HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:03:15
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:15	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
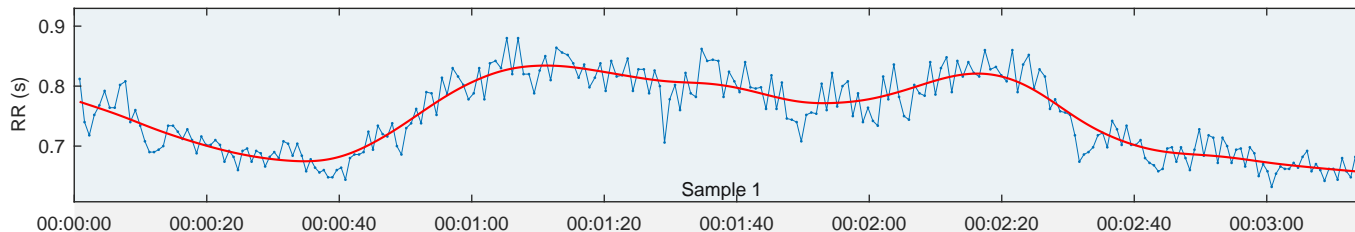
Selected Detrended RR Series
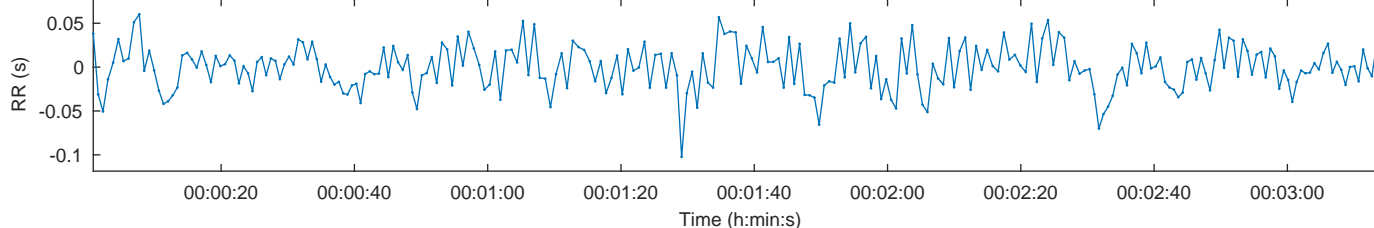
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
746 ms	**31.6** ms	**44.7** %

PNS Index = -0.93

Sympathetic Nervous System (SNS)

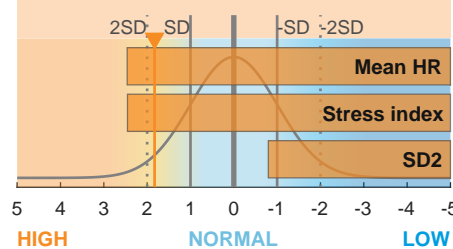| Mean HR	Stress index	SD2
80 bpm	**16.0**	**55.3** %

SNS Index = 1.83

Parasympathetic tone (recovery)
PNS Index = -0.93
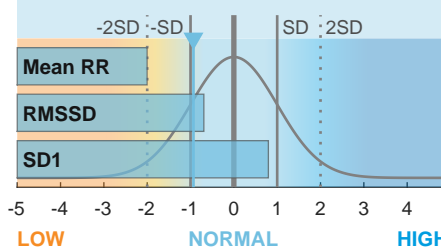
Sympathetic tone (stress)
**SNS Index = 1.83**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	746
Mean HR*	(bpm)	80
Min HR	(bpm)	71
Max HR	(bpm)	92
SDNN	(ms)	25.2
RMSSD	(ms)	31.6
NN50	(beats)	34
pNN50	(%)	13.08
RR triangular index		6.87
TINN	(ms)	134.0
Stress Index (SI)		16.0

RR distribution
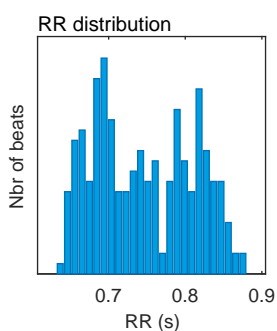
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.100	0.183
Power	(ms^2)	44	293	123
Power	(log)	3.774	5.680	4.811
Power	(%)	9.48	63.75	26.74
Power	(n.u.)		70.42	29.54

Total power	(ms^2)	459		
Total Power	(log)	6.130		
LF/HF ratio		2.384		
RESP	(Hz)	-		

RR Spectrum
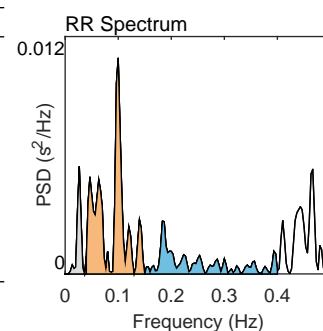
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	22.4
SD2	(ms)	27.7
SD2/SD1		1.235
Approximate Entropy (ApEn)		1.021
Sample Entropy (SampEn)		2.135
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.956
Long-term fluctuations, $\alpha 2$		0.521

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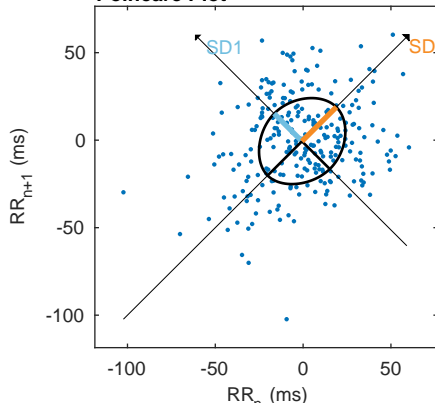
Detrended fluctuations (DFA)
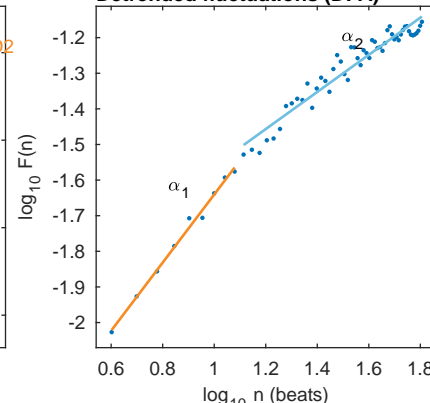
*Results are calculated from the non-detrended selected RR series.