HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:05:05
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:22	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
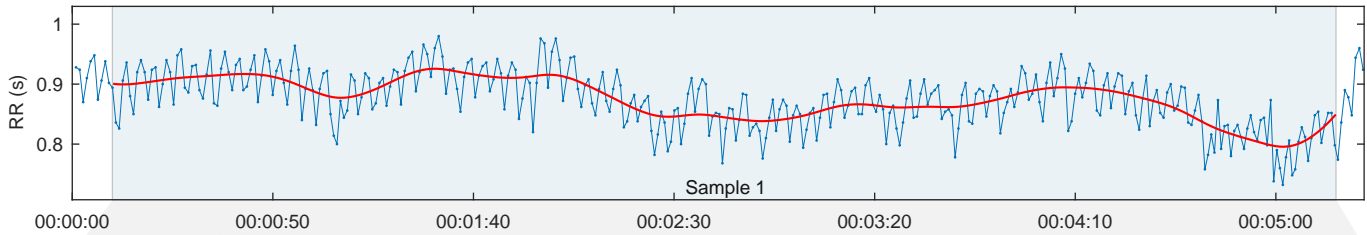
Selected Detrended RR Series
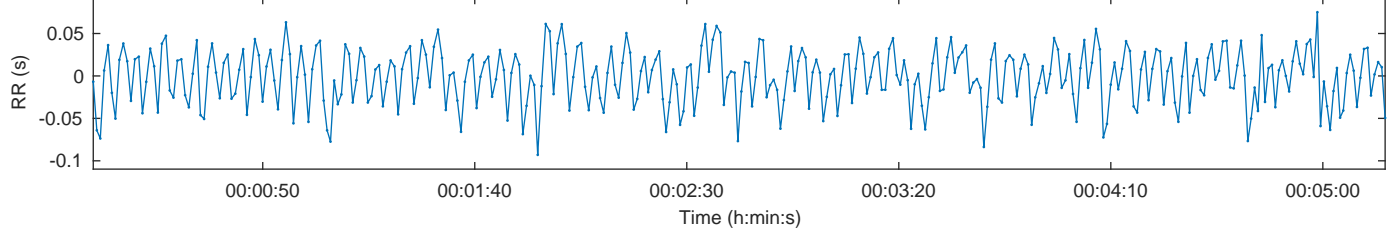
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
873 ms	**41.1** ms	**45.3**%

PNS Index = -0.10

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
69 bpm	**13.4**	**54.7**%

SNS Index = 0.66

Parasympathetic tone (recovery)
PNS Index = -0.10
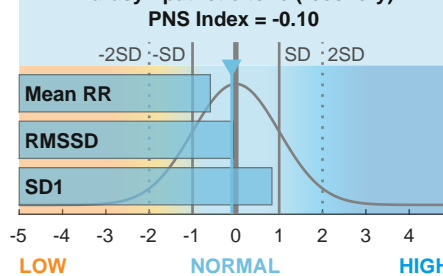
Sympathetic tone (stress)
SNS Index = 0.66
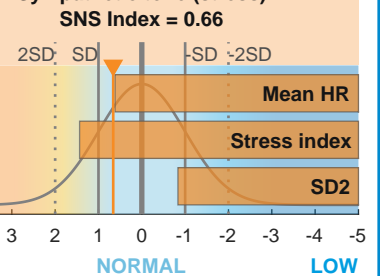
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	873
Mean HR*	(bpm)	69
Min HR	(bpm)	63
Max HR	(bpm)	79
SDNN	(ms)	32.2
RMSSD	(ms)	41.1
NN50	(beats)	82
pNN50	(%)	23.50
RR triangular index		10.61
TINN	(ms)	152.0
Stress Index (SI)		13.4

RR distribution
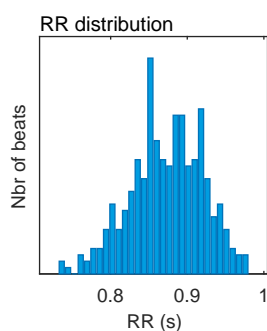
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.057	0.290
Power	(ms^2)	28	281	637
Power	(log)	3.323	5.637	6.457
Power	(%)	2.93	29.67	67.40
Power	(n.u.)		30.57	69.43

Total power	(ms^2)	946		
Total Power	(log)	6.852		
LF/HF ratio		0.440		
RESP	(Hz)	-		

RR Spectrum
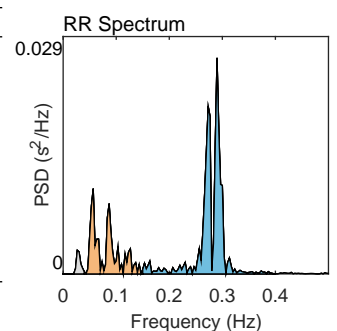
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	29.1
SD2	(ms)	35.1
SD2/SD1		1.206
Approximate Entropy (ApEn)		1.111
Sample Entropy (SampEn)		1.762
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.671
Long-term fluctuations, $\alpha 2$		0.259

Poincare Plot

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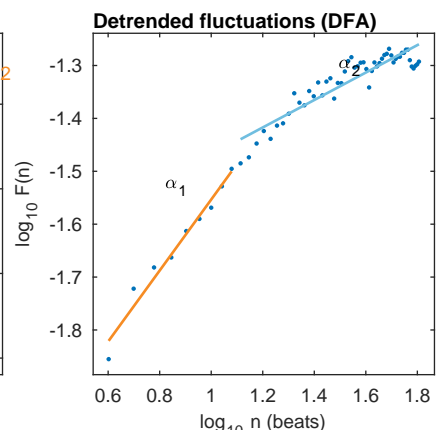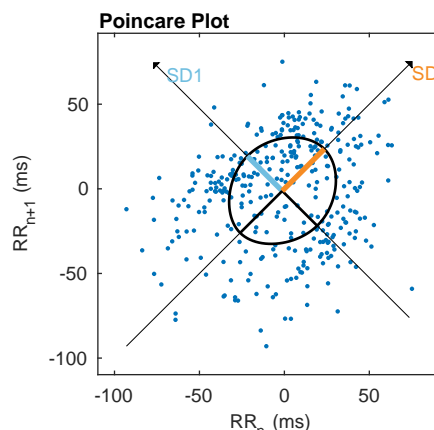
*Results are calculated from the non-detrended selected RR series.