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:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:21	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
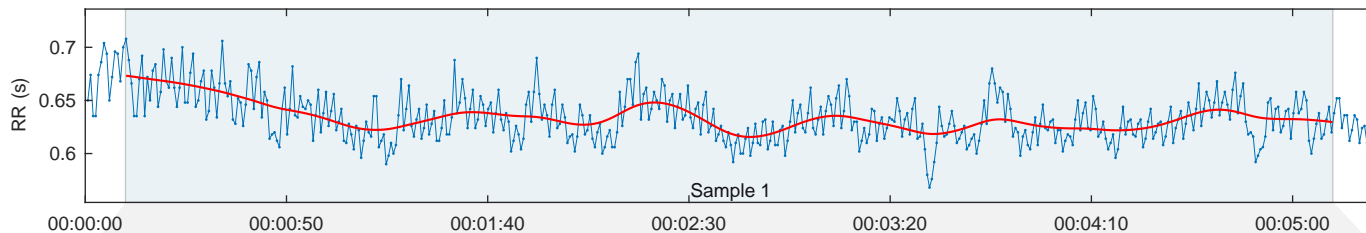
Selected Detrended RR Series
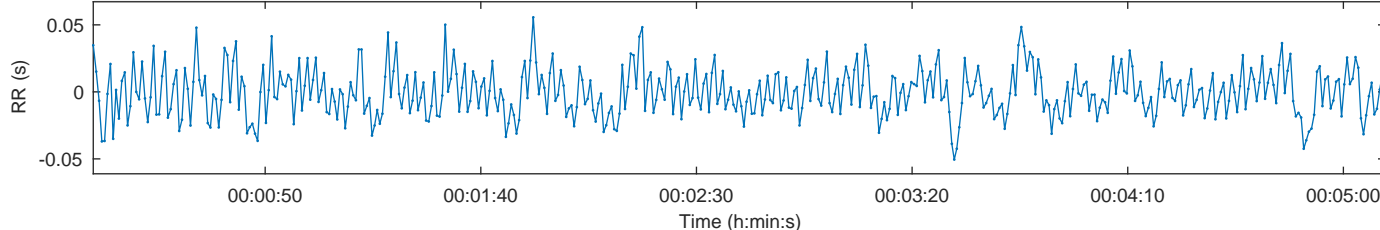
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
633 ms	**20.9** ms	**42.4** %

PNS Index = -1.79

Sympathetic Nervous System (SNS)

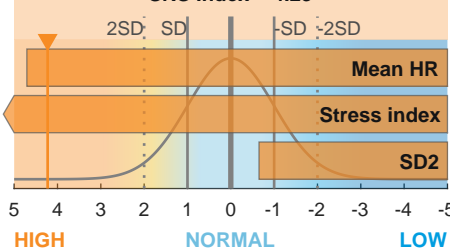| Mean HR	Stress index	SD2
95 bpm	**24.9**	**57.6** %

SNS Index = 4.23

Parasympathetic tone (recovery)
PNS Index = -1.79
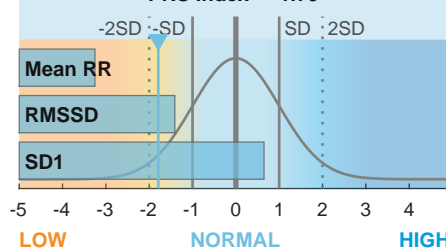
Sympathetic tone (stress)
**SNS Index = 4.23**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	633
Mean HR*	(bpm)	95
Min HR	(bpm)	87
Max HR	(bpm)	103
SDNN	(ms)	17.6
RMSSD	(ms)	20.9
NN50	(beats)	5
pNN50	(%)	1.06
RR triangular index		5.71
TINN	(ms)	87.0
Stress Index (SI)		24.9

RR distribution
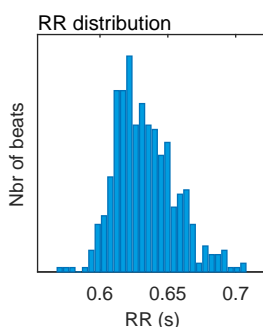
Frequency-Domain Results (FFT spectrum)

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	0.097	0.157
Power	(ms^2)	17	96	44
Power	(log)	2.806	4.560	3.777
Power	(%)	10.60	61.24	27.99
Power	(n.u.)		68.50	31.31

Total power	(ms^2)	156		
Total Power	(log)	5.051		
LF/HF ratio		2.188		
RESP	(Hz)	-		

RR Spectrum
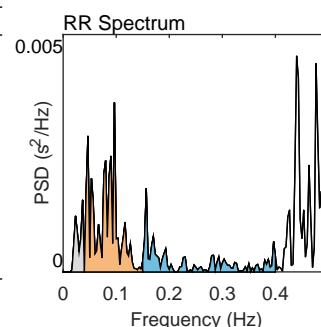
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	14.8
SD2	(ms)	20.1
SD2/SD1		1.358
Approximate Entropy (ApEn)		1.282
Sample Entropy (SampEn)		1.849
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.806
Long-term fluctuations, $\alpha 2$		0.489

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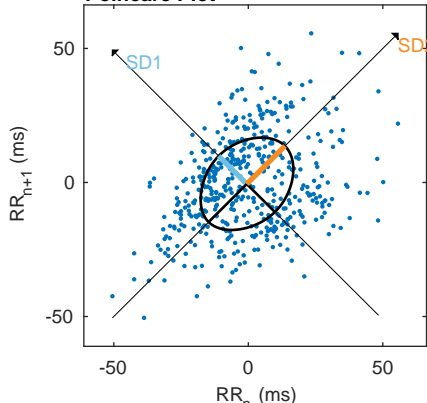
Detrended fluctuations (DFA)
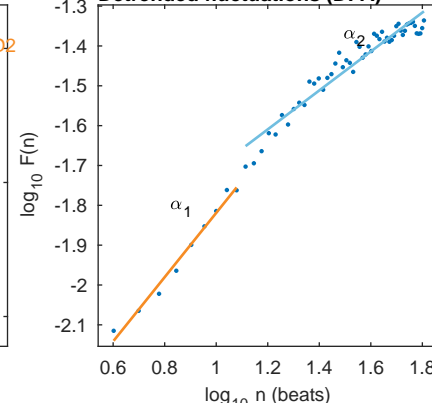
*Results are calculated from the non-detrended selected RR series.