| 55/59     | 122 | 28.3 | 30.1 | 33.6 | 40.8 | 49.1 | 59.8 | 66.2 | 71.1 | 85.2 | 50.3 | 12.8|
| 60/65     | 27  | 28.2 | 28.4 | 32.7 | 41.7 | 52.4 | 58.8 | 68.3 | 70.1 | 77.0 | 51.2 | 12.3|
| Total     | 1415| 29.0 | 37.6 | 42.6 | 50.0 | 59.8 | 70.8 | 81.9 | 88.9 | 101.4| 61.1 | 15.7|
Supplementary Table 2: RMSSD, SDNN-i and Heart Rate from 24h ECG recordings in voluntary, predominantly healthy employees (MICS-Study)

Percentiles from average 5-min **Heart Rate (BPM)** values from 24h ECG recordings in voluntary, predominantly healthy employees (MICS-Study)

### Males

| Age group | N   | p1  | p5  | p10 | p25 | p50 | p75 | p90 | p95 | p99 | Mean | SD  |
|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|
| 18/24     | 125 | 56.7| 59.9| 63.4| 67.6| 72.8| 79.7| 84.7| 89.5| 92.9| 73.5 | 8.6 |
| 25/29     | 476 | 55.6| 60.6| 62.7| 67.4| 72.6| 77.0| 82.9| 85.4| 92.0| 72.6 | 7.7 |
| 30/34     | 638 | 57.8| 61.6| 64.2| 67.9| 72.6| 77.8| 83.1| 86.9| 93.6| 73.2 | 7.7 |
| 35/39     | 739 | 55.3| 59.6| 62.0| 67.3| 72.8| 78.7| 84.5| 88.7| 95.3| 73.2 | 8.6 |
| 40/44     | 775 | 55.0| 60.4| 62.6| 67.7| 73.6| 78.5| 84.1| 86.9| 93.0| 73.4 | 8.1 |
| 45/49     | 1086| 54.9| 60.0| 62.1| 67.4| 73.3| 79.8| 84.4| 87.3| 93.1| 73.3 | 8.5 |
| 50/54     | 958 | 54.7| 59.7| 62.3| 67.1| 72.6| 78.8| 84.6| 87.3| 93.7| 73.1 | 8.6 |
| 55/59     | 699 | 53.6| 58.1| 61.3| 67.1| 72.7| 78.0| 84.3| 87.4| 95.6| 72.6 | 8.7 |
| 60/65     | 235 | 55.3| 59.8| 62.2| 66.7| 71.8| 77.2| 82.1| 86.5| 89.5| 72.0 | 7.8 |
| **Total** | 5731| 55.2| 59.9| 62.3| 67.4| 72.9| 78.4| 84.0| 87.3| 93.4| 73.0 | 8.3 |

### Females

| Age group | N   | p1  | p5  | p10 | p25 | p50 | p75 | p90 | p95 | p99 | Mean | SD  |
|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|
| 18/24     | 97  | 60.7| 66.8| 70.8| 76.7| 81.1| 85.2| 91.9| 92.5| 95.7| 80.9 | 7.5 |
| 25/29     | 231 | 61.7| 64.5| 68.0| 72.0| 77.8| 83.0| 88.1| 91.7| 94.8| 78.0 | 7.8 |
| 30/34     | 235 | 61.4| 65.3| 68.3| 72.3| 76.9| 82.2| 86.9| 90.4| 99.6| 77.5 | 7.6 |
| 35/39     | 133 | 58.5| 64.4| 67.4| 72.6| 78.0| 81.6| 86.0| 87.2| 92.4| 76.9 | 7.3 |
| 40/44     | 203 | 59.7| 63.9| 67.0| 71.8| 77.9| 82.8| 87.6| 89.9| 93.2| 77.3 | 7.9 |
| 45/49     | 218 | 59.7| 64.3| 67.1| 70.9| 76.8| 82.5| 88.0| 90.1| 93.8| 77.1 | 8.0 |
| 50/54     | 149 | 58.5| 62.5| 66.5| 70.4| 76.3| 81.5| 87.8| 89.8| 95.2| 76.4 | 8.0 |
| 55/59     | 122 | 62.9| 65.7| 66.7| 70.9| 75.2| 81.3| 85.0| 88.4| 94.4| 75.9 | 7.4 |
| 60/65     | 27  | 58.1| 65.0| 66.0| 69.0| 75.4| 79.4| 84.6| 84.8| 89.3| 75.2 | 7.1 |
| **Total** | 1415| 59.8| 64.6| 67.3| 71.9| 77.4| 82.5| 87.6| 90.2| 95.2| 77.4 | 7.8 |

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