

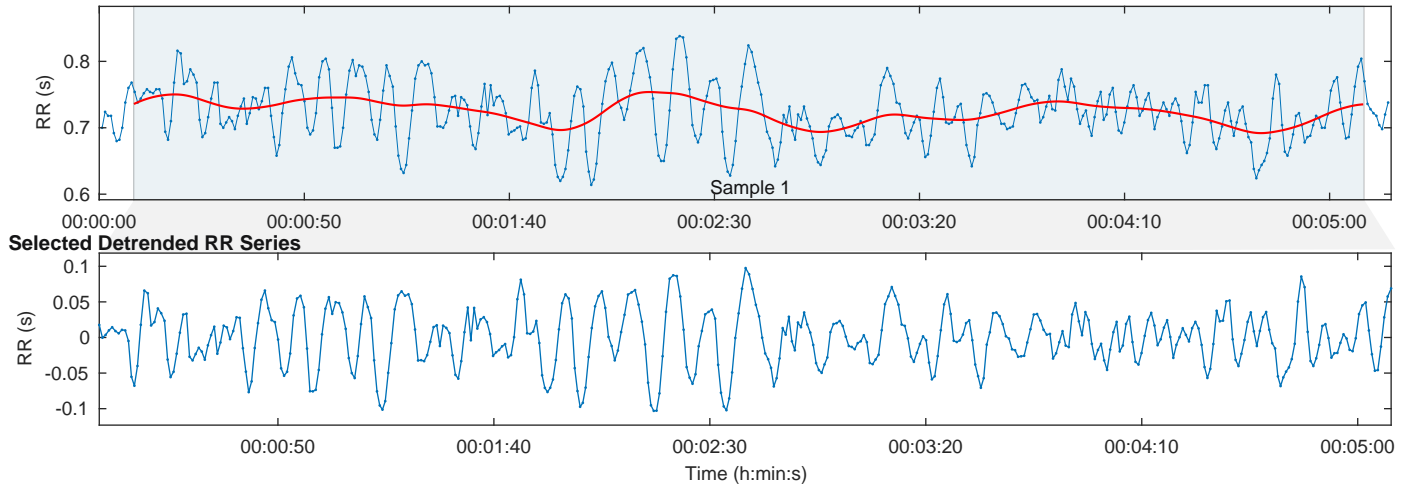
# HRV Analysis Results

rr\_interval\_haruna\_0\_rest.csv - -

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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:09
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m <sup>2</sup>	Duration:	00:05:15	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

## RR Time Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1  
723 ms 25.1 ms 25.1%

PNS Index = -1.45

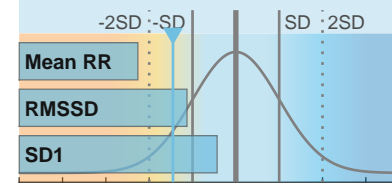
### Sympathetic Nervous System (SNS)

Mean HR Stress index SD2  
83 bpm 12.7 74.9%

SNS Index = 1.72

### Parasympathetic tone (recovery)

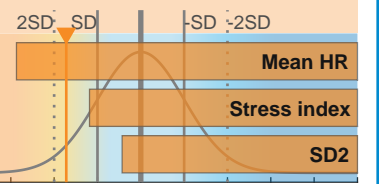
PNS Index = -1.45



LOW NORMAL HIGH

### Sympathetic tone (stress)

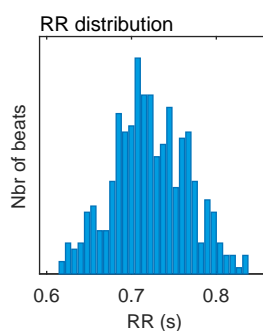
SNS Index = 1.72



HIGH NORMAL LOW

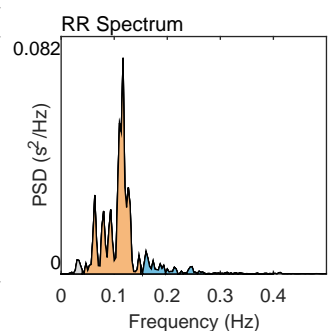
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	723
Mean HR*	(bpm)	83
Min HR	(bpm)	73
Max HR	(bpm)	95
SDNN	(ms)	39.6
RMSSD	(ms)	25.1
NN50	(beats)	20
pNN50	(%)	4.83
RR triangular index		11.86
TINN	(ms)	186.0
Stress Index (SI)		12.7



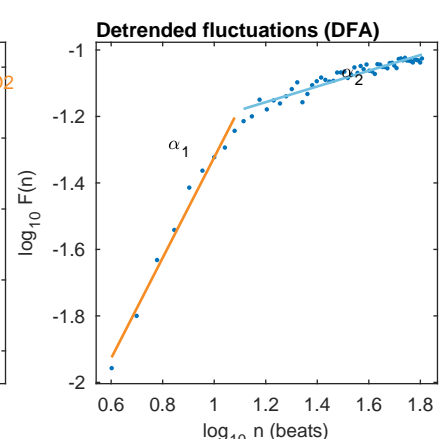
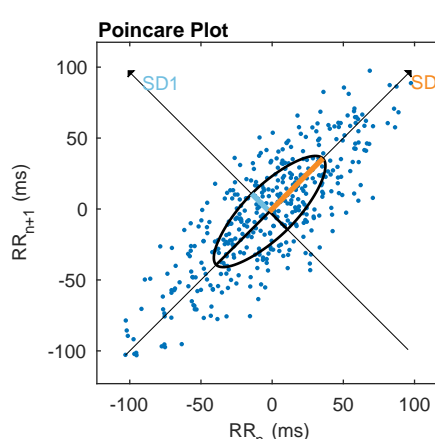
## Frequency-Domain Results (FFT spectrum)

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	0.117	0.160
Power	(ms <sup>2</sup> )	50	1685	217
Power	(log)	3.918	7.430	5.381
Power	(%)	2.58	86.29	11.13
Power	(n.u.)		88.57	11.42
Total power	(ms <sup>2</sup> )	1953		
Total Power	(log)	7.577		
LF/HF ratio		7.756		
RESP	(Hz)	-		



## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.8
SD2	(ms)	53.0
SD2/SD1		2.985
Approximate Entropy (ApEn)		1.044
Sample Entropy (SampEn)		1.305
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.512
Long-term fluctuations, $\alpha_2$		0.236



\*Results are calculated from the non-detrended selected RR series.