HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:07
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:	00:05:13	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
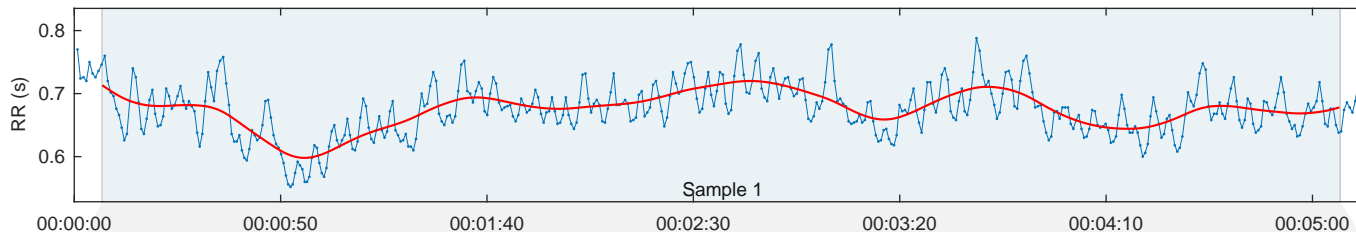
Selected Detrended RR Series
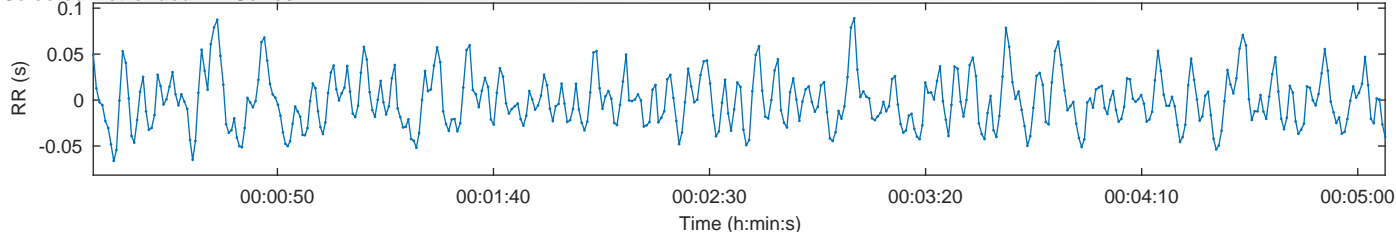
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
672 ms	**22.6** ms	**30.4** %

PNS Index = -1.69

Sympathetic Nervous System (SNS)

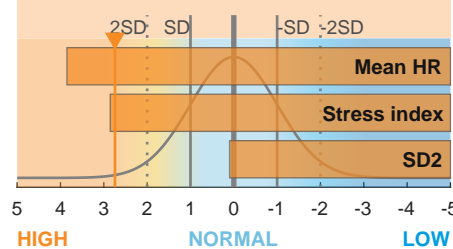| Mean HR	Stress index	SD2
89 bpm	**17.0**	**69.6** %

SNS Index = 2.74

Parasympathetic tone (recovery)
PNS Index = -1.69
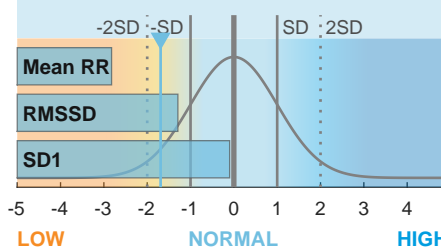
Sympathetic tone (stress)
SNS Index = 2.74

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	672
Mean HR*	(bpm)	89
Min HR	(bpm)	80
Max HR	(bpm)	107
SDNN	(ms)	28.3
RMSSD	(ms)	22.6
NN50	(beats)	11
pNN50	(%)	2.47
RR triangular index		7.69
TINN	(ms)	130.0
Stress Index (SI)		17.0

RR distribution
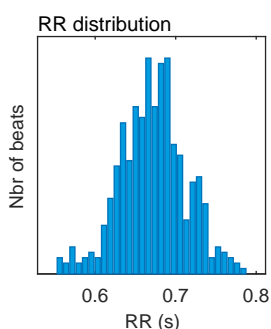
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.113	0.283
Power	(ms^2)	18	310	374
Power	(log)	2.876	5.737	5.925
Power	(%)	2.53	44.16	53.31
Power	(n.u.)		45.30	54.69

Total power	(ms^2)	702		
Total Power	(log)	6.554		
LF/HF ratio		0.828		
RESP	(Hz)	-		

RR Spectrum
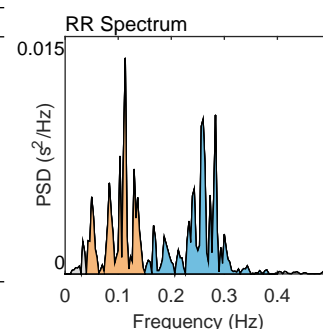
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.0
SD2	(ms)	36.6
SD2/SD1		2.285
Approximate Entropy (ApEn)		1.232
Sample Entropy (SampEn)		1.686
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.204
Long-term fluctuations, $\alpha 2$		0.400

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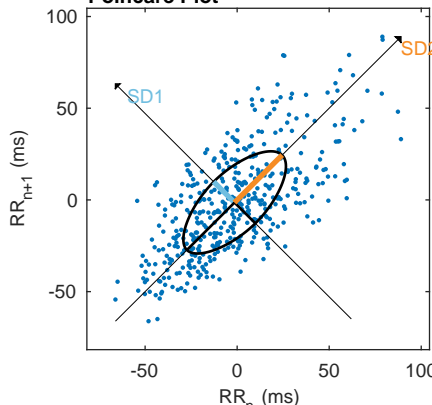
Detrended fluctuations (DFA)
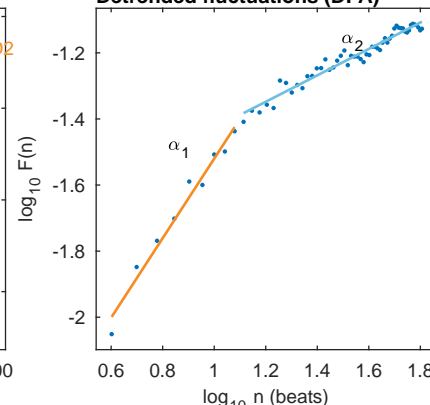
*Results are calculated from the non-detrended selected RR series.

kubios