

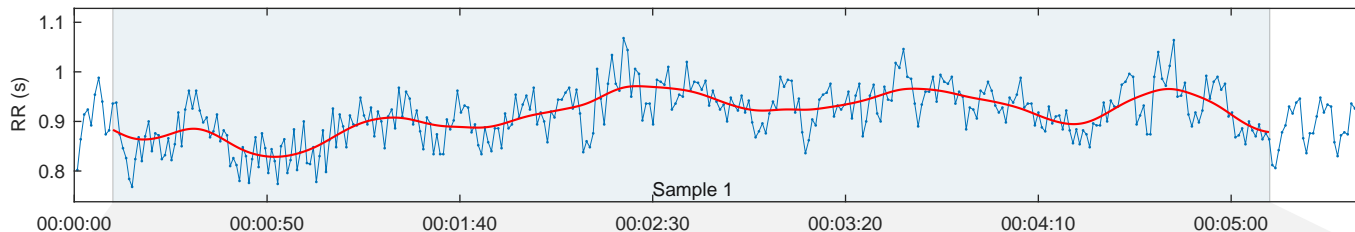
# HRV Analysis Results

rr\_interval\_arai\_2\_flow.csv - -

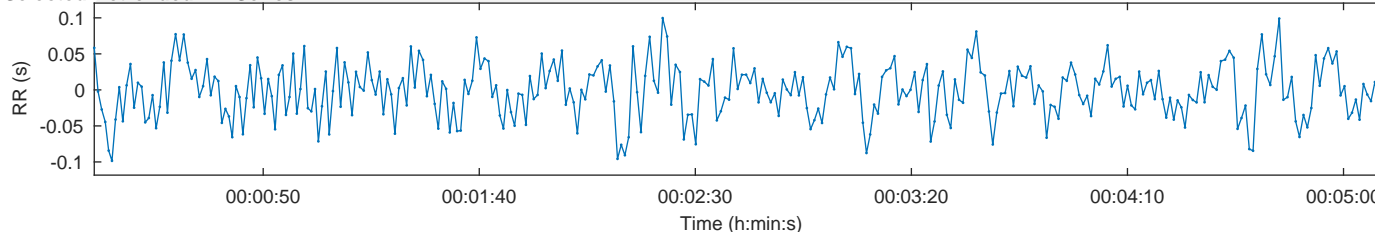
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:35	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR: 912 ms  
RMSSD: 42.9 ms  
SD1: 41.6%

**PNS Index = 0.08**

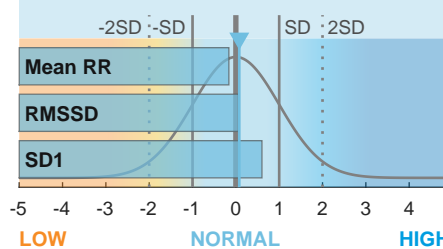
### Sympathetic Nervous System (SNS)

Mean HR: 66 bpm  
Stress index: 11.6  
SD2: 58.4%

**SNS Index = 0.25**

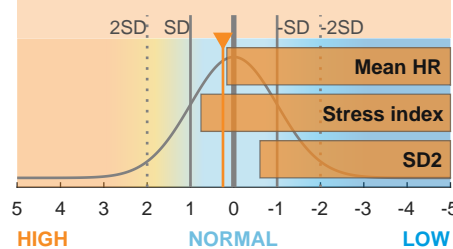
### Parasympathetic tone (recovery)

PNS Index = 0.08



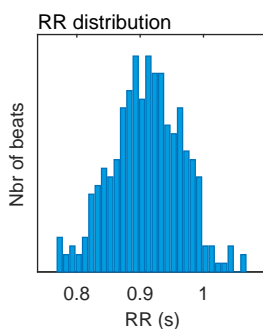
### Sympathetic tone (stress)

SNS Index = 0.25



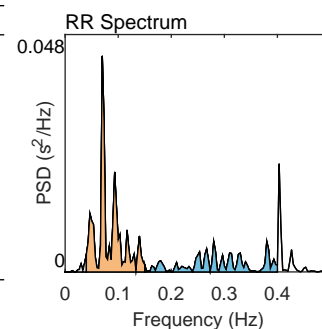
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	912
Mean HR*	(bpm)	66
Min HR	(bpm)	59
Max HR	(bpm)	74
SDNN	(ms)	37.0
RMSSD	(ms)	42.9
NN50	(beats)	86
pNN50	(%)	26.22
RR triangular index		9.68
TINN	(ms)	176.0
Stress Index (SI)		11.6



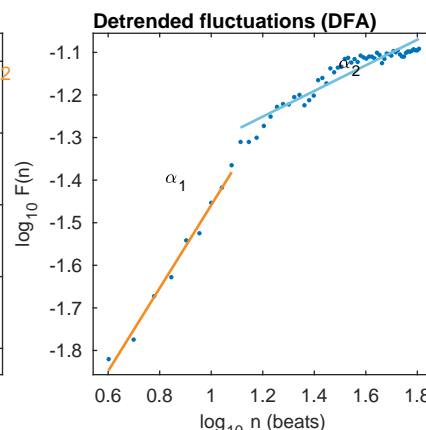
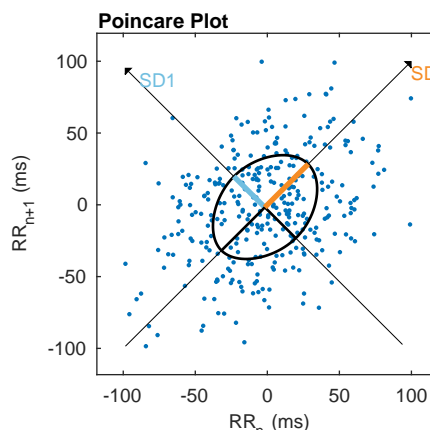
## Frequency-Domain Results (FFT spectrum)

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	0.070	0.380
Power	(ms <sup>2</sup> )	23	798	375
Power	(log)	3.120	6.682	5.926
Power	(%)	1.89	66.52	31.22
Power	(n.u.)		67.80	31.82
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Total power	(ms <sup>2</sup> )	1200		
Total Power	(log)	7.090		
LF/HF ratio		2.130		
RESP	(Hz)	-		



## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	30.4
SD2	(ms)	42.6
SD2/SD1		1.401
Approximate Entropy (ApEn)		1.122
Sample Entropy (SampEn)		2.053
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		0.974
Long-term fluctuations, $\alpha_2$		0.301



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