HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:01
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:	00:10:07	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
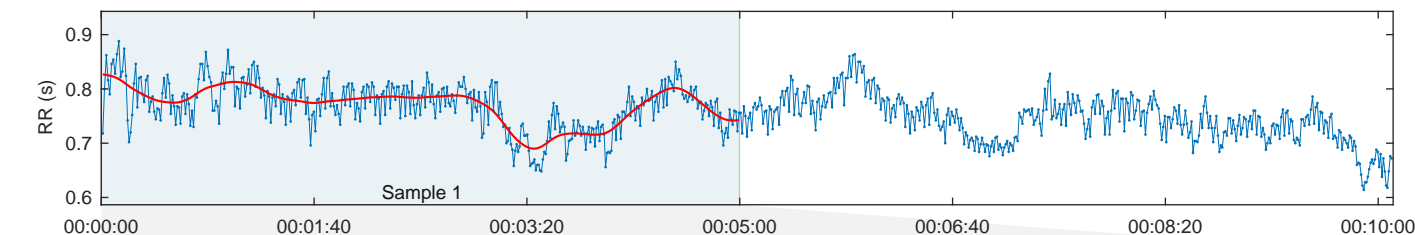
Selected Detrended RR Series
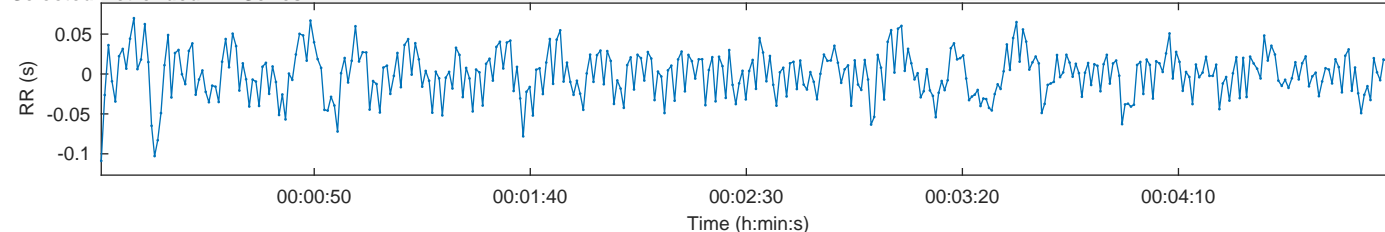
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
768 ms	**33.1** ms	**42.1** %

PNS Index = -0.82

Sympathetic Nervous System (SNS)

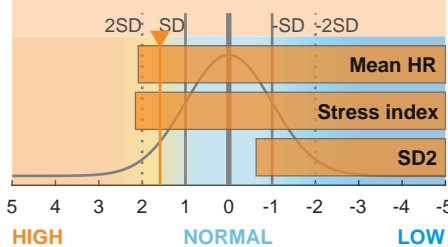| Mean HR	Stress index	SD2
78 bpm	**15.2**	**57.9** %

SNS Index = 1.59

Parasympathetic tone (recovery)
PNS Index = -0.82
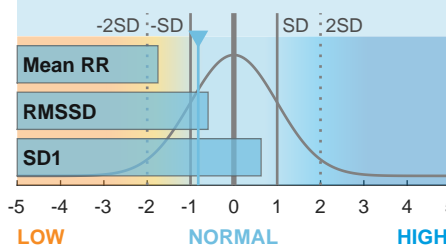
Sympathetic tone (stress)
**SNS Index = 1.59**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	768
Mean HR*	(bpm)	78
Min HR	(bpm)	70
Max HR	(bpm)	92
SDNN	(ms)	28.4
RMSSD	(ms)	33.1
NN50	(beats)	57
pNN50	(%)	14.65
RR triangular index		8.30
TINN	(ms)	143.0
Stress Index (SI)		15.2

RR distribution
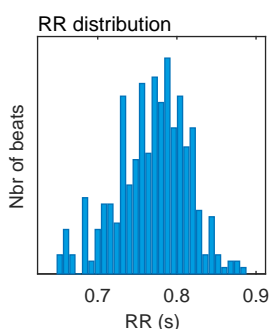
Frequency-Domain Results (FFT spectrum)

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	0.067	0.397
Power	(ms^2)	20	290	80
Power	(log)	2.993	5.668	4.385
Power	(%)	5.10	74.04	20.52
Power	(n.u.)		78.01	21.62

Total power	(ms^2)	391		
Total Power	(log)	5.969		
LF/HF ratio		3.609		
RESP	(Hz)	-		

RR Spectrum
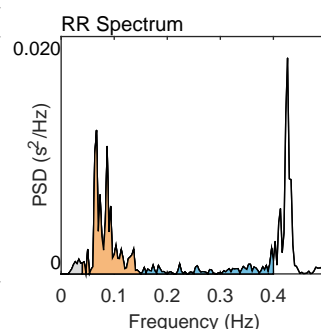
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.4
SD2	(ms)	32.2
SD2/SD1		1.377
Approximate Entropy (ApEn)		1.192
Sample Entropy (SampEn)		1.916
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.985
Long-term fluctuations, $\alpha 2$		0.323

Poincare Plot

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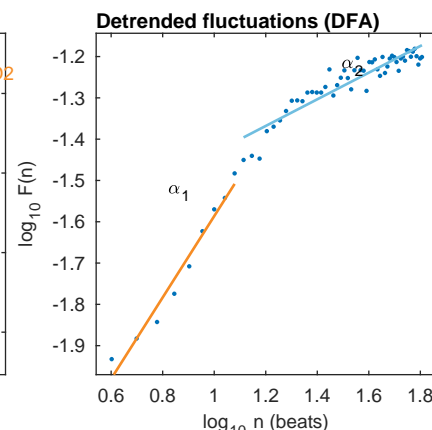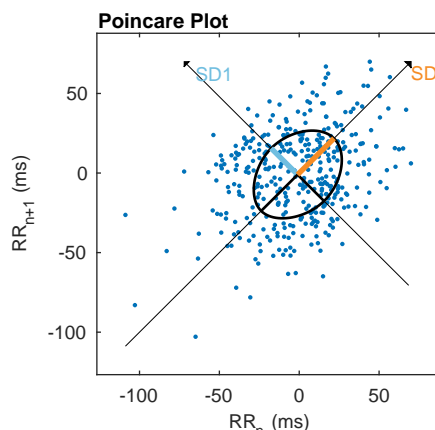
*Results are calculated from the non-detrended selected RR series.