HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:03:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:20	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
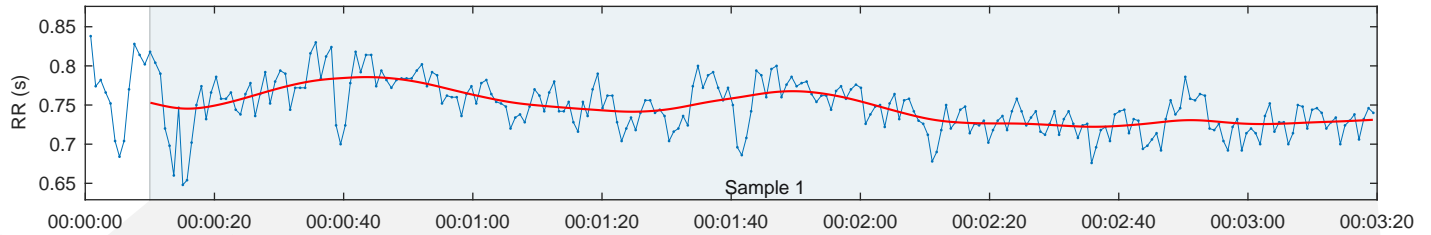
Selected Detrended RR Series
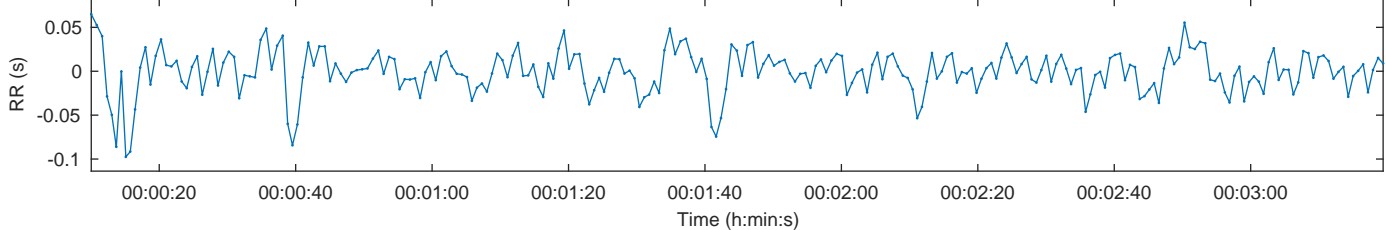
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
746 ms	**24.8** ms	**37.0**%

PNS Index = -1.21

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
80 bpm	**15.2**	**63.0**%

SNS Index = 1.80

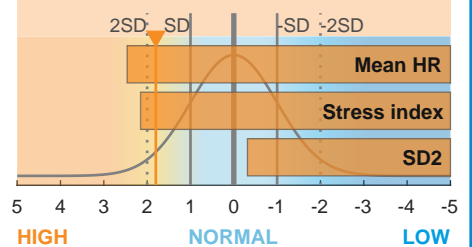### Parasympathetic tone (recovery)
PNS Index = -1.21
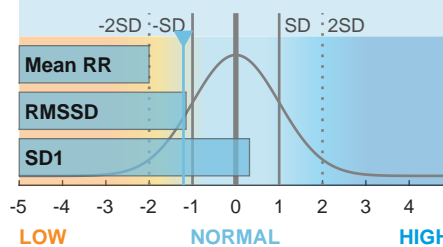
Sympathetic tone (stress)
**SNS Index = 1.80**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	746
Mean HR*	(bpm)	80
Min HR	(bpm)	74
Max HR	(bpm)	88
SDNN	(ms)	24.6
RMSSD	(ms)	24.8
NN50	(beats)	7
pNN50	(%)	2.76
RR triangular index		6.07
TINN	(ms)	125.0
Stress Index (SI)		15.2

RR distribution
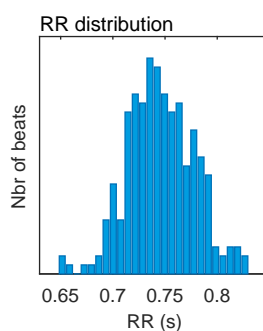
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.110	0.367
Power	(ms^2)	10	291	143
Power	(log)	2.254	5.672	4.966
Power	(%)	2.14	65.19	32.18
Power	(n.u.)		66.62	32.88

Total power	(ms^2)	446		
Total Power	(log)	6.100		
LF/HF ratio		2.026		
RESP	(Hz)	-		

RR Spectrum
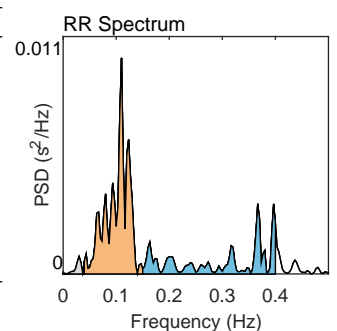
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.6
SD2	(ms)	29.8
SD2/SD1		1.700
Approximate Entropy (ApEn)		1.015
Sample Entropy (SampEn)		1.739
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.940
Long-term fluctuations, $\alpha 2$		0.360

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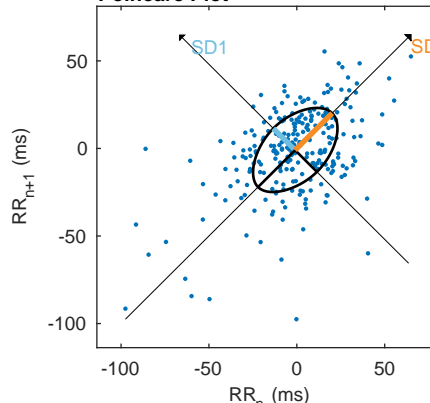
Detrended fluctuations (DFA)
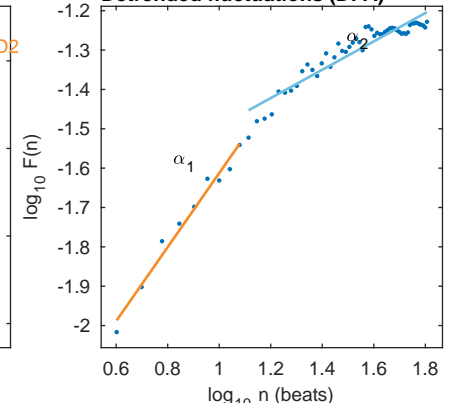
*Results are calculated from the non-detrended selected RR series.