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:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:20	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
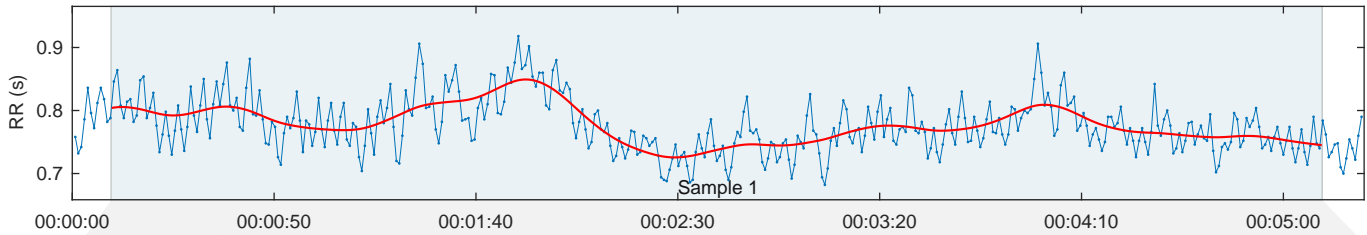
Selected Detrended RR Series
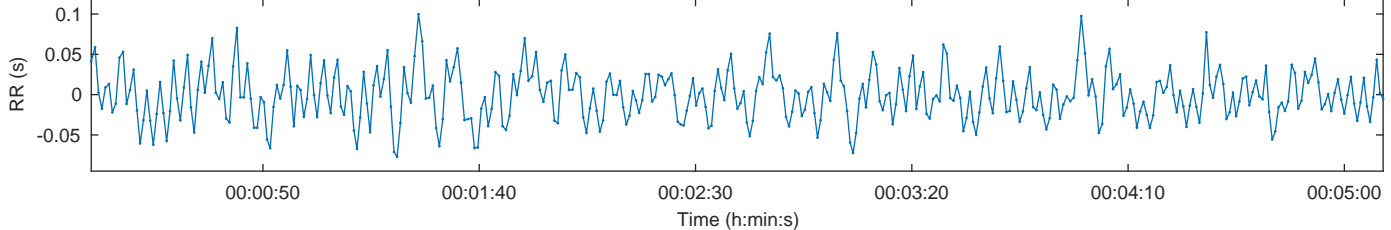
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
776 ms	**32.8** ms	**38.9** %

PNS Index = -0.83

Sympathetic Nervous System (SNS)

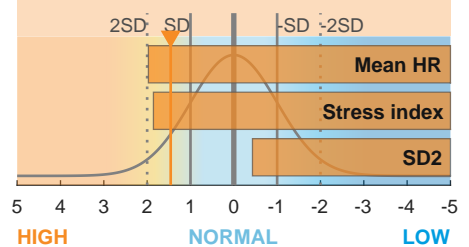| Mean HR	Stress index	SD2
77 bpm	**14.5**	**61.1** %

SNS Index = 1.46

Parasympathetic tone (recovery)
PNS Index = -0.83
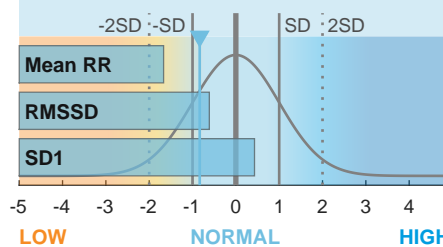
Sympathetic tone (stress)
**SNS Index = 1.46**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	776
Mean HR*	(bpm)	77
Min HR	(bpm)	68
Max HR	(bpm)	86
SDNN	(ms)	30.6
RMSSD	(ms)	32.8
NN50	(beats)	43
pNN50	(%)	11.17
RR triangular index		8.58
TINN	(ms)	146.0
Stress Index (SI)		14.5

RR distribution
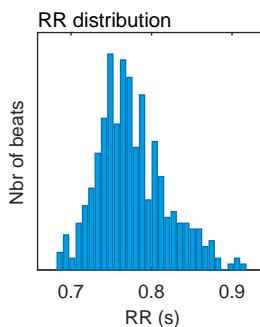
Frequency-Domain Results (FFT spectrum)

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	0.113	0.320
Power	(ms^2)	51	430	384
Power	(log)	3.934	6.064	5.952
Power	(%)	5.90	49.64	44.39
Power	(n.u.)		52.75	47.17

Total power	(ms^2)	866		
Total Power	(log)	6.764		
LF/HF ratio		1.118		
RESP	(Hz)	-		

RR Spectrum
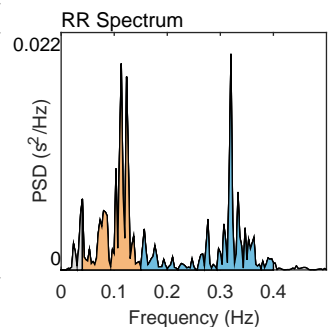
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.2
SD2	(ms)	36.5
SD2/SD1		1.572
Approximate Entropy (ApEn)		1.209
Sample Entropy (SampEn)		1.992
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.940
Long-term fluctuations, $\alpha 2$		0.393

Poincare Plot

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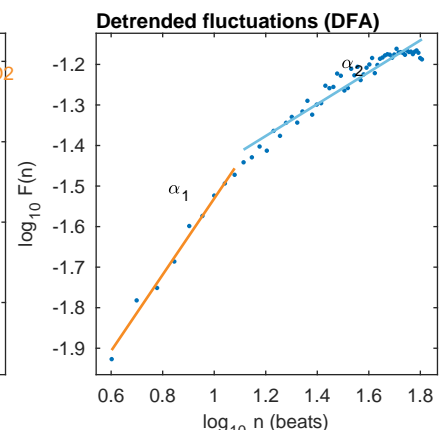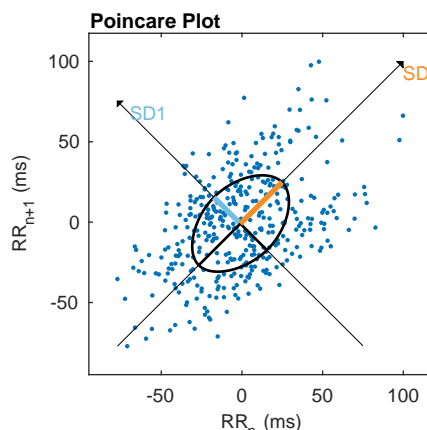
*Results are calculated from the non-detrended selected RR series.