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:	00:05:08
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:18	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
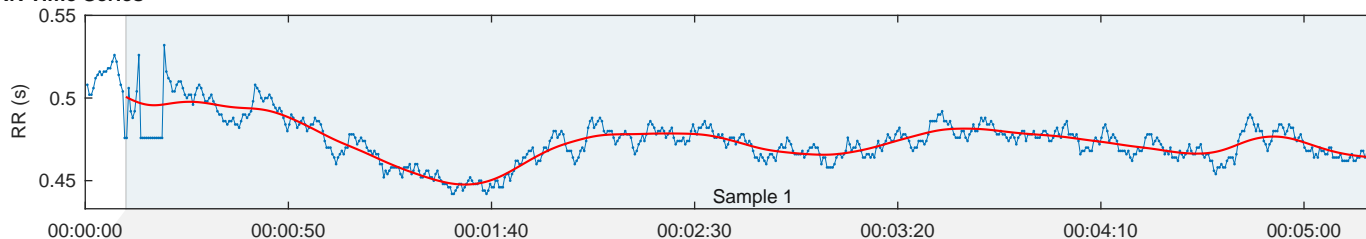
Selected Detrended RR Series
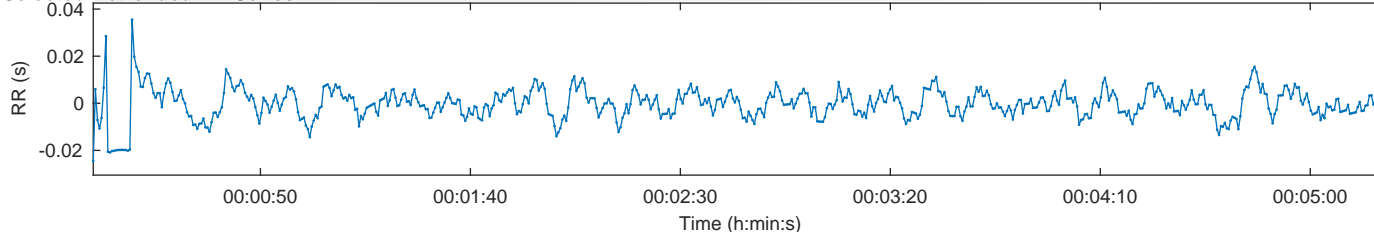
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
473 ms	**4.5** ms	**28.0**%

PNS Index = -3.47

Sympathetic Nervous System (SNS)

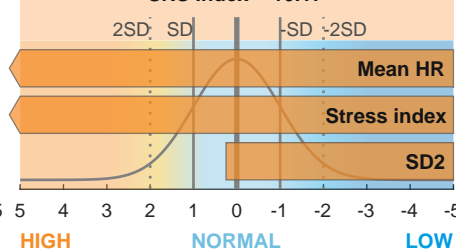| Mean HR	Stress index	SD2
127 bpm	**41.8**	**72.0**%

SNS Index = 10.17

Parasympathetic tone (recovery)
PNS Index = -3.47
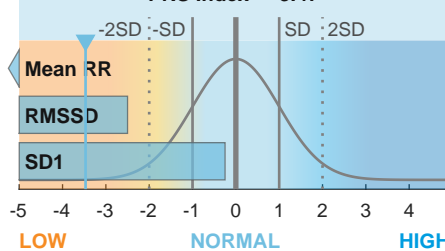
Sympathetic tone (stress)
**SNS Index = 10.17**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	473
Mean HR*	(bpm)	127
Min HR	(bpm)	117
Max HR	(bpm)	135
SDNN	(ms)	6.2
RMSSD	(ms)	4.5
NN50	(beats)	1
pNN50	(%)	0.15
RR triangular index		2.08
TINN	(ms)	43.0
Stress Index (SI)		41.8

RR distribution
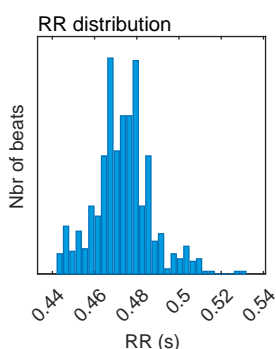
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.083	0.393
Power	(ms^2)	1	16	3
Power	(log)	0.000	2.784	1.038
Power	(%)	3.71	81.90	14.29
Power	(n.u.)		85.05	14.84

Total power	(ms^2)	20		
Total Power	(log)	2.983		
LF/HF ratio		5.731		
RESP	(Hz)	-		

RR Spectrum
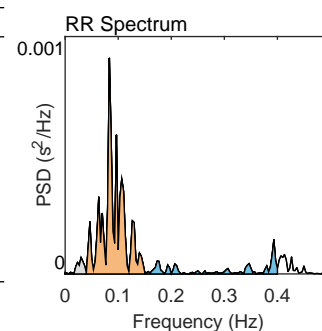
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	3.2
SD2	(ms)	8.2
SD2/SD1		2.569
Approximate Entropy (ApEn)		1.279
Sample Entropy (SampEn)		1.418
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.115
Long-term fluctuations, $\alpha 2$		0.792

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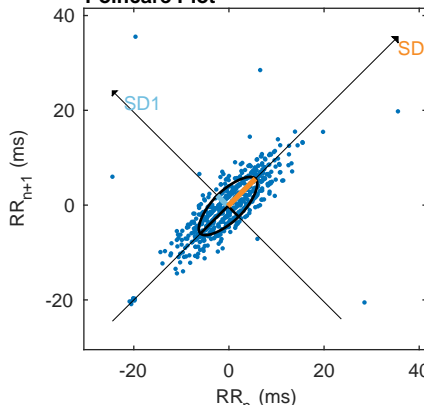
Detrended fluctuations (DFA)
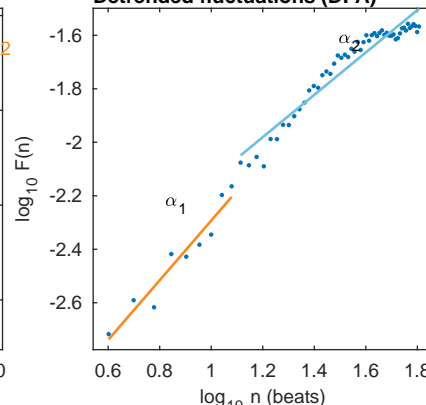
*Results are calculated from the non-detrended selected RR series.