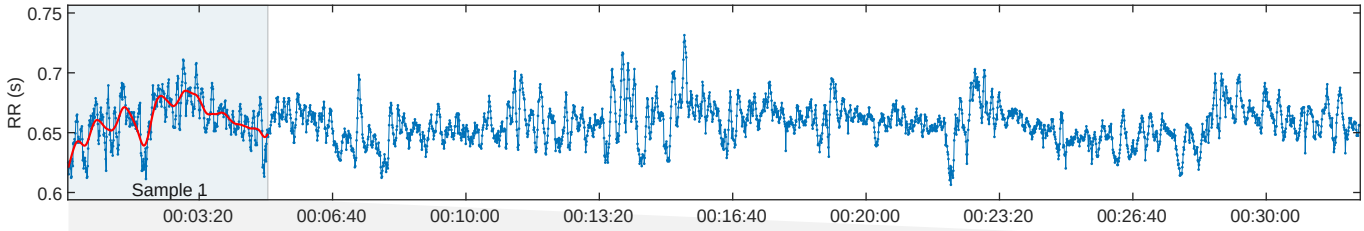
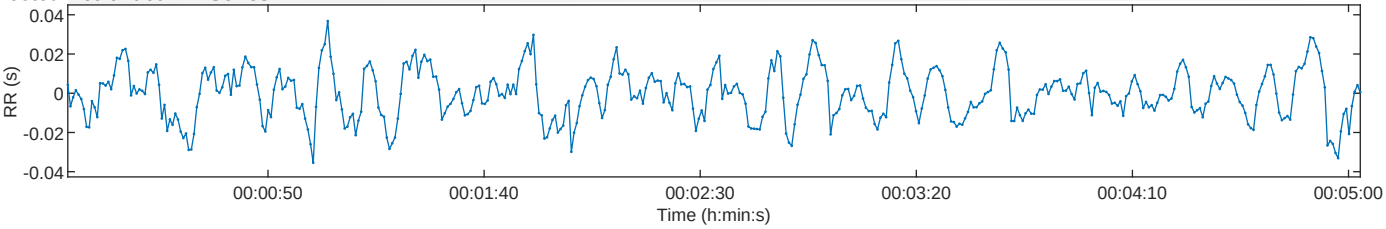
HRV Analysis - Standard Results

Person:				Measurement Info				Results for Sample 1/6	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:04
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	0 (0.00 %)

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

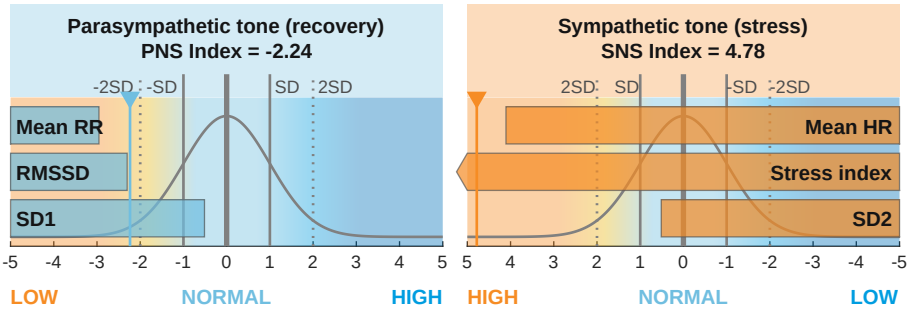
Mean RR	RMSSD	SD1
660 ms	**7.5** ms	**23.8** %

PNS Index = -2.24

Sympathetic Nervous System (SNS)

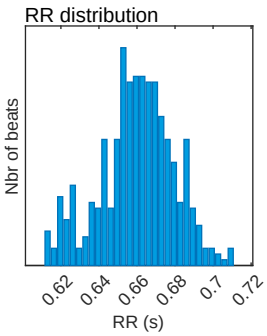
Mean HR	Stress index	SD2
91 bpm	**28.8**	**76.2** %

SNS Index = 4.78



Time-Domain Results

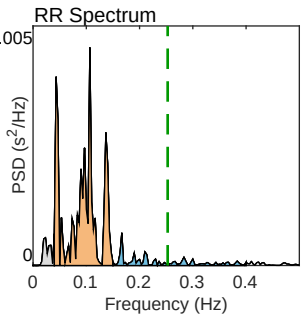
Variable	Units	Value
Mean RR*	(ms)	660
Mean HR*	(bpm)	91
Min HR	(bpm)	85
Max HR	(bpm)	97
SDNN	(ms)	12.5
RMSSD	(ms)	7.5
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		3.88
TINN	(ms)	60.0
Stress Index (SI)		28.8
DC	(ms)	5.1
DCmod	(ms)	7.0



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)	0.040	0.107	0.167
Power	(ms^2)	9	120	16
Power	(log)	2.193	4.786	2.785
Power	(%)	6.18	82.62	11.16
Power	(n.u.)		88.05	11.90

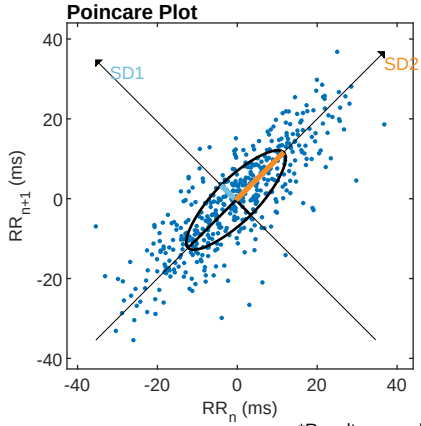
Total power	(ms^2)	145		
Total Power	(log)	4.977		
LF/HF ratio		7.401		
RESP	(Hz)	0.25		



