HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:07
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:	00:05:10	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
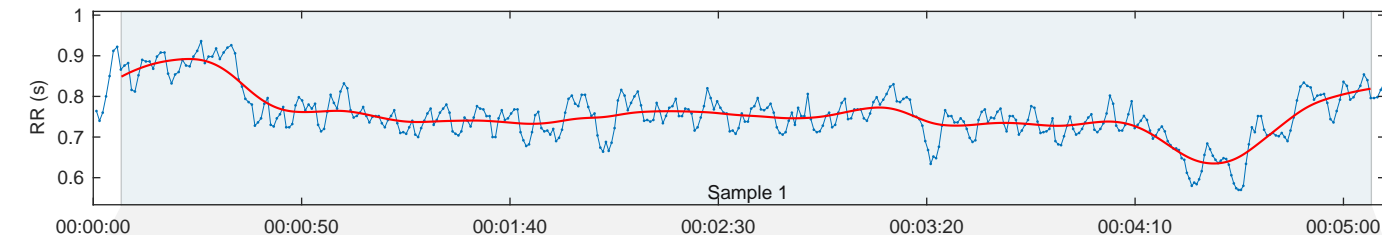
Selected Detrended RR Series
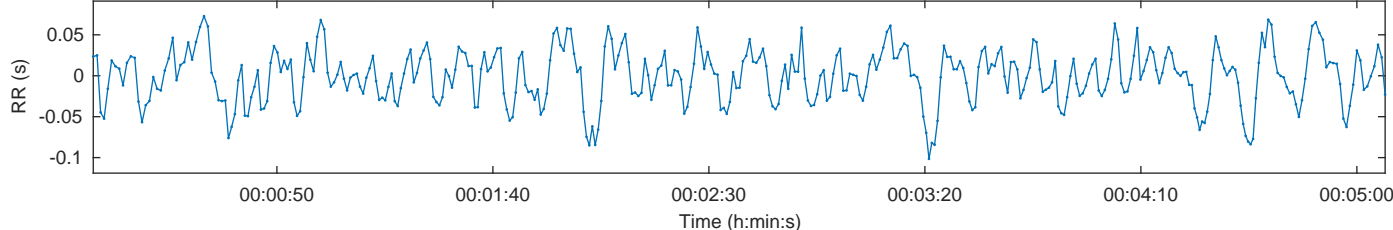
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
750 ms	**23.9** ms	**28.4** %

PNS Index = -1.32

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
80 bpm	**13.1**	**71.6** %

SNS Index = 1.55

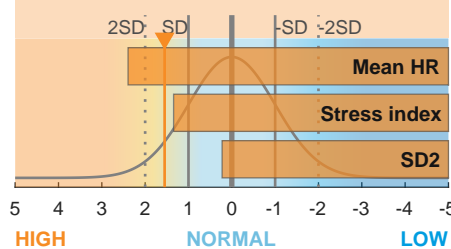**Parasympathetic tone (recovery)**
PNS Index = -1.32
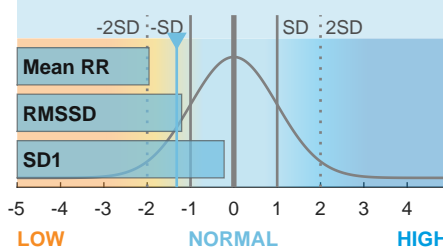
Sympathetic tone (stress)
**SNS Index = 1.55**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	750
Mean HR*	(bpm)	80
Min HR	(bpm)	66
Max HR	(bpm)	104
SDNN	(ms)	32.4
RMSSD	(ms)	23.9
NN50	(beats)	18
pNN50	(%)	4.51
RR triangular index		8.33
TINN	(ms)	147.0
Stress Index (SI)		13.1

RR distribution
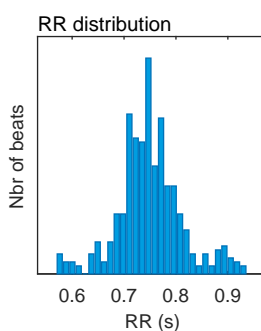
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.090	0.243
Power	(ms^2)	66	641	242
Power	(log)	4.187	6.463	5.489
Power	(%)	6.94	67.55	25.49
Power	(n.u.)		72.59	27.39

Total power	(ms^2)	949		
Total Power	(log)	6.855		
LF/HF ratio		2.650		
RESP	(Hz)	-		

RR Spectrum
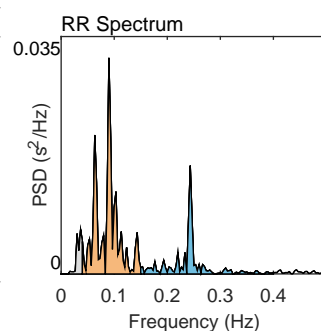
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.9
SD2	(ms)	42.7
SD2/SD1		2.520
Approximate Entropy (ApEn)		1.195
Sample Entropy (SampEn)		1.665
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.312
Long-term fluctuations, $\alpha 2$		0.446

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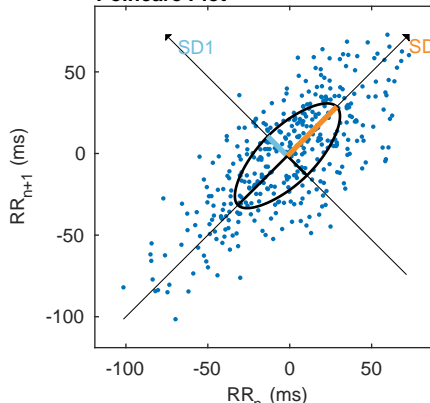
Detrended fluctuations (DFA)
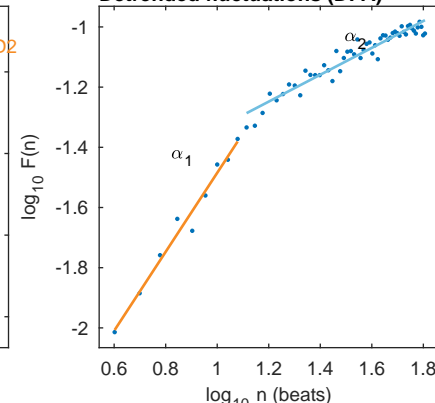
*Results are calculated from the non-detrended selected RR series.