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:	00:05:01
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:25	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series

Selected Detrended RR Series
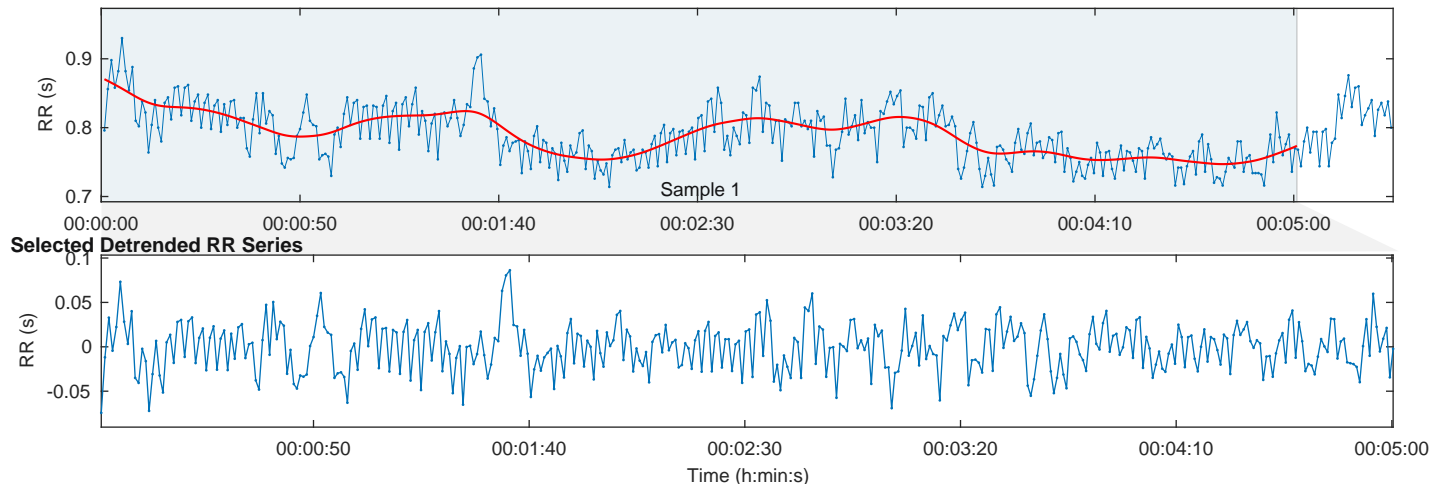
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
788 ms	**33.0** ms	**44.2** %

PNS Index = -0.71

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
76 bpm	**15.5**	**55.8** %

SNS Index = 1.48

Parasympathetic tone (recovery)
PNS Index = -0.71
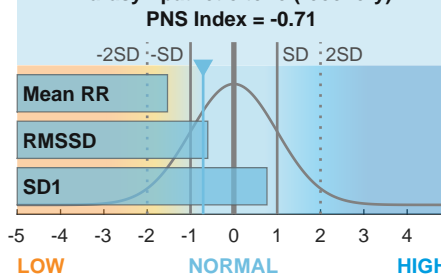
Sympathetic tone (stress)
SNS Index = 1.48
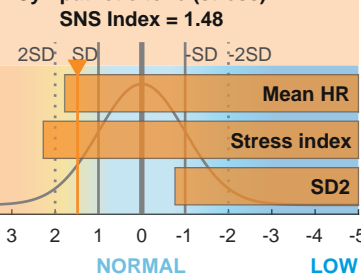
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	788
Mean HR*	(bpm)	76
Min HR	(bpm)	67
Max HR	(bpm)	83
SDNN	(ms)	26.7
RMSSD	(ms)	33.0
NN50	(beats)	48
pNN50	(%)	12.63
RR triangular index		8.47
TINN	(ms)	131.0
Stress Index (SI)		15.5

RR distribution
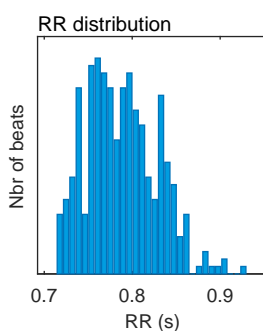
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.090	0.400
Power	(ms^2)	29	260	172
Power	(log)	3.381	5.561	5.150
Power	(%)	6.31	55.79	36.98
Power	(n.u.)		59.54	39.47

Total power	(ms^2)	466		
Total Power	(log)	6.144		
LF/HF ratio		1.508		
RESP	(Hz)	-		

RR Spectrum
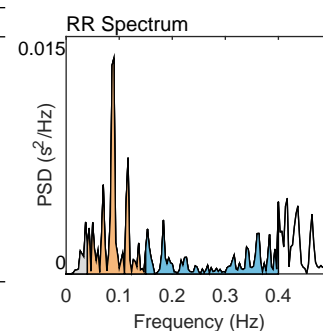
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.3
SD2	(ms)	29.4
SD2/SD1		1.261
Approximate Entropy (ApEn)		1.147
Sample Entropy (SampEn)		1.845
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.867
Long-term fluctuations, $\alpha 2$		0.337

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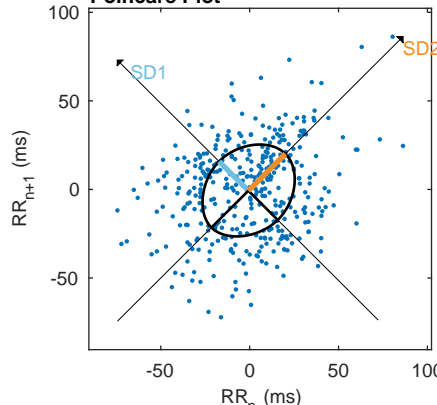
Detrended fluctuations (DFA)
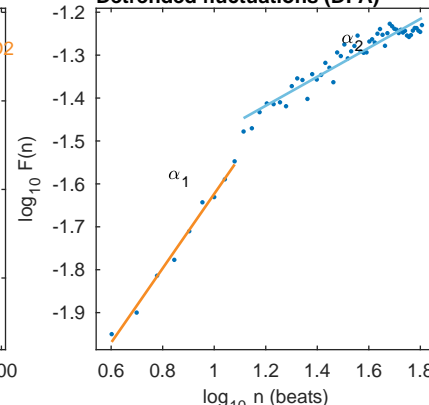
*Results are calculated from the non-detrended selected RR series.