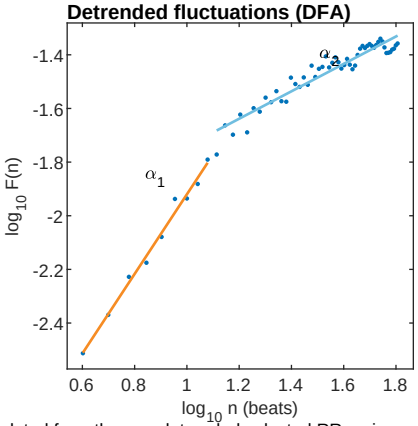
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	5.3
SD2	(ms)	16.9
SD2/SD1		3.204
Approximate Entropy (ApEn)		1.235
Sample Entropy (SampEn)		1.500
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.484
Long-term fluctuations, $\alpha 2$		0.511
Correlation Dimension (D2)		0.005
Recurrence Plot Analysis (RPA)	(beats)	
Mean line length (Lmean)	(beats)	10.15
Max line length (Lmax)	(%)	355
Recurrence rate (REC)	(%)	30.10
Determinism (DET)		98.70
Shannon Entropy (ShanEn)		3.113
Multi-Scale Entropy (MSE)		0.743 - 2.467

Poincare Plot



Detrended fluctuations (DFA)

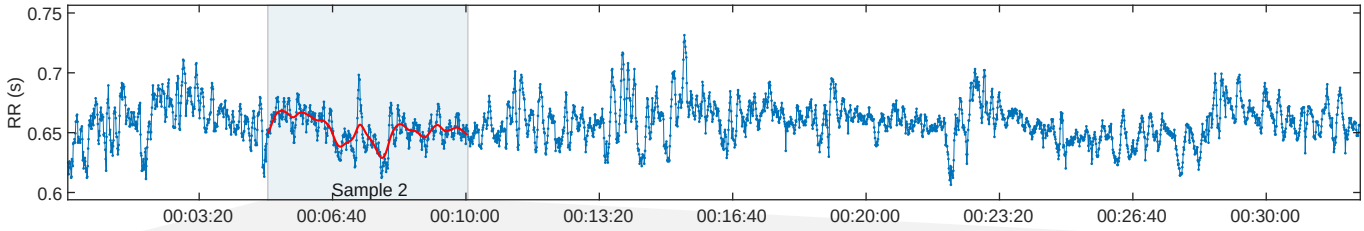


*Results are calculated from the non-detrended selected RR series.

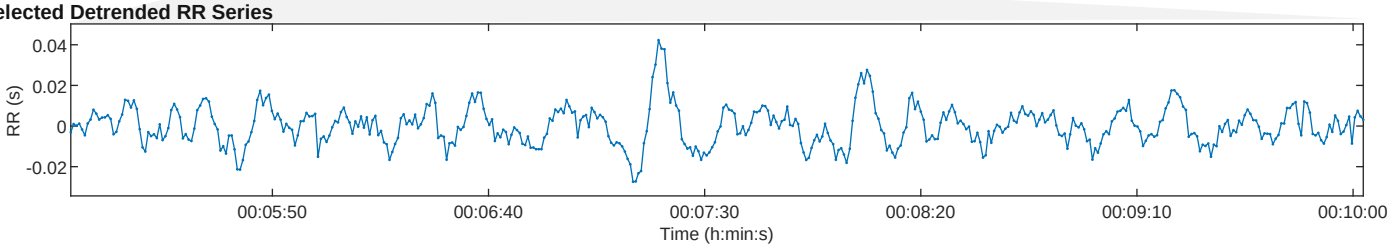
HRV Analysis - Standard Results

Person:				Measurement Info				Results for Sample 2/6	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:05:03
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	1 (0.22 %)

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

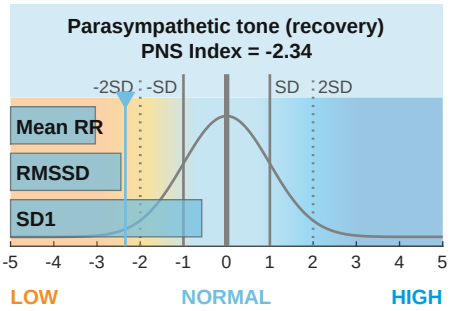
Mean RR	RMSSD	SD1
653 ms	**5.3** ms	**22.8** %

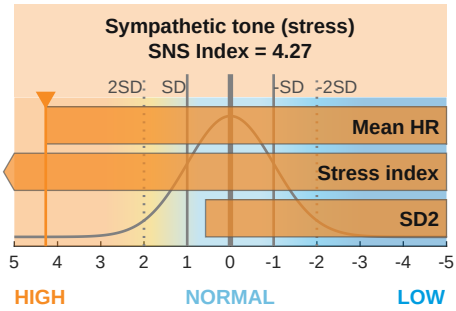
PNS Index = -2.34

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
92 bpm	**25.1**	**77.2** %

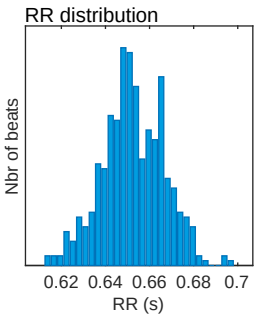
SNS Index = 4.27





Time-Domain Results

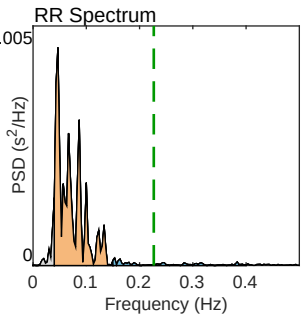
Variable	Units	Value
Mean RR*	(ms)	653
Mean HR*	(bpm)	92
Min HR	(bpm)	87
Max HR	(bpm)	97
SDNN	(ms)	9.4
RMSSD	(ms)	5.3
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		2.94
TINN	(ms)	54.0
Stress Index (SI)		25.1
DC	(ms)	3.0
DCmod	(ms)	5.1



Frequency-Domain Results (FFT spectrum)

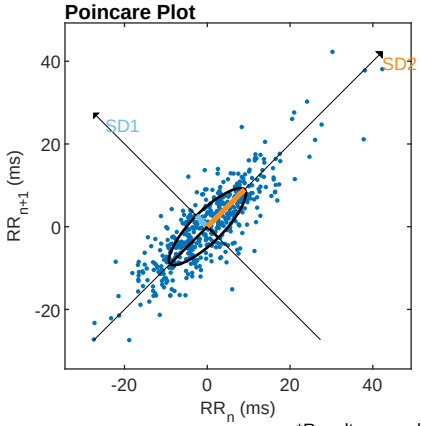
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.047	0.153
Power	(ms^2)	8	115	6
Power	(log)	2.064	4.748	1.823
Power	(%)	6.09	89.12	4.78
Power	(n.u.)		94.89	5.09

