

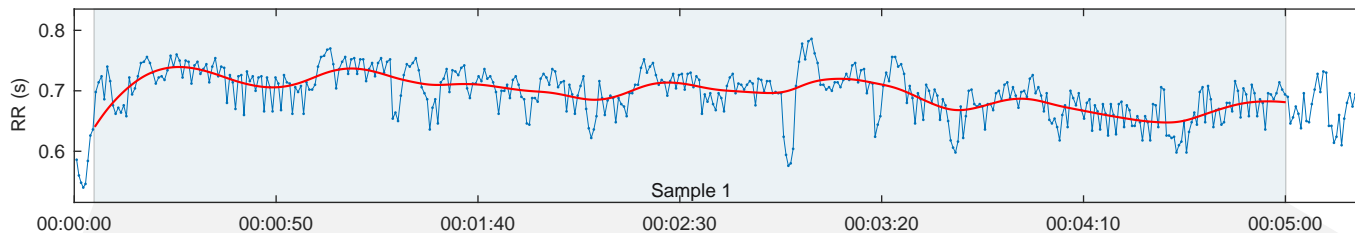
HRV Analysis Results

rr_interval_tubota_5_overload.csv - -

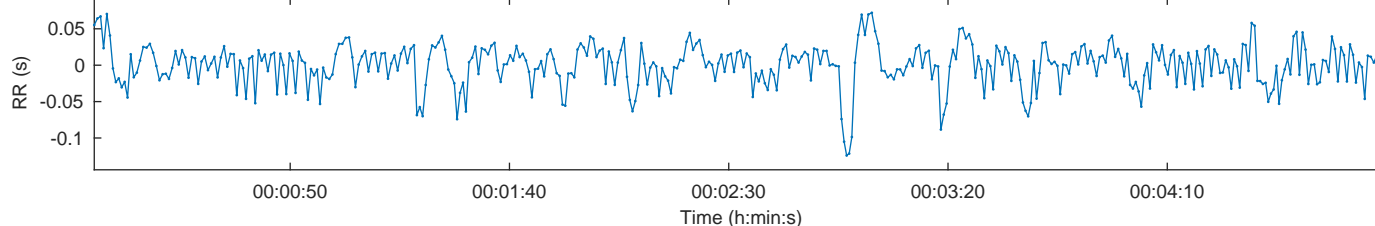
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:05
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:04:55
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:20	Beats corrected:	Uncorrected
			Trend removal:			Smoothn priors	none
			Artefact corr.:				
			Analysis samples:			1	

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
696 ms 28.3 ms 36.3%

PNS Index = -1.35

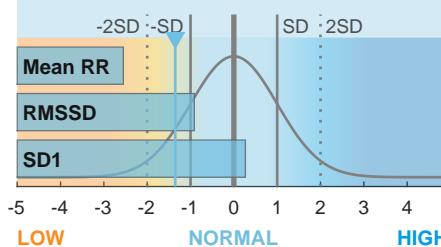
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
86 bpm 14.0 63.7%

SNS Index = 1.98

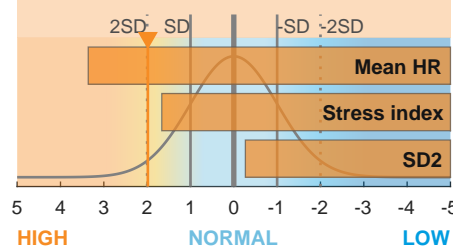
Parasympathetic tone (recovery)

PNS Index = -1.35



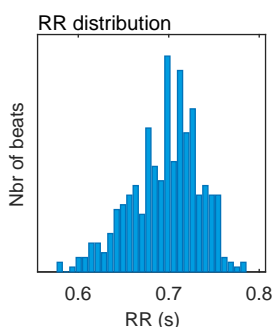
Sympathetic tone (stress)

SNS Index = 1.98



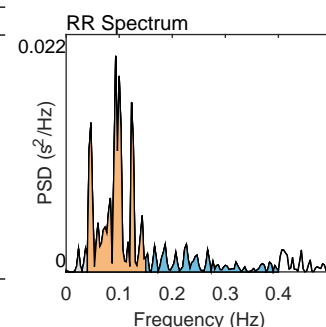
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	696
Mean HR*	(bpm)	86
Min HR	(bpm)	78
Max HR	(bpm)	101
SDNN	(ms)	28.7
RMSSD	(ms)	28.3
NN50	(beats)	36
pNN50	(%)	8.51
RR triangular index		6.95
TINN	(ms)	149.0
Stress Index (SI)		14.0



Frequency-Domain Results (FFT spectrum)

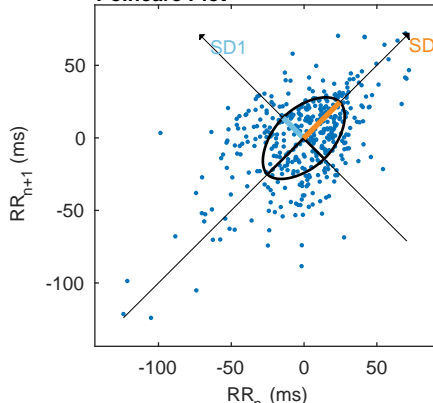
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.037	0.093	0.227
Power	(ms ²)	24	624	160
Power	(log)	3.186	6.436	5.076
Power	(%)	2.99	77.15	19.81
Power	(n.u.)		79.53	20.43
Total power		(ms ²)	808	
Total Power		(log)	6.695	
LF/HF ratio			3.894	
RESP		(Hz)	-	



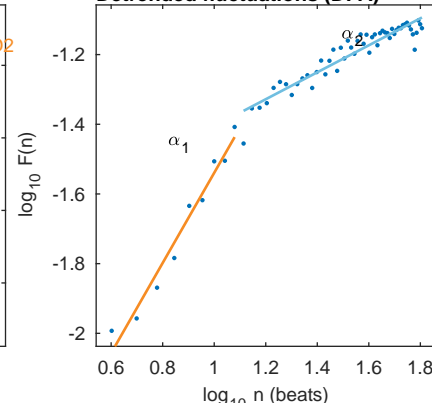
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	20.0
SD2	(ms)	35.2
SD2/SD1		1.758
Approximate Entropy (ApEn)		1.180
Sample Entropy (SampEn)		1.656
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.293
Long-term fluctuations, α_2		0.387

Poincare Plot



Detrended fluctuations (DFA)



*Results are calculated from the non-detrended selected RR series.