HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:13
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:03:07
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:19	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
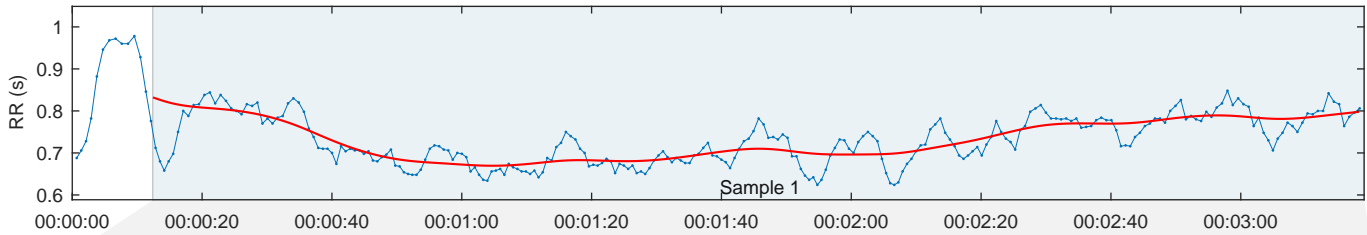
Selected Detrended RR Series
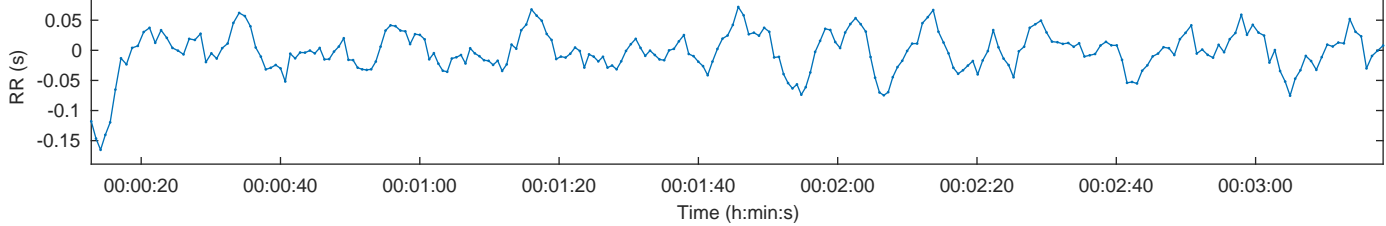
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
727 ms	**18.9** ms	**22.2** %

PNS Index = -1.63

Sympathetic Nervous System (SNS)

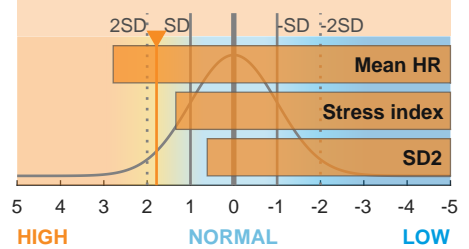| Mean HR	Stress index	SD2
82 bpm	**13.1**	**77.8** %

SNS Index = 1.78

Parasympathetic tone (recovery)
PNS Index = -1.63
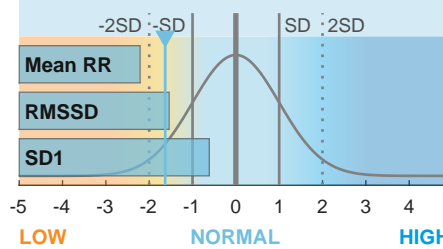
Sympathetic tone (stress)
SNS Index = 1.78

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	727
Mean HR*	(bpm)	82
Min HR	(bpm)	72
Max HR	(bpm)	94
SDNN	(ms)	34.9
RMSSD	(ms)	18.9
NN50	(beats)	3
pNN50	(%)	1.18
RR triangular index		8.26
TINN	(ms)	190.0
Stress Index (SI)		13.1

RR distribution
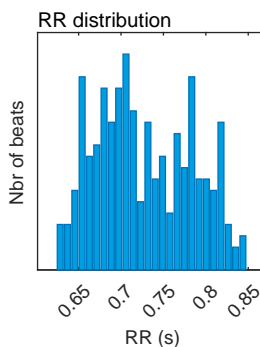
Frequency-Domain Results (FFT spectrum)

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	0.067	0.160
Power	(ms²)	52	805	139
Power	(log)	3.956	6.691	4.931
Power	(%)	5.25	80.84	13.91
Power	(n.u.)		85.31	14.68

Total power	(ms²)	996		
Total Power	(log)	6.903		
LF/HF ratio		5.810		
RESP	(Hz)	-		

RR Spectrum
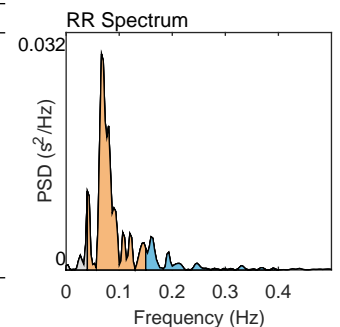
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	13.4
SD2	(ms)	47.1
SD2/SD1		3.509
Approximate Entropy (ApEn)		1.095
Sample Entropy (SampEn)		1.478
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha1$		1.733
Long-term fluctuations, $\alpha2$		0.367

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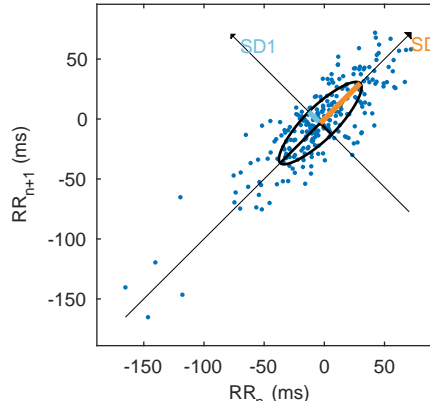
Detrended fluctuations (DFA)
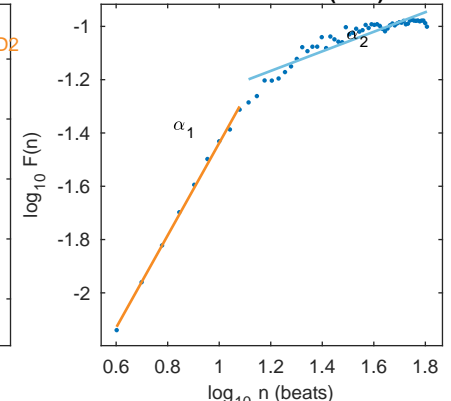
*Results are calculated from the non-detrended selected RR series.