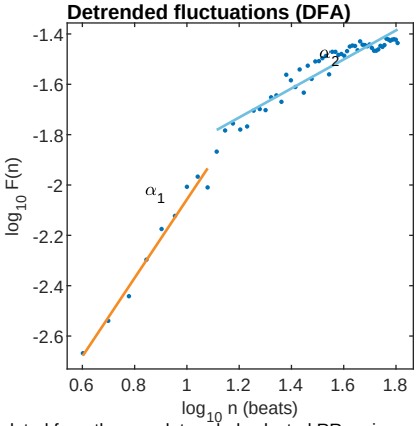
Total power	(ms^2)	129		
Total Power	(log)	4.863		
LF/HF ratio		18.628		
RESP	(Hz)	0.23		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	3.8
SD2	(ms)	12.7
SD2/SD1		3.388
Approximate Entropy (ApEn)		1.228
Sample Entropy (SampEn)		1.501
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.559
Long-term fluctuations, $\alpha 2$		0.577
Correlation Dimension (D2)		0.003
Recurrence Plot Analysis (RPA)	(beats)	
Mean line length (Lmean)	(beats)	11.49
Max line length (Lmax)	(%)	244
Recurrence rate (REC)	(%)	36.96
Determinism (DET)		98.92
Shannon Entropy (ShanEn)		3.270
Multi-Scale Entropy (MSE)		0.858 - 2.439



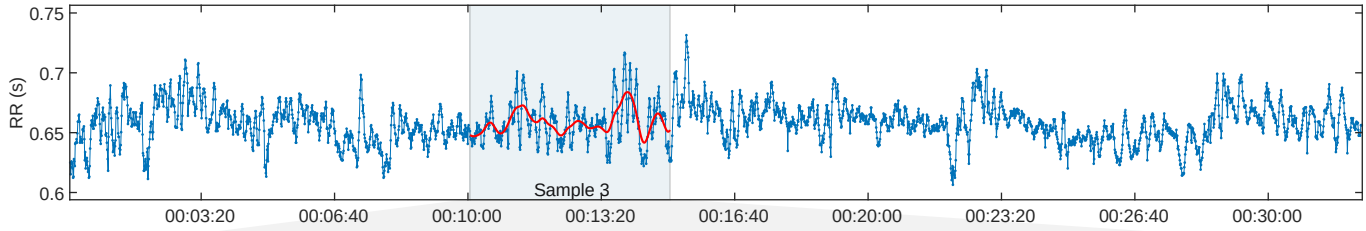


*Results are calculated from the non-detrended selected RR series.

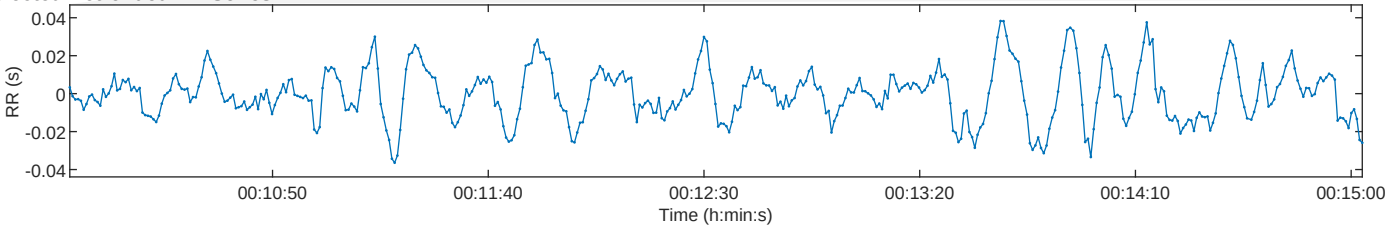
HRV Analysis - Standard Results

Person:				Measurement Info				Results for Sample 3/6	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:10:03
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	3 (0.66 %)

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

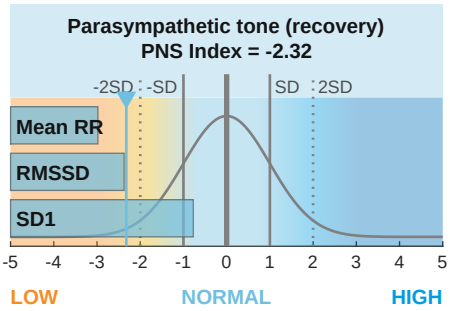
Mean RR	RMSSD	SD1
658 ms	**6.4** ms	**19.7** %

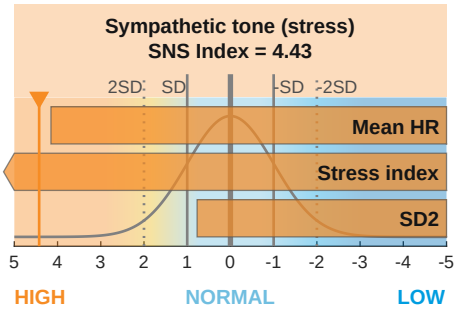
PNS Index = -2.32

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
91 bpm	**26.1**	**80.3** %

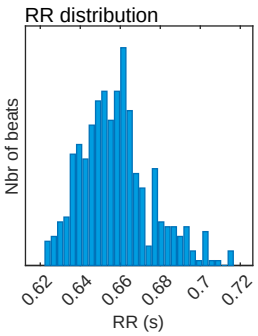
SNS Index = 4.43





Time-Domain Results

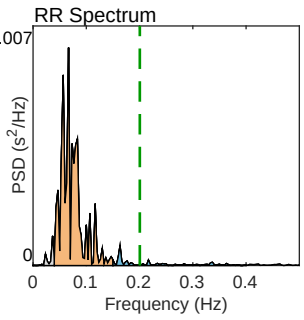
Variable	Units	Value
Mean RR*	(ms)	658
Mean HR*	(bpm)	91
Min HR	(bpm)	84
Max HR	(bpm)	96
SDNN	(ms)	13.6
RMSSD	(ms)	6.4
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		4.51
TINN	(ms)	63.0
Stress Index (SI)		26.1
DC	(ms)	3.9
DCmod	(ms)	5.4



Frequency-Domain Results (FFT spectrum)

