HRV Analysis Results

Person:				Measurement Info				Results for Sample
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start: 00:00:02
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length: 00:03:14
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:16	Analysis samples:	1	Beats corrected: Uncorrected

RR Time Series
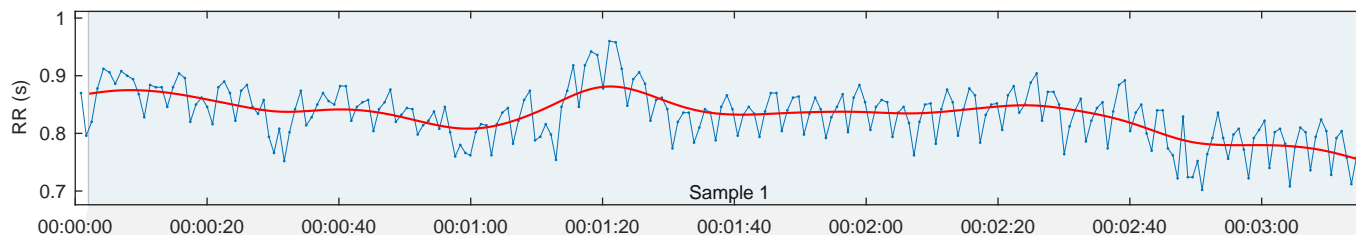
Selected Detrended RR Series
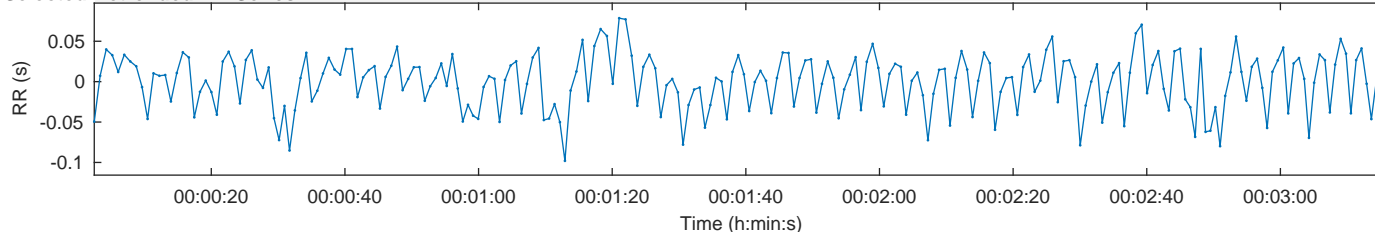
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
830 ms	**42.1** ms	**44.3** %

PNS Index = -0.27

Sympathetic Nervous System (SNS)

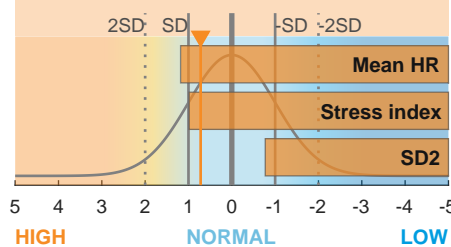| Mean HR	Stress index	SD2
72 bpm	**12.2**	**55.7** %

SNS Index = 0.72

Parasympathetic tone (recovery)
PNS Index = -0.27
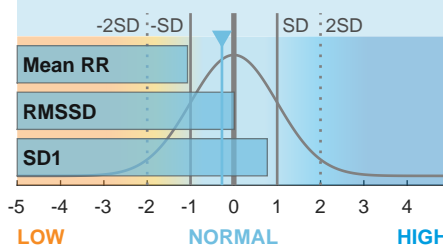
Sympathetic tone (stress)
SNS Index = 0.72

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	830
Mean HR*	(bpm)	72
Min HR	(bpm)	64
Max HR	(bpm)	82
SDNN	(ms)	33.9
RMSSD	(ms)	42.1
NN50	(beats)	58
pNN50	(%)	24.89
RR triangular index		9.00
TINN	(ms)	150.0
Stress Index (SI)		12.2

RR distribution
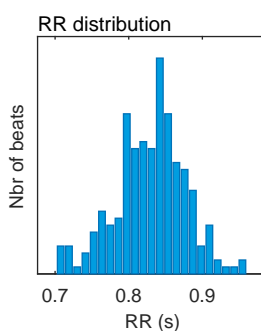
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.050	0.297
Power	(ms^2)	134	272	611
Power	(log)	4.895	5.605	6.416
Power	(%)	13.14	26.71	60.10
Power	(n.u.)		30.75	69.19

Total power	(ms^2)	1017		
Total Power	(log)	6.925		
LF/HF ratio		0.444		
RESP	(Hz)	-		

RR Spectrum
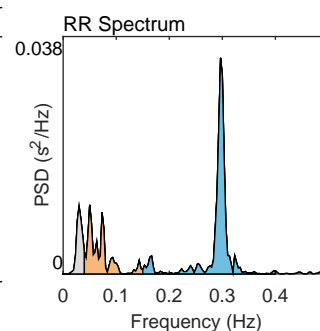
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	29.8
SD2	(ms)	37.5
SD2/SD1		1.255
Approximate Entropy (ApEn)		0.958
Sample Entropy (SampEn)		1.795
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.788
Long-term fluctuations, $\alpha 2$		0.495

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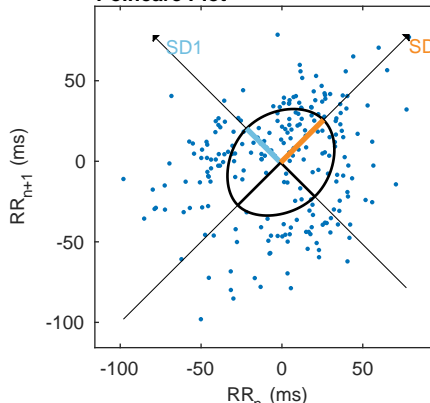
Detrended fluctuations (DFA)
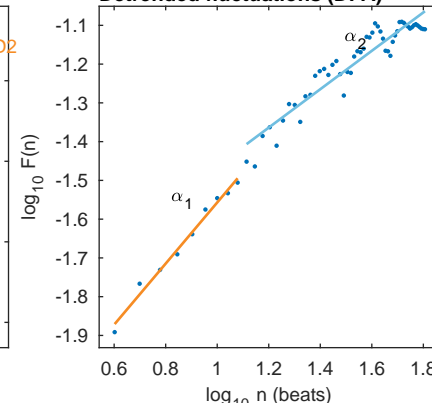
*Results are calculated from the non-detrended selected RR series.