HRV Analysis - Standard Results

Person:				Measurement Info		Results for Sample 1/1	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:02
Age:	48 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	00:00:55
Max HR:	172 bpm	BMI:	24.1 kg/m2	Duration:	00:01:00	Analysis samples:	1	Beats corrected:	1 (1.67 %)

RR Time Series
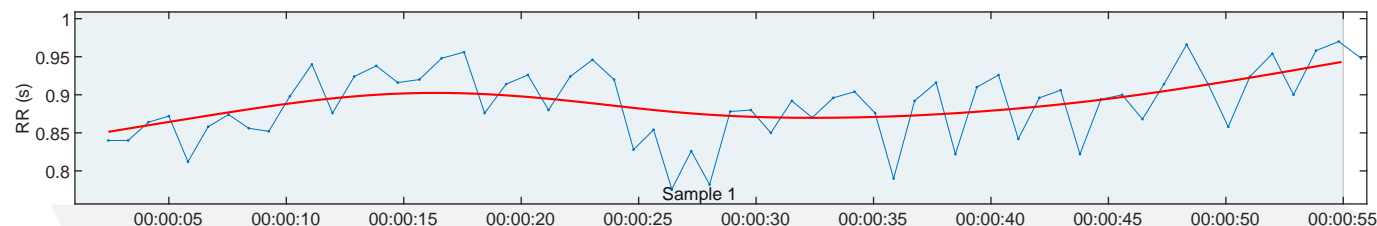
Selected Detrended RR Series

Time (h:min:s)
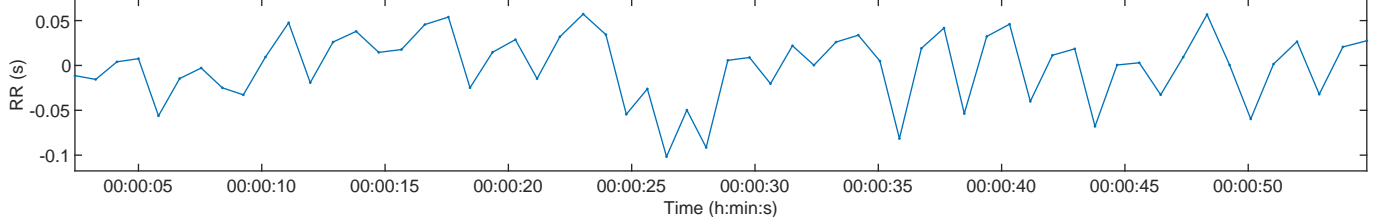
Autonomic nervous system indexes
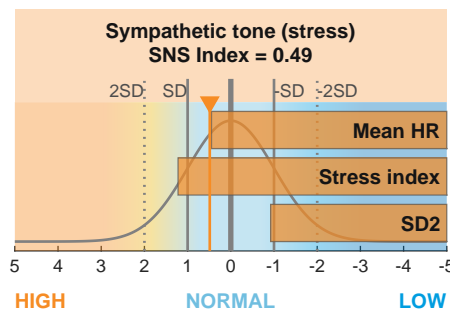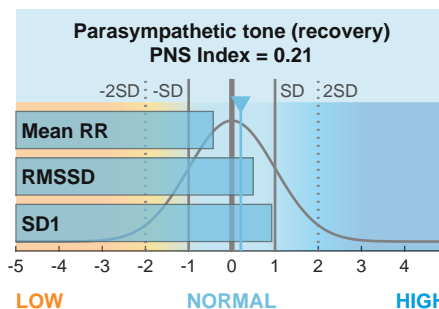
Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
887 ms	**49.4** ms	**46.8** %

PNS Index = 0.21

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
68 bpm	**12.8**	**53.2** %

SNS Index = 0.49

Parasympathetic tone (recovery) PNS Index = 0.21

Sympathetic tone (stress) SNS Index = 0.49

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	887
Mean HR*	(bpm)	68
Min HR	(bpm)	63
Max HR	(bpm)	74
SDNN	(ms)	37.5
RMSSD	(ms)	49.4
NN50	(beats)	20
pNN50	(%)	33.90
RR triangular index		7.50
TINN	(ms)	149.0
Stress Index (SI)		12.8
DC	(ms)	26.6
DCmod	(ms)	51.4