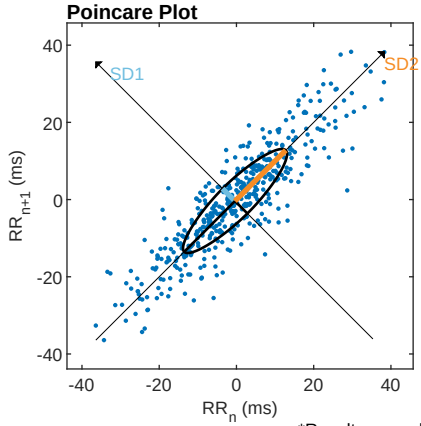
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.067	0.163
Power	(ms^2)	5	148	10
Power	(log)	1.638	4.999	2.275
Power	(%)	3.15	90.88	5.96
Power	(n.u.)		93.84	6.16

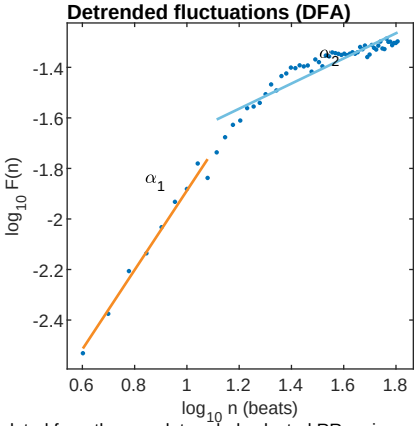
Total power	(ms^2)	163		
Total Power	(log)	5.095		
LF/HF ratio		15.239		
RESP	(Hz)	0.20		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	4.6
SD2	(ms)	18.6
SD2/SD1		4.087
Approximate Entropy (ApEn)		1.067
Sample Entropy (SampEn)		1.222
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.570
Long-term fluctuations, $\alpha 2$		0.498
Correlation Dimension (D2)		0.020
Recurrence Plot Analysis (RPA)	(beats)	
Mean line length (Lmean)	(beats)	13.08
Max line length (Lmax)	(%)	446
Recurrence rate (REC)	(%)	35.57
Determinism (DET)		99.28
Shannon Entropy (ShanEn)		3.417
Multi-Scale Entropy (MSE)		0.562 - 2.677



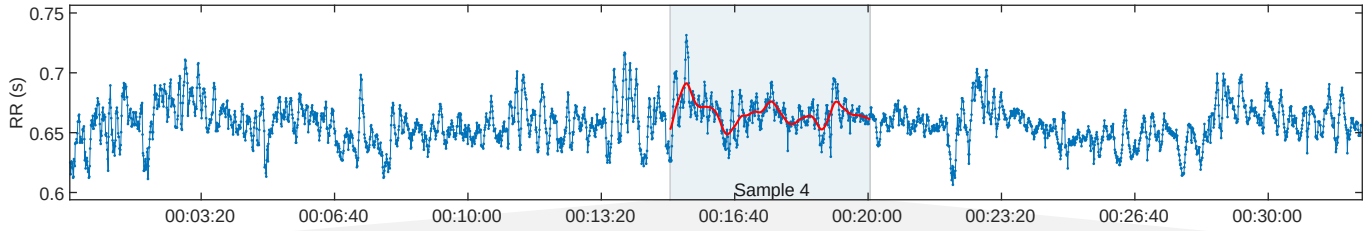


*Results are calculated from the non-detrended selected RR series.

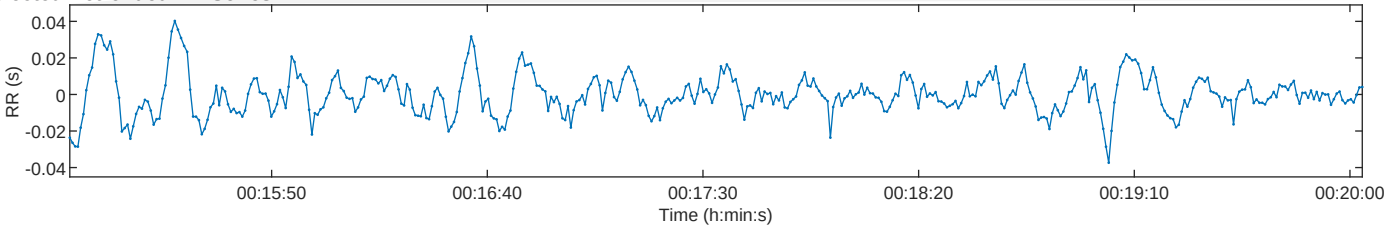
HRV Analysis - Standard Results

Person:				Measurement Info				Results for Sample 4/6	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:15:03
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	1 (0.22 %)

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

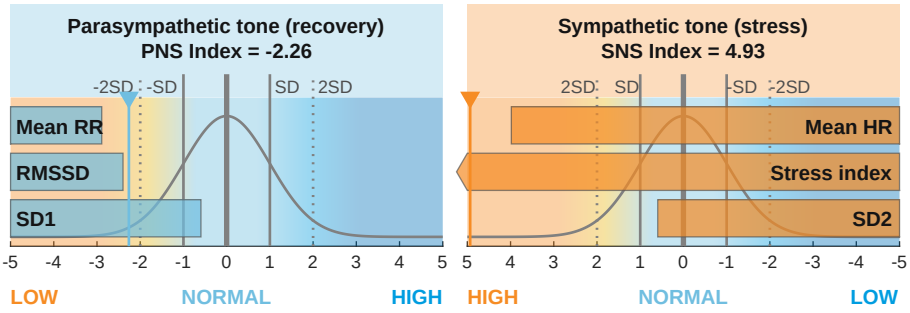
Mean RR	RMSSD	SD1
666 ms	**6.0** ms	**22.5** %

PNS Index = -2.26

Sympathetic Nervous System (SNS)

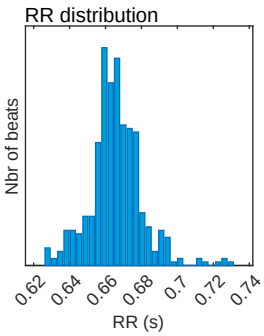
Mean HR	Stress index	SD2
90 bpm	**30.0**	**77.5** %

