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:	00:05:19	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
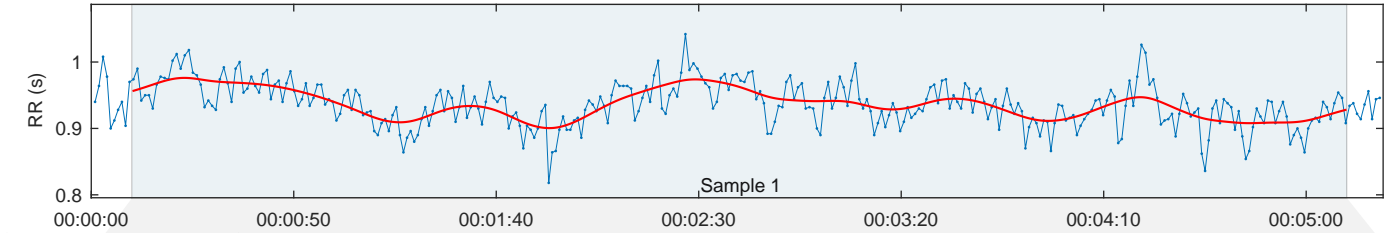
Selected Detrended RR Series
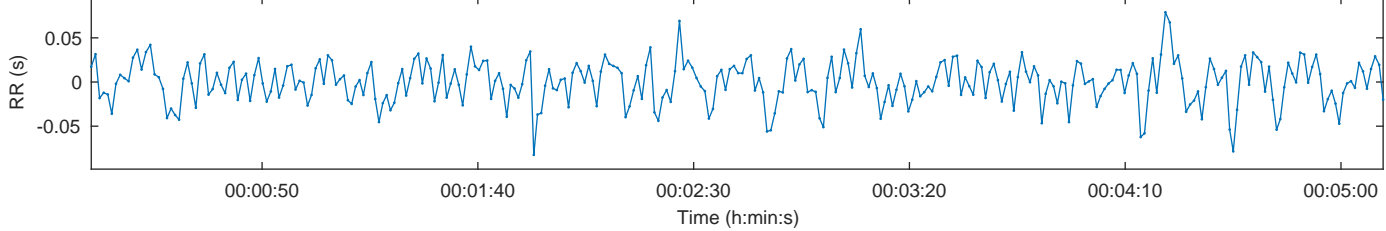
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
936 ms	**26.1** ms	**39.4** %

PNS Index = -0.29

Sympathetic Nervous System (SNS)

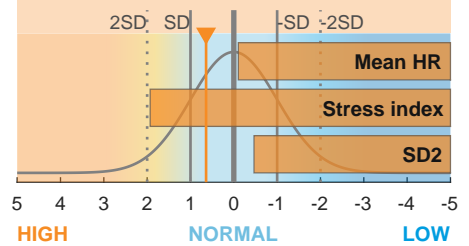| Mean HR	Stress index	SD2
64 bpm	**14.7**	**60.6** %

SNS Index = 0.64

Parasympathetic tone (recovery)
PNS Index = -0.29
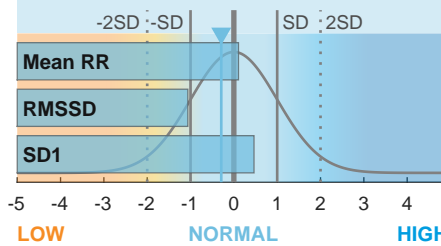
Sympathetic tone (stress)
SNS Index = 0.64

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	936
Mean HR*	(bpm)	64
Min HR	(bpm)	60
Max HR	(bpm)	69
SDNN	(ms)	23.9
RMSSD	(ms)	26.1
NN50	(beats)	10
pNN50	(%)	3.12
RR triangular index		6.83
TINN	(ms)	128.0
Stress Index (SI)		14.7

RR distribution
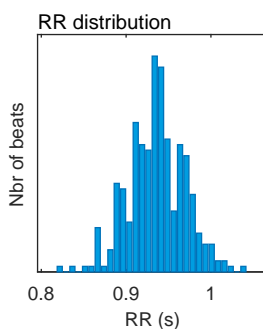
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.080	0.310
Power	(ms^2)	40	266	230
Power	(log)	3.682	5.584	5.439
Power	(%)	7.41	49.64	42.94
Power	(n.u.)		53.61	46.38

Total power	(ms^2)	536		
Total Power	(log)	6.285		
LF/HF ratio		1.156		
RESP	(Hz)	-		

RR Spectrum
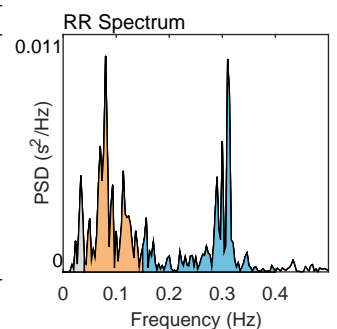
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	18.5
SD2	(ms)	28.3
SD2/SD1		1.535
Approximate Entropy (ApEn)		1.130
Sample Entropy (SampEn)		1.942
Detrended Flucutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.005
Long-term fluctuations, $\alpha 2$		0.329

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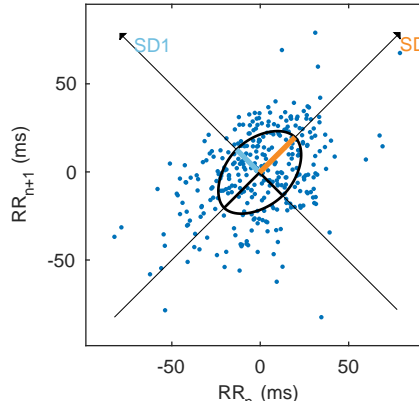
Detrended fluctuations (DFA)
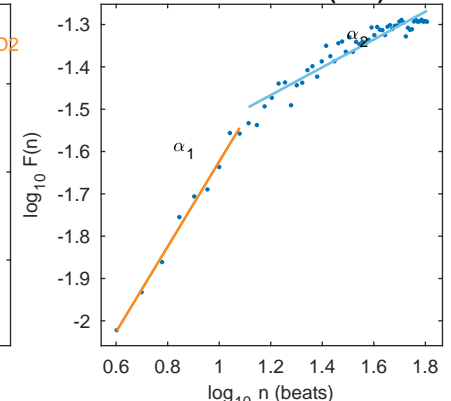
*Results are calculated from the non-detrended selected RR series.