HRV Analysis Results

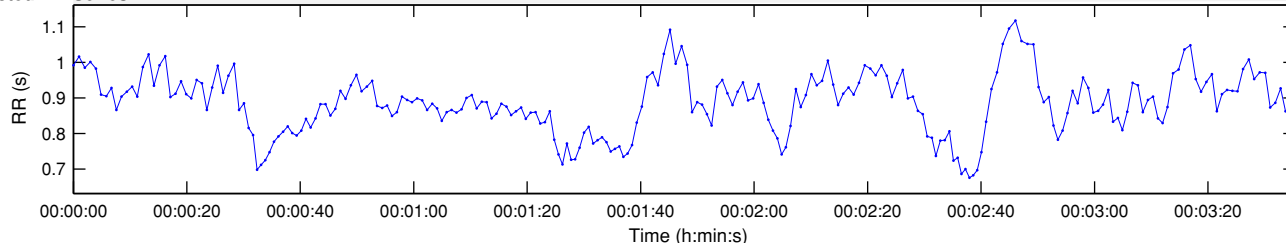**RR Interval Time Series**   **Results for a single sample**

00:00:00   00:03:37
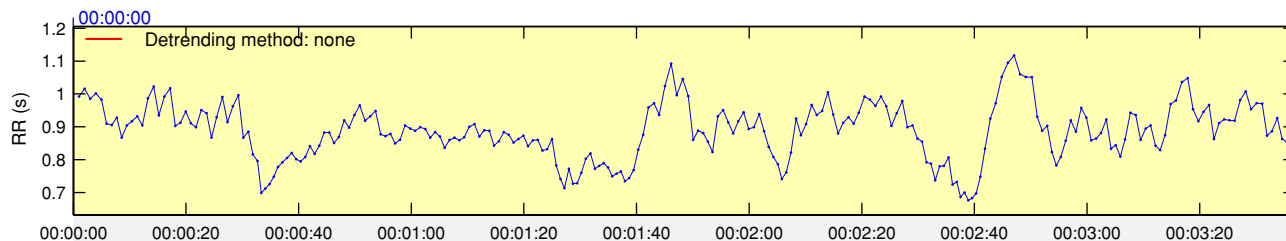
Selected RR Series

Time–Domain Results

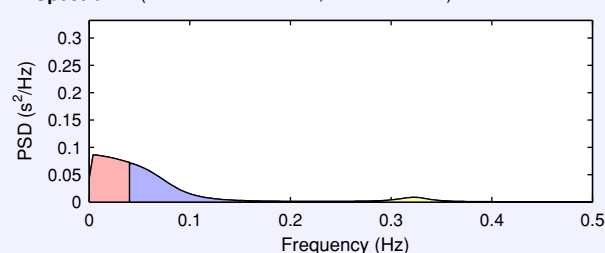| Variable	Units	Value
Mean RR*	(ms)	883.2
STD RR (SDNN)	(ms)	84.7
Mean HR*	(1/min)	68.58
STD HR	(1/min)	6.82
RMSSD	(ms)	45.5
NN50	(count)	64
pNN50	(%)	26.2
RR triangular index		15.313
TINN	(ms)	295.0

Distributions*
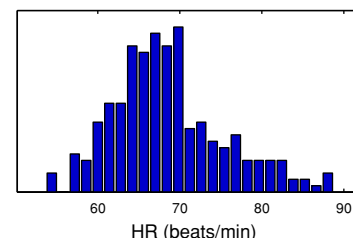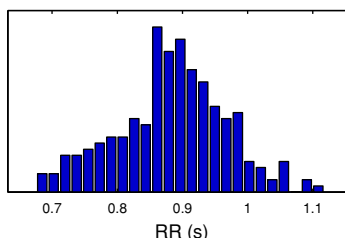
Frequency–Domain Results

FFT spectrum   (Welch's periodogram: 256 s window with 50% overlap)
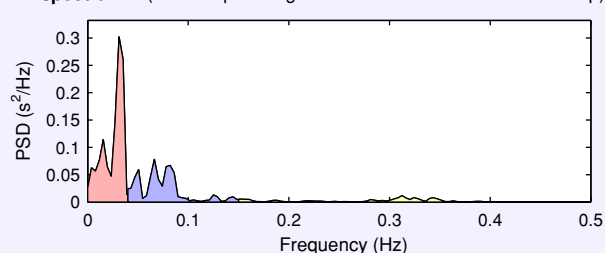
Frequency Band	Peak (Hz)	Power (ms^2)	Power (%)	Power (n.u.)
VLF (0–0.04 Hz)	0.0313	4504	60.3	
LF (0.04–0.15 Hz)	0.0664	2394	32.1	80.9
HF (0.15–0.4 Hz)	0.3125	566	7.6	19.1
Total		7465		
LF/HF		4.227		

AR Spectrum   (AR model order = 16, not factorized)

Frequency Band	Peak (Hz)	Power (ms^2)	Power (%)	Power (n.u.)
VLF (0–0.04 Hz)	0.0039	3149	47.0	
LF (0.04–0.15 Hz)	0.0430	2997	44.7	84.4
HF (0.15–0.4 Hz)	0.3242	554	8.3	15.6
Total		6701		
LF/HF		5.413		

Nonlinear Results

Variable	Units	Value
Poincare plot		
SD1	(ms)	32.3
SD2	(ms)	115.4
Recurrence plot		
Mean line length (Lmean)	(beats)	11.50
Max line length (Lmax)	(beats)	235
Recurrence rate (REC)	(%)	37.23
Determinism (DET)	(%)	99.05
Shannon Entropy (ShanEn)		3.212
Other		
Approximate entropy (ApEn)		1.035
Sample entropy (SampEn)		1.465
Detrended fluctuations (DFA): α_1		1.636
Detrended fluctuations (DFA): α_2		0.981
Correlation dimension (D2)		3.115
Multiscale entropy (MSE)		1.047 – 2.505

Poincare Plot
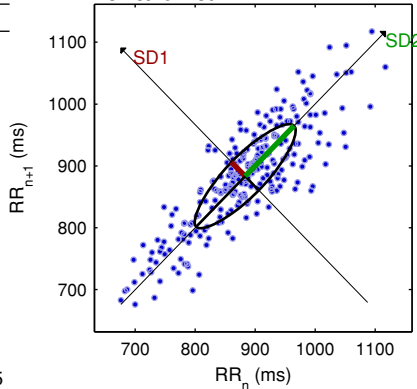
Detrended fluctuations (DFA)
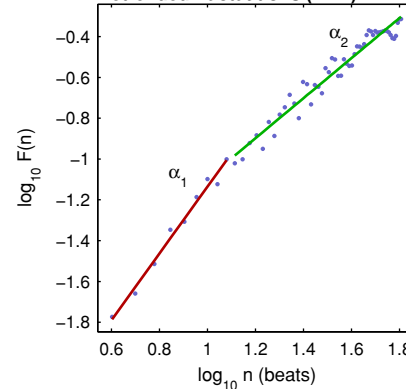
*Results are calculated from the non–detrended selected RR series.