SNS Index = 4.93



Time-Domain Results

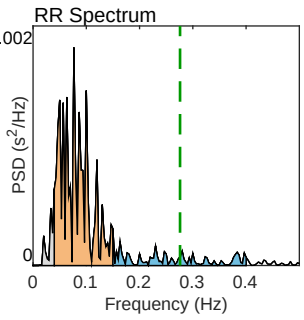
Variable	Units	Value
Mean RR*	(ms)	666
Mean HR*	(bpm)	90
Min HR	(bpm)	83
Max HR	(bpm)	96
SDNN	(ms)	10.9
RMSSD	(ms)	6.0
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		2.85
TINN	(ms)	58.0
Stress Index (SI)		30.0
DC	(ms)	4.0
DCmod	(ms)	5.8



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)	0.040	0.077	0.150
Power	(ms^2)	4	56	10
Power	(log)	1.474	4.019	2.322
Power	(%)	6.21	79.20	14.51
Power	(n.u.)		84.44	15.47

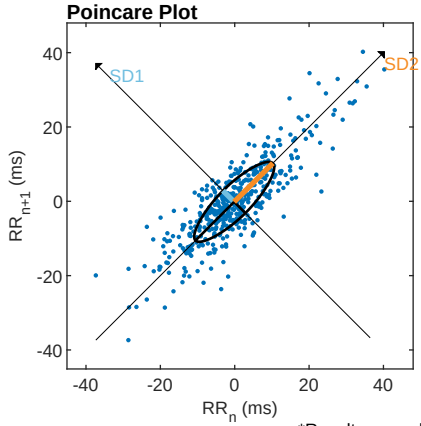
Total power	(ms^2)	70		
Total Power	(log)	4.252		
LF/HF ratio		5.458		
RESP	(Hz)	0.28		



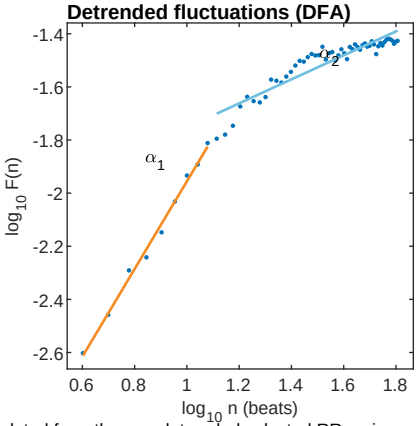
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	4.3
SD2	(ms)	14.7
SD2/SD1		3.449
Approximate Entropy (ApEn)		1.166
Sample Entropy (SampEn)		1.391
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.650
Long-term fluctuations, $\alpha 2$		0.452
Correlation Dimension (D2)		0.005
Recurrence Plot Analysis (RPA)	(beats)	
Mean line length (Lmean)	(beats)	14.45
Max line length (Lmax)	(%)	320
Recurrence rate (REC)	(%)	41.57
Determinism (DET)		99.18
Shannon Entropy (ShanEn)		3.496
Multi-Scale Entropy (MSE)		0.600 - 1.988

Poincare Plot



Detrended fluctuations (DFA)

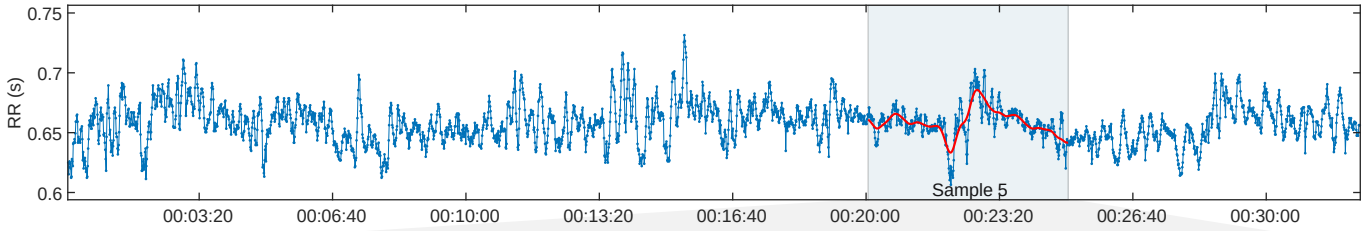


*Results are calculated from the non-detrended selected RR series.

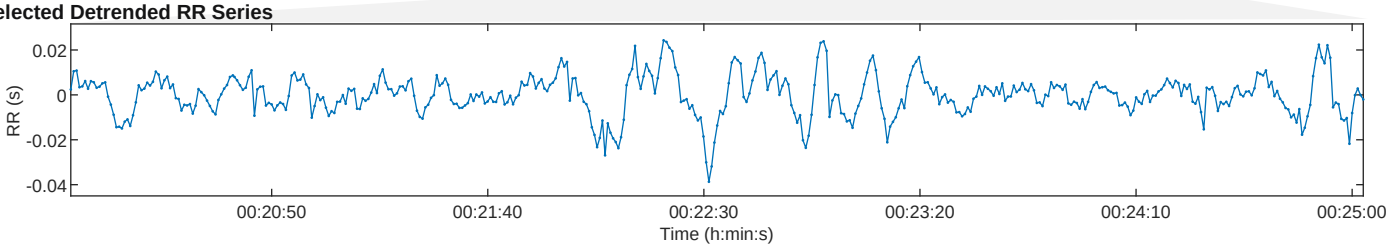
HRV Analysis - Standard Results

Person:				Measurement Info				Results for Sample 5/6	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:20:04
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	4 (0.88 %)

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

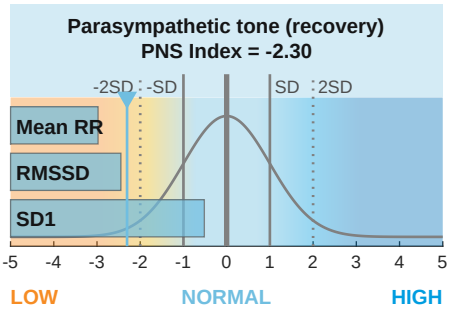
Mean RR	RMSSD	SD1
658 ms	**5.3** ms	**23.7** %