RR distribution
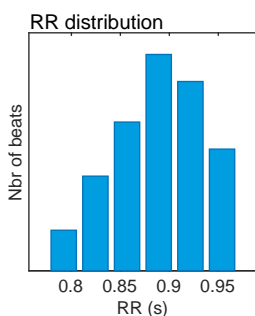
Frequency-Domain Results (FFT spectrum)

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	0.113	0.350
Power	(ms²)	113	800	657
Power	(log)	4.726	6.684	6.488
Power	(%)	7.17	50.84	41.79
Power	(n.u.)		54.77	45.02

Total power	(ms²)	1573		
Total Power	(log)	7.361		
LF/HF ratio		1.216		
RESP	(Hz)	-		

RR Spectrum

Frequency (Hz)
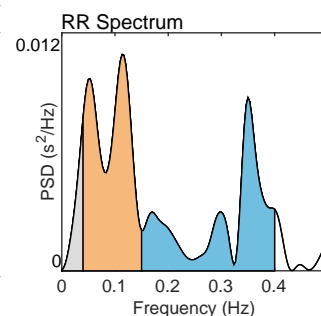
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	35.2
SD2	(ms)	40.1
SD2/SD1		1.138
Approximate Entropy (ApEn)		-
Sample Entropy (SampEn)		-
Detrended Fluctutation Analysis (DFA)		-
Short-term fluctuations, $\alpha 1$		-
Long-term fluctuations, $\alpha 2$		-
Correlation Dimension (D2)		-
Recurrence Plot Analysis (RPA)	(beats)	-
Mean line length (Lmean)	(beats)	-
Max line length (Lmax)	(%)	-
Recurrence rate (REC)	(%)	-
Determinism (DET)		-
Shannon Entropy (ShanEn)		-
Multi-Scale Entropy (MSE)		-

Poincare Plot
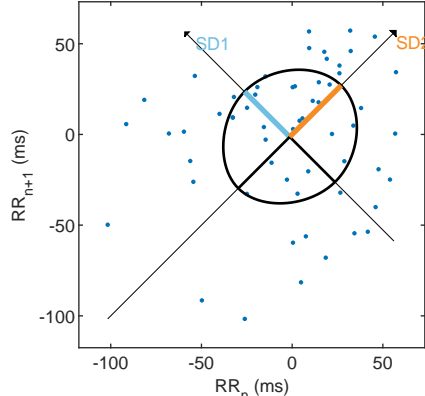
Detrended fluctuations (DFA)

DFA plot undefined

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

Person:				**Measurement Info**		**Trend removal:**	Smoothn priors	**Results for the whole measurement**	
Gender:	Male	Height:	180 cm	Date:				Sample start:	-
Age:	48 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	Automatic correction	Sample length:	-
Max HR:	172 bpm	BMI:	24.1 kg/m2	Duration:	00:01:00	Analysis samples:	1	Beats corrected:	1 (1.64 %)

RR Time Series
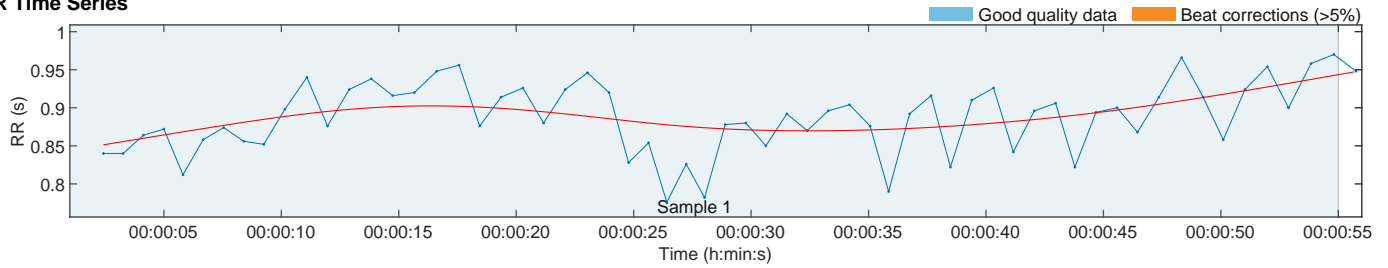
TIME-VARYING RESULTS NOT DEFINED
(Not enough good quality data available for time-varying analysis)