HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:05:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:20	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
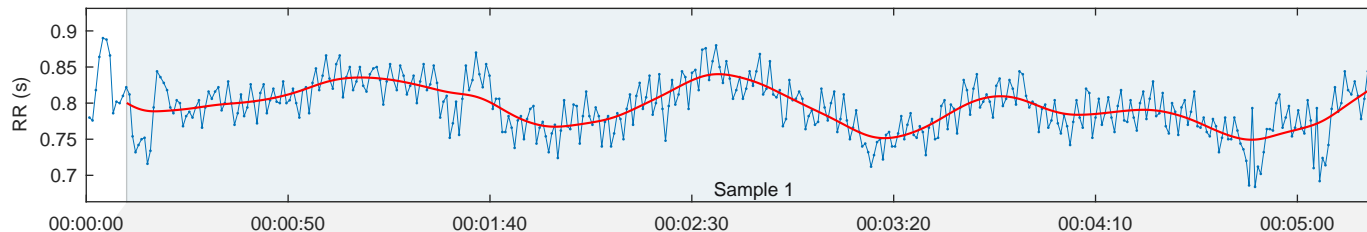
Selected Detrended RR Series
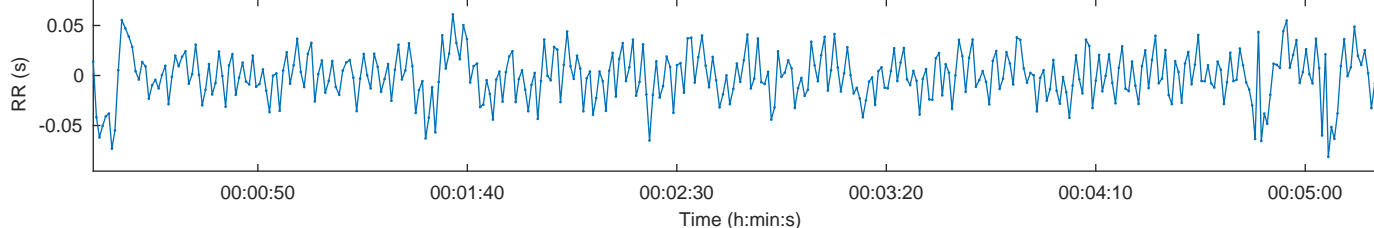
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
793 ms	**29.7** ms	**43.8** %

PNS Index = -0.78

Sympathetic Nervous System (SNS)

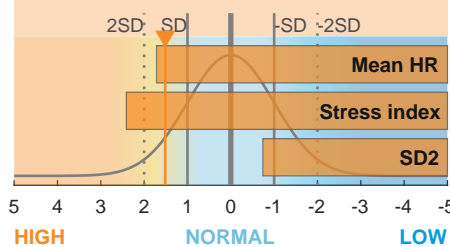| Mean HR	Stress index	SD2
76 bpm	**15.9**	**56.2** %

SNS Index = 1.51

Parasympathetic tone (recovery)
PNS Index = -0.78
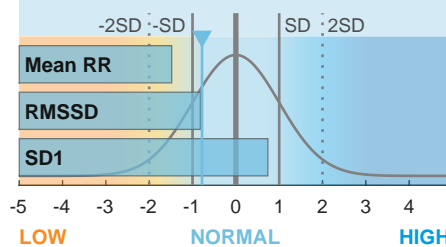
Sympathetic tone (stress)
**SNS Index = 1.51**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	793
Mean HR*	(bpm)	76
Min HR	(bpm)	69
Max HR	(bpm)	84
SDNN	(ms)	24.2
RMSSD	(ms)	29.7
NN50	(beats)	20
pNN50	(%)	5.14
RR triangular index		5.91
TINN	(ms)	116.0
Stress Index (SI)		15.9

RR distribution
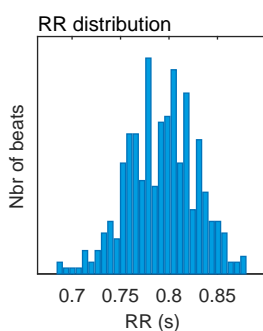
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.067	0.373
Power	(ms^2)	16	154	281
Power	(log)	2.783	5.038	5.638
Power	(%)	3.57	34.06	62.03
Power	(n.u.)		35.33	64.33

Total power	(ms^2)	453		
Total Power	(log)	6.115		
LF/HF ratio		0.549		
RESP	(Hz)	-		

RR Spectrum
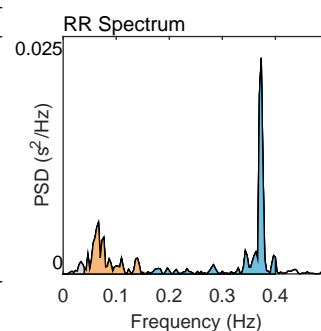
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	21.0
SD2	(ms)	27.0
SD2/SD1		1.282
Approximate Entropy (ApEn)		1.208
Sample Entropy (SampEn)		1.918
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha1$		0.822
Long-term fluctuations, $\alpha2$		0.263

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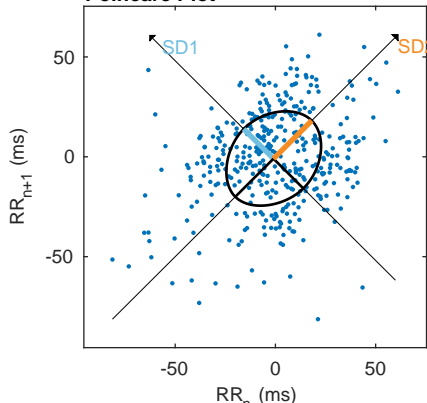
Detrended fluctuations (DFA)
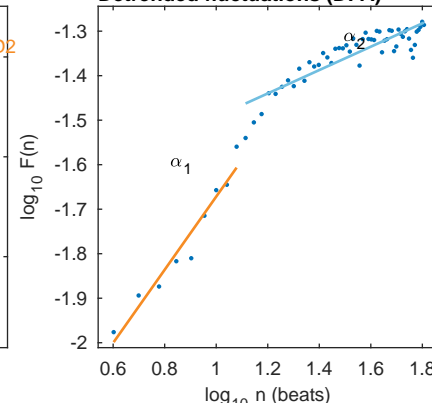
*Results are calculated from the non-detrended selected RR series.