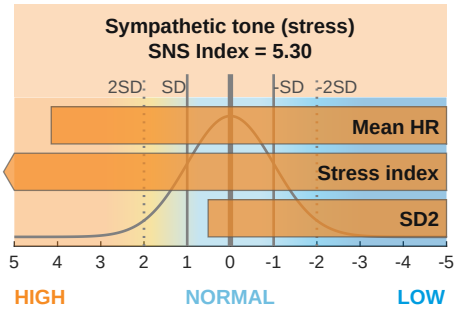
PNS Index = -2.30

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
91 bpm	**32.0**	**76.3** %

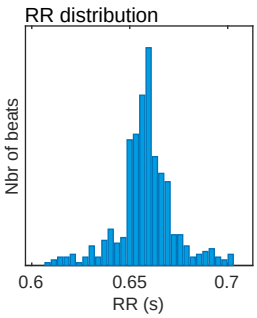
SNS Index = 5.30





Time-Domain Results

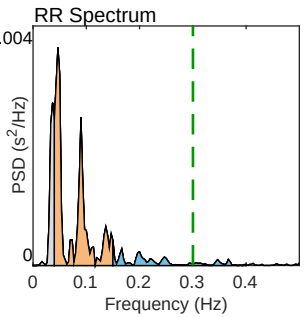
Variable	Units	Value
Mean RR*	(ms)	658
Mean HR*	(bpm)	91
Min HR	(bpm)	86
Max HR	(bpm)	98
SDNN	(ms)	8.9
RMSSD	(ms)	5.3
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		2.81
TINN	(ms)	48.0
Stress Index (SI)		32.0
DC	(ms)	2.4
DCmod	(ms)	4.3



Frequency-Domain Results (FFT spectrum)

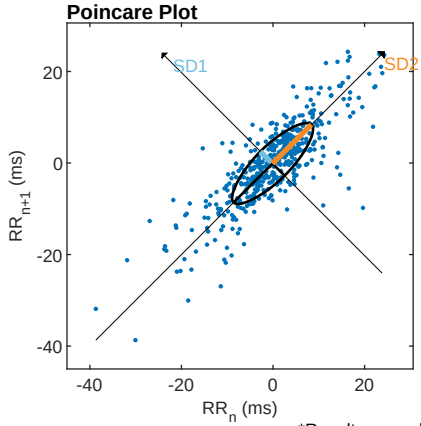
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.047	0.150
Power	(ms^2)	25	87	14
Power	(log)	3.216	4.464	2.660
Power	(%)	19.77	68.88	11.34
Power	(n.u.)		85.85	14.13

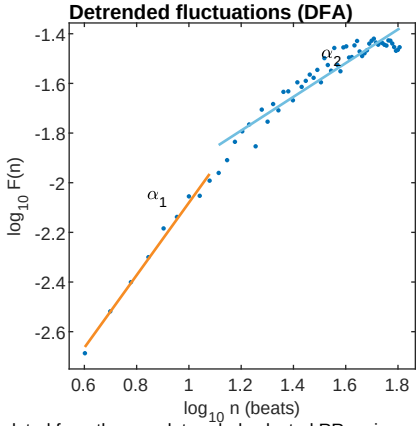
Total power	(ms^2)	126		
Total Power	(log)	4.837		
LF/HF ratio		6.074		
RESP	(Hz)	0.30		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	3.7
SD2	(ms)	12.0
SD2/SD1		3.212
Approximate Entropy (ApEn)		1.134
Sample Entropy (SampEn)		1.356
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.460
Long-term fluctuations, $\alpha 2$		0.679
Correlation Dimension (D2)		0.000
Recurrence Plot Analysis (RPA)	(beats)	
Mean line length (Lmean)	(beats)	16.48
Max line length (Lmax)	(%)	187
Recurrence rate (REC)	(%)	40.33
Determinism (DET)		99.23
Shannon Entropy (ShanEn)		3.476
Multi-Scale Entropy (MSE)		0.447 - 1.866



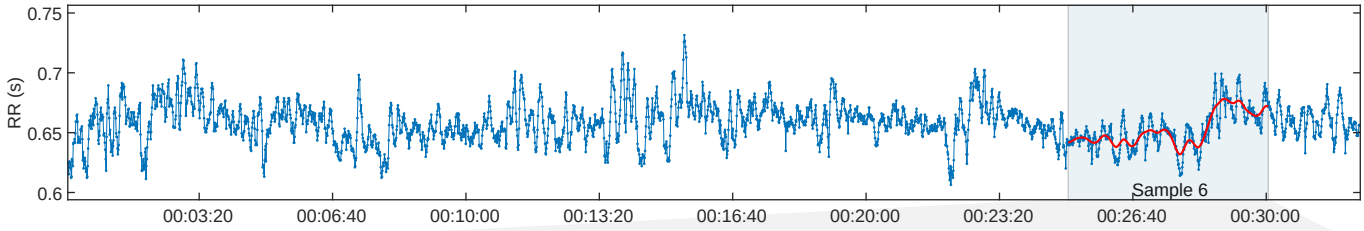


*Results are calculated from the non-detrended selected RR series.

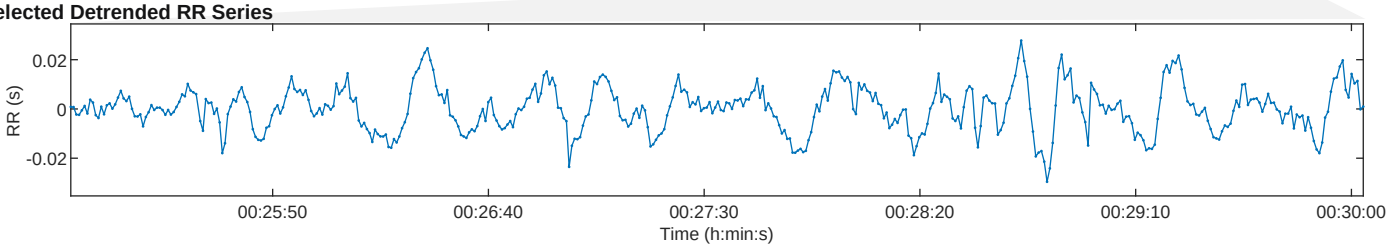
HRV Analysis - Standard Results

Person:				Measurement Info				Results for Sample 6/6	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:25:03
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	2 (0.43 %)

