HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:15
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
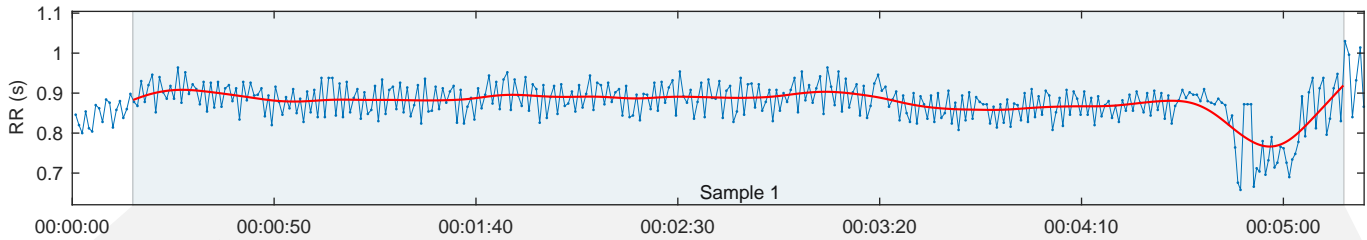
Selected Detrended RR Series
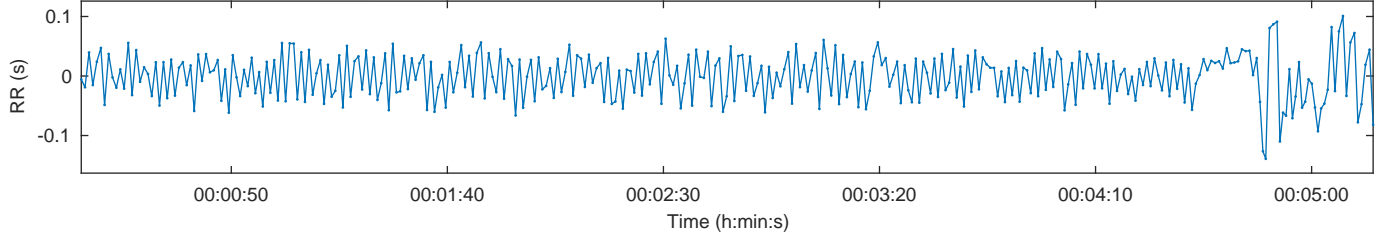
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
874 ms	60.8 ms	57.1 %

PNS Index = 0.58

Sympathetic Nervous System (SNS)

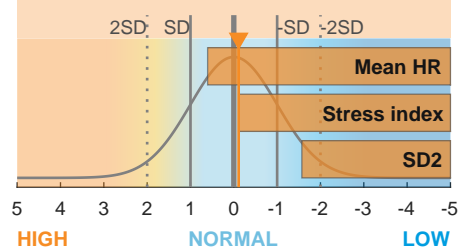| Mean HR	Stress index	SD2
69 bpm	9.4	42.9 %

SNS Index = -0.11

Parasympathetic tone (recovery) PNS Index = 0.58
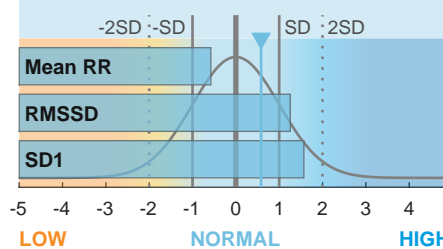
### Sympathetic tone (stress) SNS Index = -0.11

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	874
Mean HR*	(bpm)	69
Min HR	(bpm)	65
Max HR	(bpm)	84
SDNN	(ms)	38.2
RMSSD	(ms)	60.8
NN50	(beats)	182
pNN50	(%)	53.22
RR triangular index		9.03
TINN	(ms)	189.0
Stress Index (SI)		9.4

RR distribution
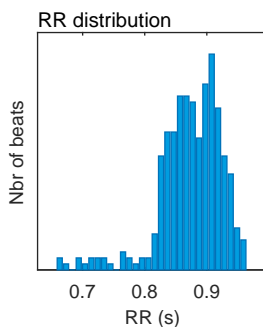
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.053	0.397
Power	(ms^2)	7	124	174
Power	(log)	1.957	4.822	5.157
Power	(%)	2.31	40.46	56.58
Power	(n.u.)		41.41	57.92

Total power	(ms^2)	307		
Total Power	(log)	5.727		
LF/HF ratio		0.715		
RESP	(Hz)	-		

RR Spectrum
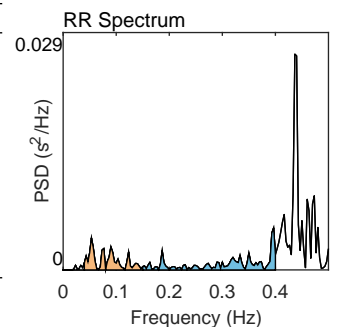
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	43.1
SD2	(ms)	32.3
SD2/SD1		0.751
Approximate Entropy (ApEn)		1.196
Sample Entropy (SampEn)		1.689
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.526
Long-term fluctuations, $\alpha 2$		0.223

Poincare Plot

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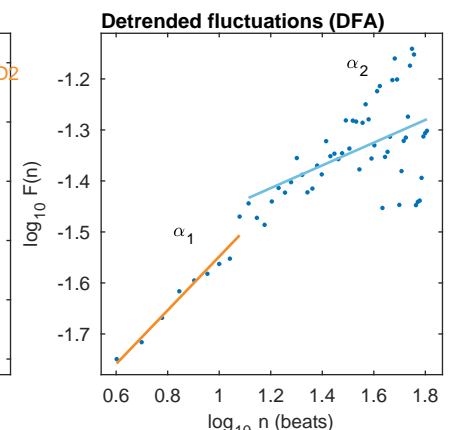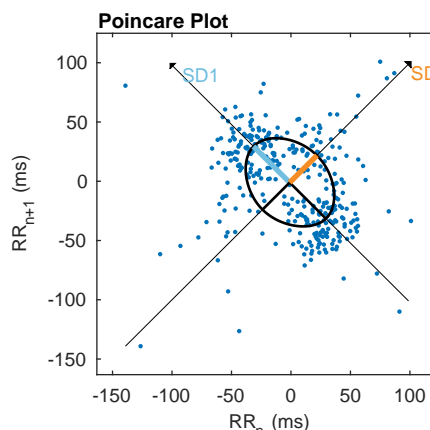
*Results are calculated from the non-detrended selected RR series.