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:	00:05:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:25	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
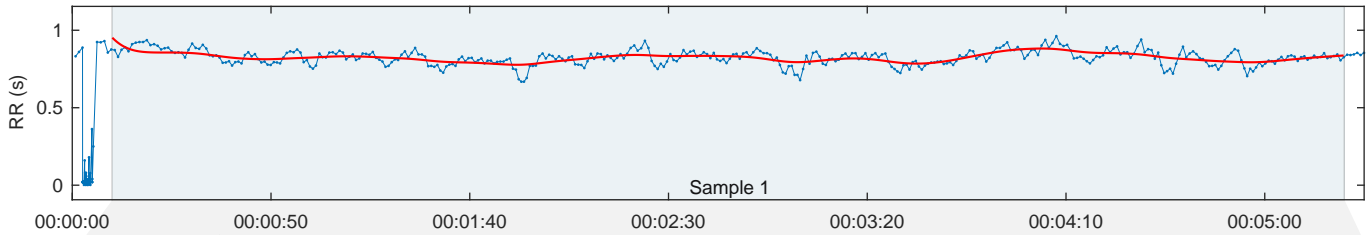
Selected Detrended RR Series
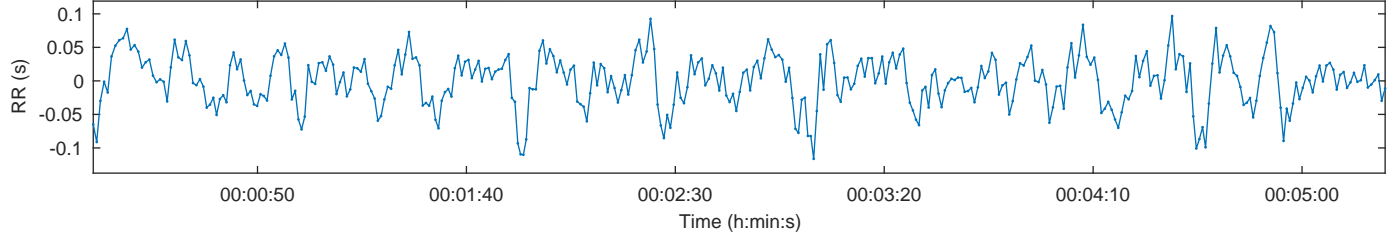
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
822 ms	**29.7** ms	**30.3**%

PNS Index = -0.81

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
73 bpm	**11.7**	**69.7**%

SNS Index = 0.86

Parasympathetic tone (recovery)
PNS Index = -0.81
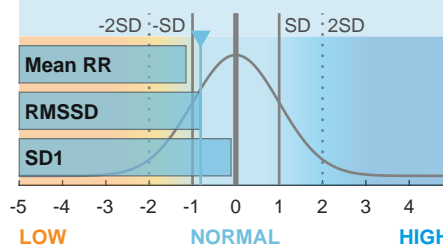
Sympathetic tone (stress)
SNS Index = 0.86
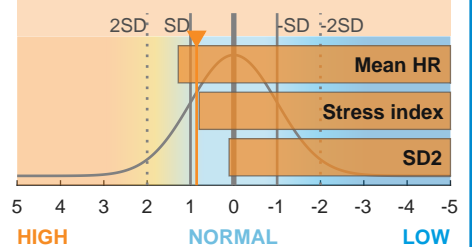
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	822
Mean HR*	(bpm)	73
Min HR	(bpm)	65
Max HR	(bpm)	87
SDNN	(ms)	37.4
RMSSD	(ms)	29.7
NN50	(beats)	37
pNN50	(%)	9.84
RR triangular index		11.42
TINN	(ms)	185.0
Stress Index (SI)		11.7

RR distribution
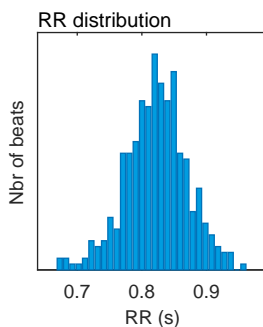
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.057	0.373
Power	(ms^2)	111	883	301
Power	(log)	4.707	6.783	5.706
Power	(%)	8.55	68.19	23.22
Power	(n.u.)		74.57	25.39

Total power	(ms^2)	1295		
Total Power	(log)	7.166		
LF/HF ratio		2.937		
RESP	(Hz)	-		

RR Spectrum
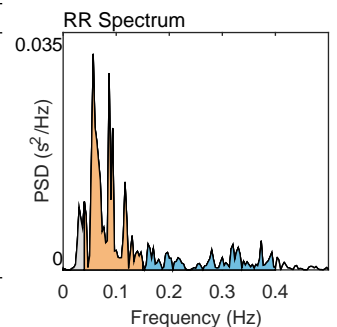
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	21.0
SD2	(ms)	48.5
SD2/SD1		2.306
Approximate Entropy (ApEn)		1.210
Sample Entropy (SampEn)		1.841
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.443
Long-term fluctuations, $\alpha 2$		0.465

Poincare Plot

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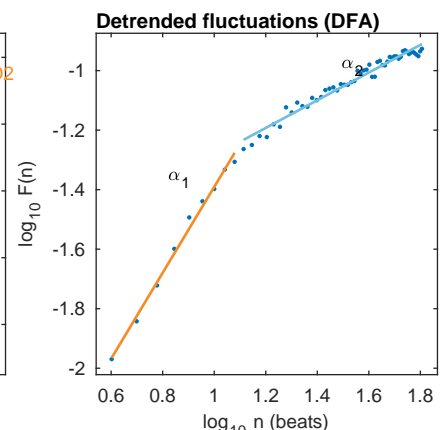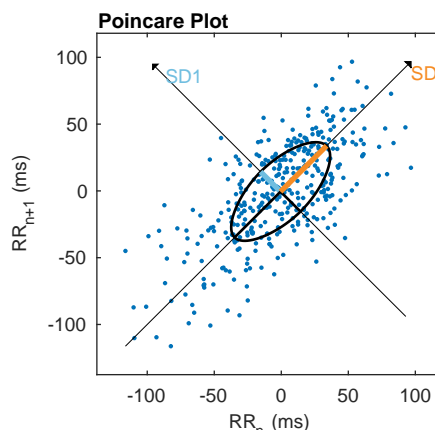
*Results are calculated from the non-detrended selected RR series.