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

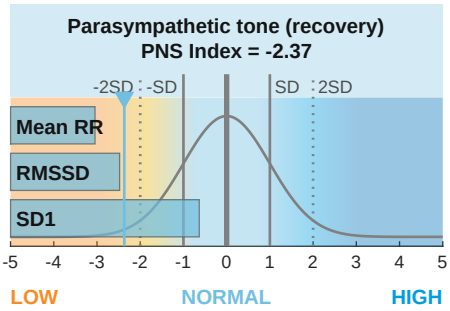
Mean RR	RMSSD	SD1
652 ms	**4.8** ms	**21.9** %

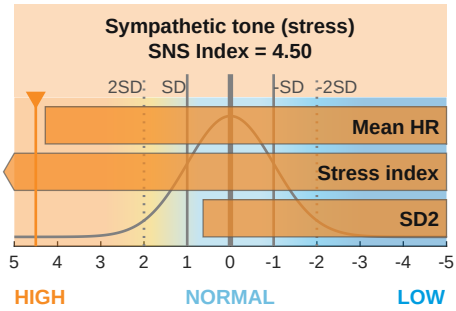
PNS Index = -2.37

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
92 bpm	**26.4**	**78.1** %

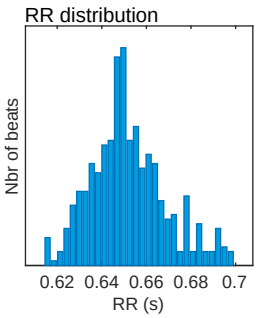
SNS Index = 4.50





Time-Domain Results

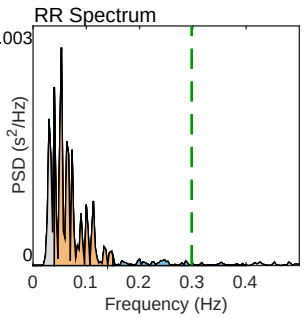
Variable	Units	Value
Mean RR*	(ms)	652
Mean HR*	(bpm)	92
Min HR	(bpm)	86
Max HR	(bpm)	98
SDNN	(ms)	9.0
RMSSD	(ms)	4.8
NN50	(beats)	0
pNN50	(%)	0.00
RR triangular index		2.54
TINN	(ms)	45.0
Stress Index (SI)		26.4
DC	(ms)	2.5
DCmod	(ms)	4.2



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)	0.040	0.053	0.150
Power	(ms^2)	18	55	5
Power	(log)	2.878	4.006	1.639
Power	(%)	22.84	70.54	6.61
Power	(n.u.)		91.42	8.57

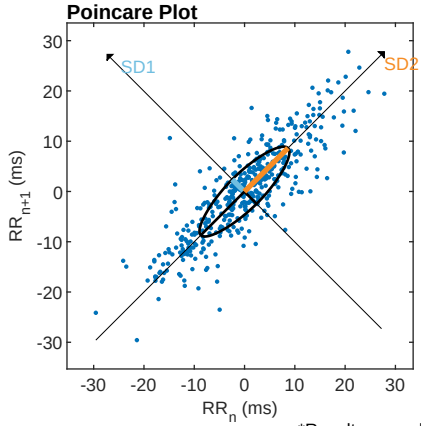
Total power	(ms^2)	78		
Total Power	(log)	4.355		
LF/HF ratio		10.667		
RESP	(Hz)	0.30		



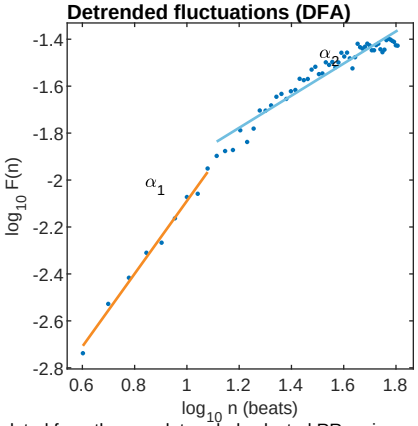
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	3.4
SD2	(ms)	12.3
SD2/SD1		3.572
Approximate Entropy (ApEn)		1.190
Sample Entropy (SampEn)		1.442
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.551
Long-term fluctuations, $\alpha 2$		0.685
Correlation Dimension (D2)		0.000
Recurrence Plot Analysis (RPA)	(beats)	
Mean line length (Lmean)	(beats)	11.69
Max line length (Lmax)	(%)	343
Recurrence rate (REC)	(%)	34.16
Determinism (DET)		99.04
Shannon Entropy (ShanEn)		3.285
Multi-Scale Entropy (MSE)		0.657 - 2.161

Poincare Plot



Detrended fluctuations (DFA)

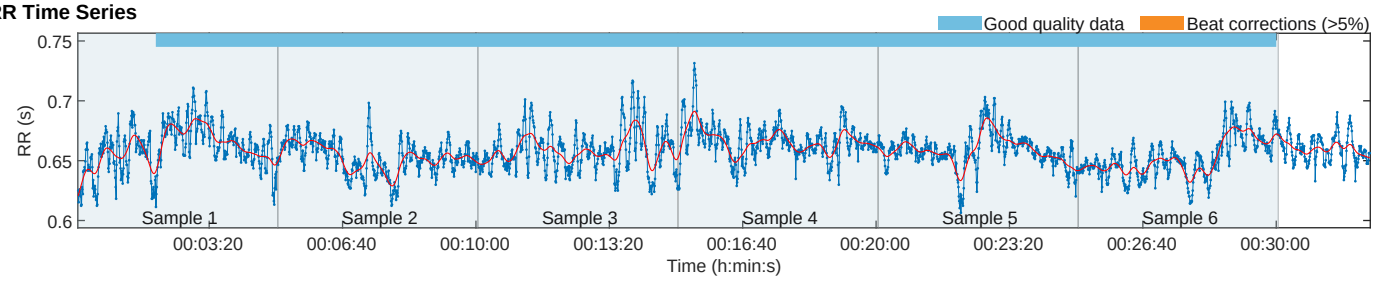


*Results are calculated from the non-detrended selected RR series.

