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:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:27	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
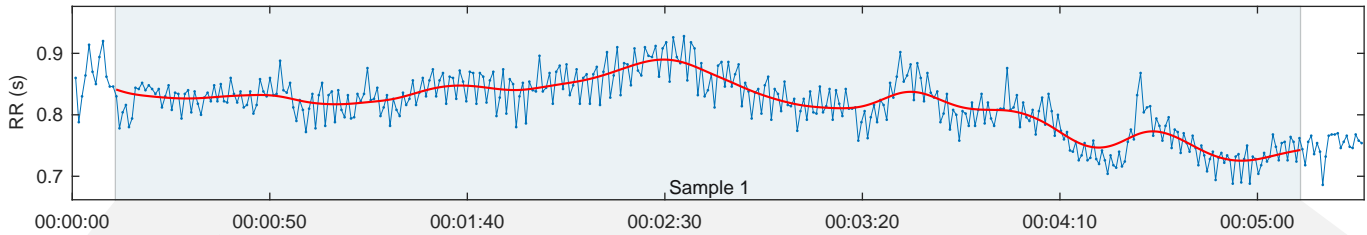
Selected Detrended RR Series
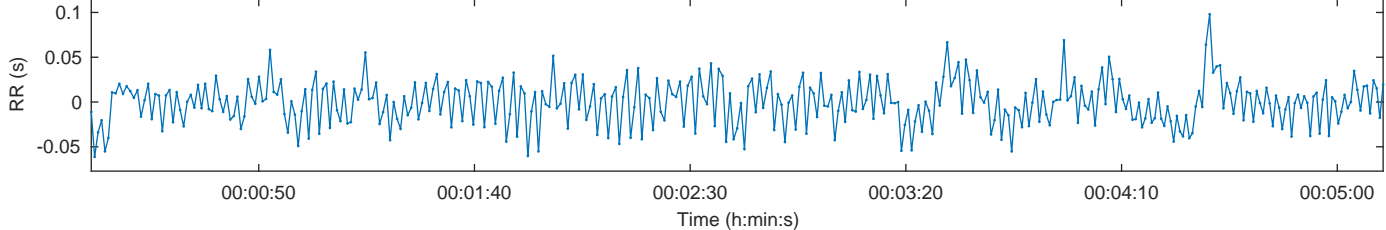
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
814 ms	34.8 ms	50.3 %

PNS Index = -0.47

Sympathetic Nervous System (SNS)

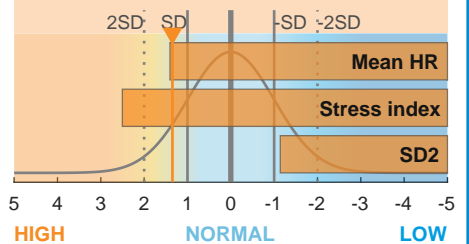| Mean HR	Stress index	SD2
74 bpm	16.1	49.7 %

SNS Index = 1.35

Parasympathetic tone (recovery)
PNS Index = -0.47
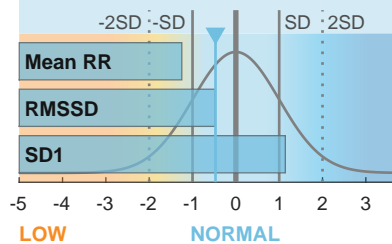

Sympathetic tone (stress)
SNS Index = 1.35

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	814
Mean HR*	(bpm)	74
Min HR	(bpm)	67
Max HR	(bpm)	84
SDNN	(ms)	24.5
RMSSD	(ms)	34.8
NN50	(beats)	55
pNN50	(%)	14.95
RR triangular index		6.96
TINN	(ms)	133.0
Stress Index (SI)		16.1

RR distribution
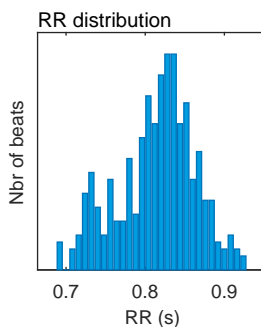
Frequency-Domain Results (FFT spectrum)

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	0.043	0.390
Power	(ms^2)	36	118	111
Power	(log)	3.582	4.768	4.707
Power	(%)	13.56	44.41	41.75
Power	(n.u.)		51.37	48.30

Total power	(ms^2)	265		
Total Power	(log)	5.580		
LF/HF ratio		1.064		
RESP	(Hz)	-		

RR Spectrum
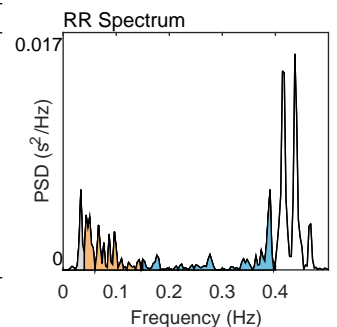
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	24.6
SD2	(ms)	24.4
SD2/SD1		0.989
Approximate Entropy (ApEn)		1.149
Sample Entropy (SampEn)		2.032
Detrended Flucutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.719
Long-term fluctuations, $\alpha 2$		0.569

Poincare Plot

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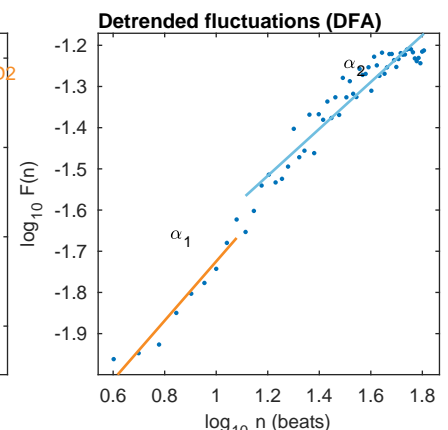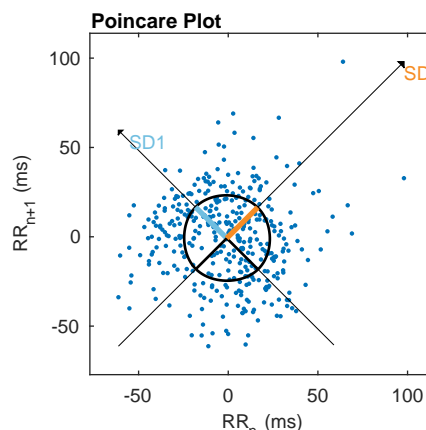
*Results are calculated from the non-detrended selected RR series.