Description: RMSSD (Root Mean Square of Successive Differences) is a commonly used parameter for analyzing heart rate variability (HRV). It measures the variability between consecutive heartbeats and is calculated by taking the square root of the mean of the squared differences between adjacent R-R intervals (i.e., the time between successive heartbeats) in a time series.

ECP Testing – RMSSD HRV Calculation		
R-R Intervals less than 0 ms	R-R Intervals between 0 ms and 3000 ms (about 3 seconds)	R-R Intervals greater than 3000ms (about 3 seconds)
listOf(-128, -125, -129)	*listOf*(128,125,129)	*listOf*(3008,3005,3009)

Description: PNN50 (Percentage of successive Normal-to-Normal intervals that differ by more than 50 ms) is another commonly used parameter for analyzing heart rate variability (HRV). It is a simple measure of the number of consecutive pairs of normal R-R intervals that differ by more than 50 ms, expressed as a percentage of the total number of R-R intervals in the time series.

BVA Testing – Pnn50 HRV Calculation					
Two R-R intervals below the minimum value	Single R-R interval below the minimum value	Minimum Value	Maximum value	Single R-R interval above the maximum value	Two R-R intervals above the maximum value
ListOf(-1500,50)	ListOf(-50)	ListOf(0)	ListOf(3000)	ListOf(3500)	ListOf(4500,3500)