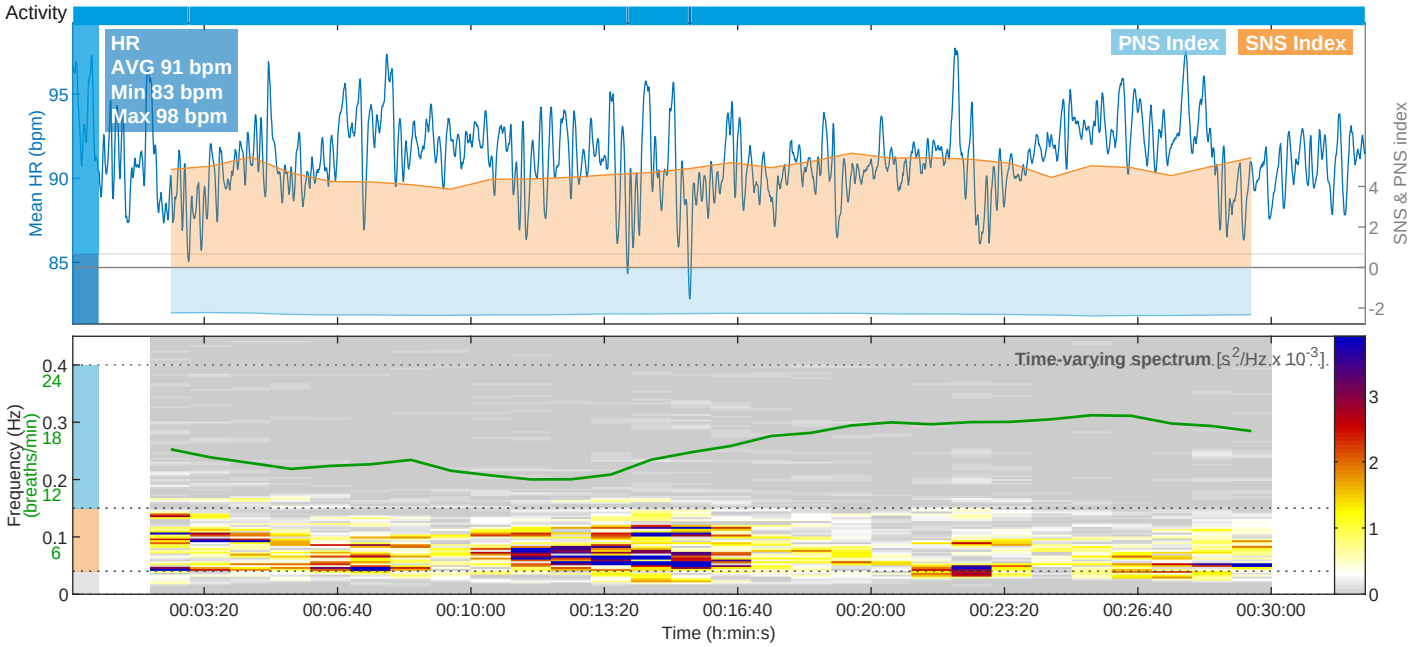
HRV Analysis - Time-Varying Results

Person:				Measurement Info				Results for the whole measurement	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:02:30
Age:	49 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:27:00
Max HR:	171 bpm	BMI:	24.1 kg/m2	Duration:	00:32:21	Analysis samples:	6	Beats corrected:	15 (0.51 %)

RR Time Series



Kubios HRV - Time-Varying Results



HR	0%	50%	100%
MAXIMUM			00:00:00
HARD			00:00:00
MODERATE			00:00:00
LIGHT			00:00:00
VERY LIGH			00:32:07
INACTIVE			00:00:10

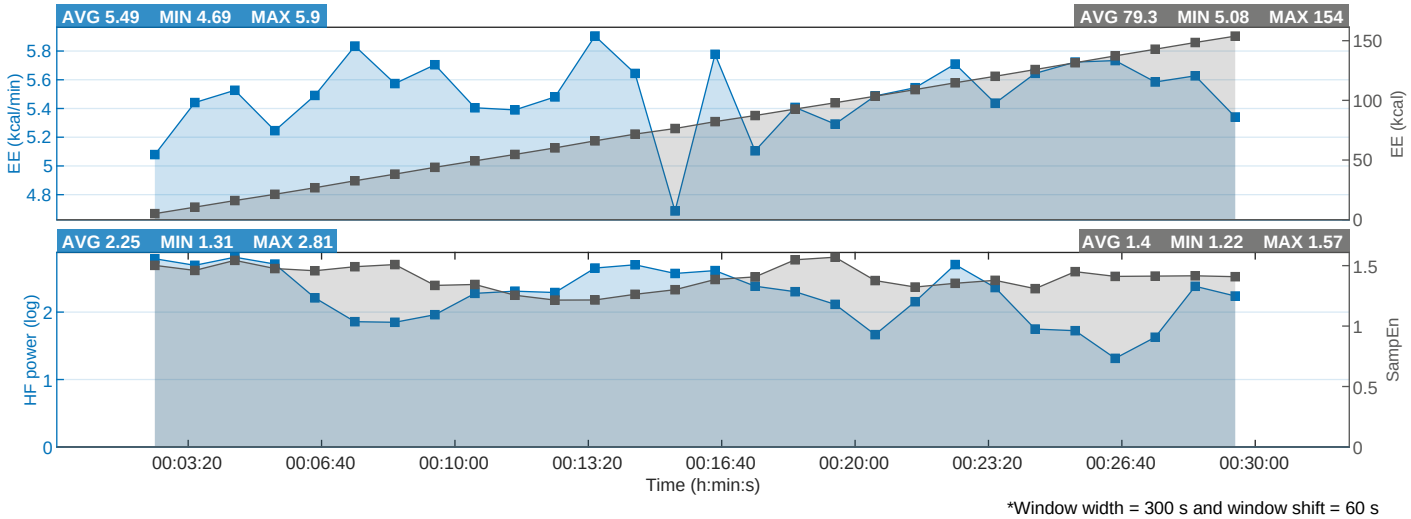
PNS	0%	50%	100%
VERY LOW			00:32:17
LOW			00:00:00
NORMAL			00:00:00
HIGH			00:00:00
VERY HIGH			00:00:00

SNS	0%	50%	100%
VERY HIGH			00:32:17
HIGH			00:00:00
NORMAL			00:00:00
LOW			00:00:00
VERY LOW			00:00:00

PNS Index	SNS Index
AVG -2.31	AVG 4.83
Min -2.39	Min 3.87
Max -2.23	Max 5.64

Energy Expenditure
154 / 191 kcal
BMR Activity

Optional Time-Varying Parameters*



*Window width = 300 s and window shift = 60 s