HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:05:02
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:12	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
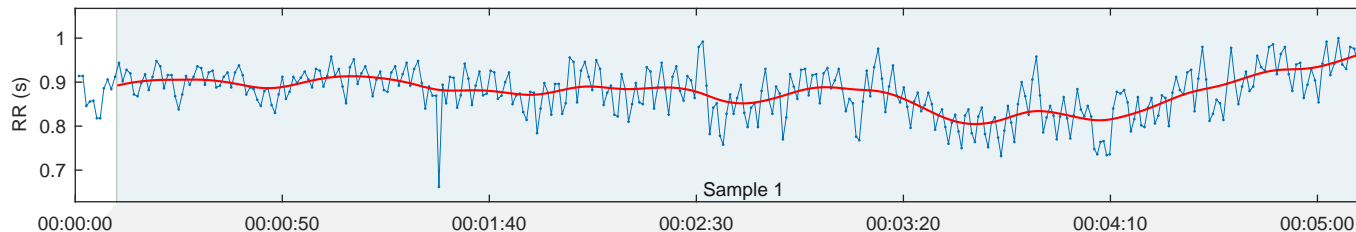
Selected Detrended RR Series
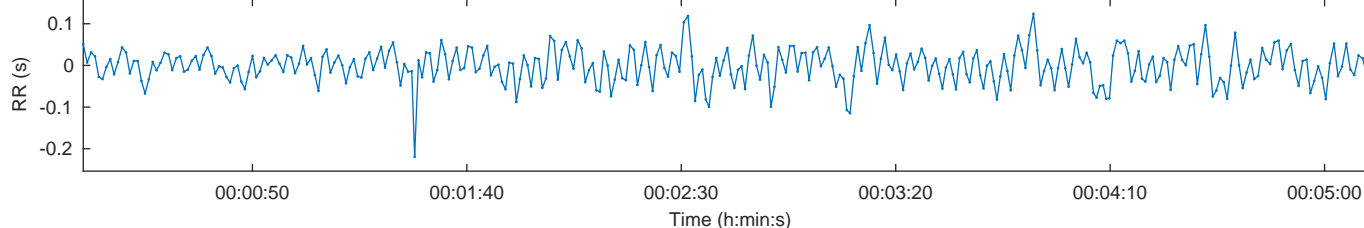
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
876 ms	**49.8** ms	**43.5**%

PNS Index = 0.13

Sympathetic Nervous System (SNS)

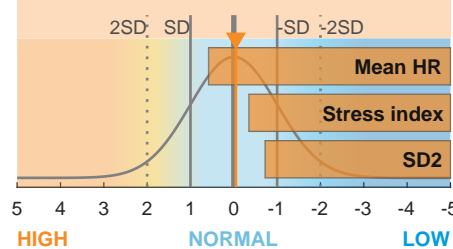| Mean HR	Stress index	SD2
69 bpm	**8.8**	**56.5**%

SNS Index = -0.05

Parasympathetic tone (recovery)
PNS Index = 0.13
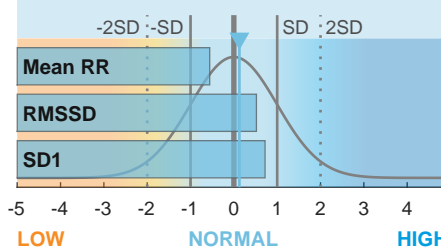
Sympathetic tone (stress)
SNS Index = -0.05

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	876
Mean HR*	(bpm)	69
Min HR	(bpm)	62
Max HR	(bpm)	80
SDNN	(ms)	40.8
RMSSD	(ms)	49.8
NN50	(beats)	112
pNN50	(%)	32.56
RR triangular index		11.50
TINN	(ms)	255.0
Stress Index (SI)		8.8

RR distribution
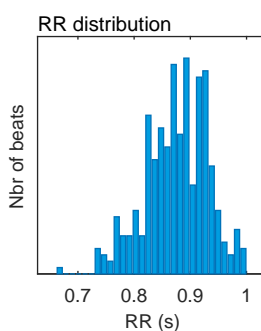
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.087	0.323
Power	(ms^2)	112	626	1114
Power	(log)	4.722	6.440	7.016
Power	(%)	6.06	33.80	60.13
Power	(n.u.)		35.98	64.01

Total power	(ms^2)	1853		
Total Power	(log)	7.524		
LF/HF ratio		0.562		
RESP	(Hz)	-		

RR Spectrum
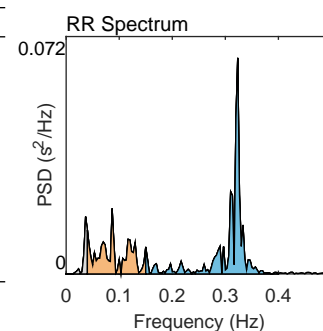
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	35.3
SD2	(ms)	45.7
SD2/SD1		1.297
Approximate Entropy (ApEn)		1.110
Sample Entropy (SampEn)		1.868
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha1$		0.729
Long-term fluctuations, $\alpha2$		0.331

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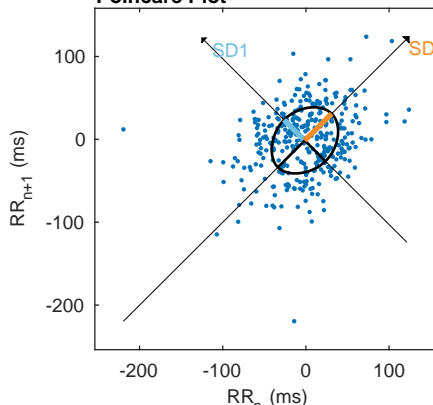
Detrended fluctuations (DFA)
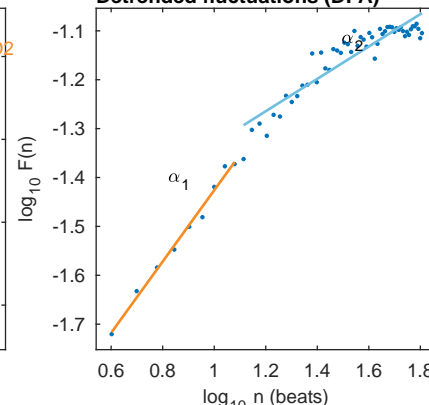
*Results are calculated from the non-detrended selected RR series.