# 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: | 00:05:05 |
| Max HR: | 170 bpm | BMI: | 24.1 kg/m2 | Duration: | 00:05:16 | Analysis samples: | 1 | Beats corrected: | Uncorrected |

**RR Time Series**
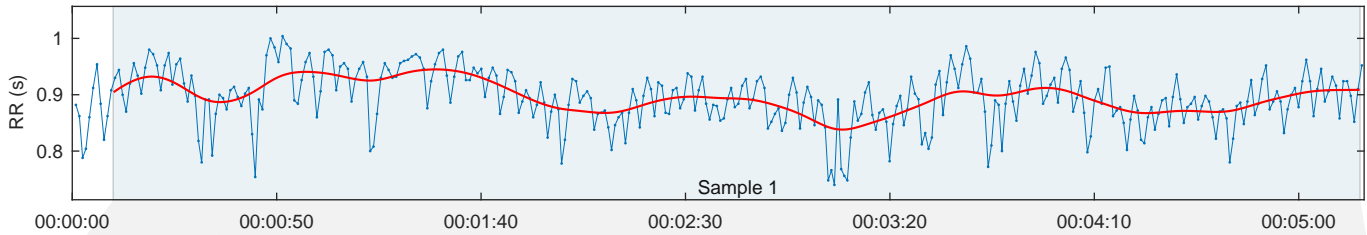
**Selected Detrended RR Series**
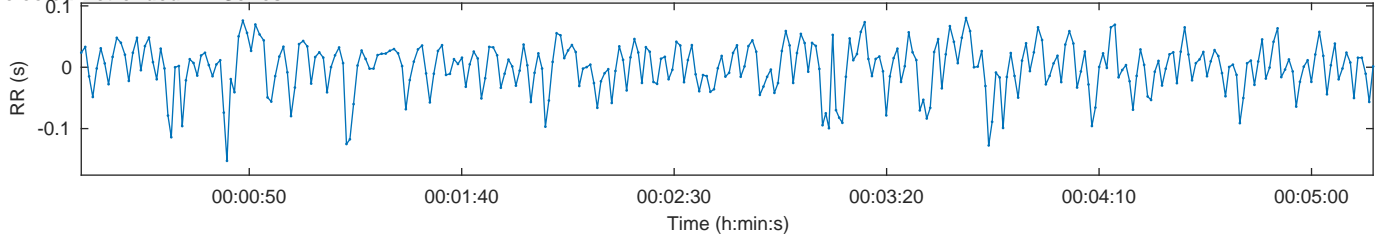
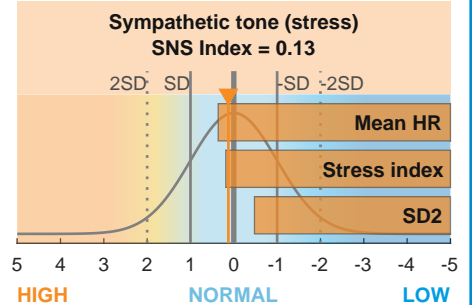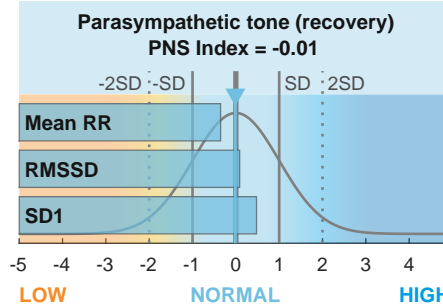## Autonomic nervous system indexes

**Parasympathetic Nervous System (PNS)**

| Mean RR | RMSSD | SD1 |
|---|---|---|
| **894** ms | **43.3** ms | **39.6**% |

**PNS Index = -0.01**

**Sympathetic Nervous System (SNS)**

| Mean HR | Stress index | SD2 |
|---|---|---|
| **67** bpm | **10.1** | **60.4**% |

**SNS Index = 0.13**

**Parasympathetic tone (recovery)**
**PNS Index = -0.01**

Mean RR, RMSSD, SD1

-5 -4 -3 -2 -1 0 1 2 3 4 5
LOW     NORMAL     HIGH

**Sympathetic tone (stress)**
**SNS Index = 0.13**

Mean HR, Stress index, SD2

5 4 3 2 1 0 -1 -2 -3 -4 -5
HIGH     NORMAL     LOW

## Time-Domain Results

| Variable | Units | Value |
|---|---|---|
| Mean RR* | (ms) | 894 |
| Mean HR* | (bpm) | 67 |
| Min HR | (bpm) | 61 |
| Max HR | (bpm) | 77 |
| SDNN | (ms) | 39.5 |
| RMSSD | (ms) | 43.3 |
| NN50 | (beats) | 77 |
| pNN50 | (%) | 22.65 |
| RR triangular index | | 8.74 |
| TINN | (ms) | 182.0 |
| Stress Index (SI) | | 10.1 |

RR distribution
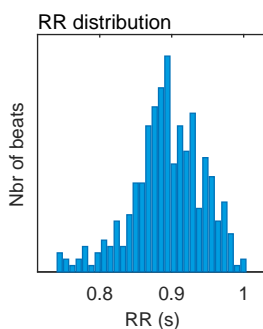
## Frequency-Domain Results (FFT spectrum)

| Variable | Units | VLF | LF | HF |
|---|---|---|---|---|
| Frequency band | (Hz) | 0.00-0.04 | 0.04-0.15 | 0.15-0.40 |
| Peak frequency | (Hz) | 0.040 | 0.053 | 0.260 |
| Power | $(ms^2)$ | 30 | 602 | 721 |
| Power | (log) | 3.389 | 6.400 | 6.580 |
| Power | (%) | 2.19 | 44.50 | 53.30 |
| Power | (n.u.) | | 45.50 | 54.49 |
| -------------- | | | | |
| Total power | $(ms^2)$ | 1353 | | |
| Total Power | (log) | 7.210 | | |
| LF/HF ratio | | 0.835 | | |
| RESP | (Hz) | - | | |

RR Spectrum
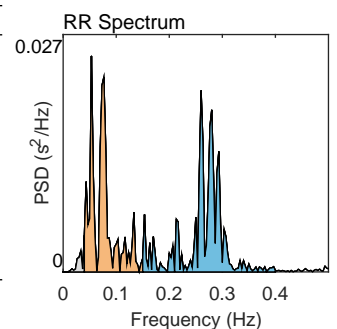
## Nonlinear Results

| Variable | Units | Value |
|---|---|---|
| Poincare Plot | | |
| SD1 | (ms) | 30.7 |
| SD2 | (ms) | 46.7 |
| SD2/SD1 | | 1.524 |
| Approximate Entropy (ApEn) | | 1.124 |
| Sample Entropy (SampEn) | | 1.762 |
| Detrended Fluctutation Analysis (DFA) | | |
| Short-term fluctuations, $\alpha 1$ | | 0.914 |
| Long-term fluctuations, $\alpha 2$ | | 0.358 |

**Poincare Plot**

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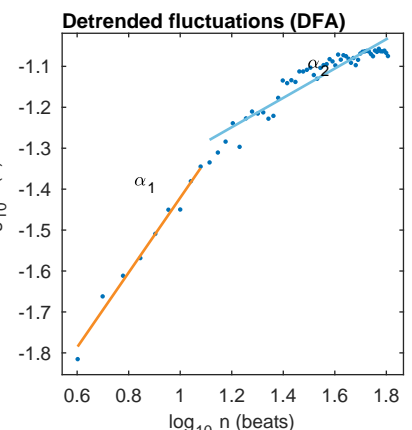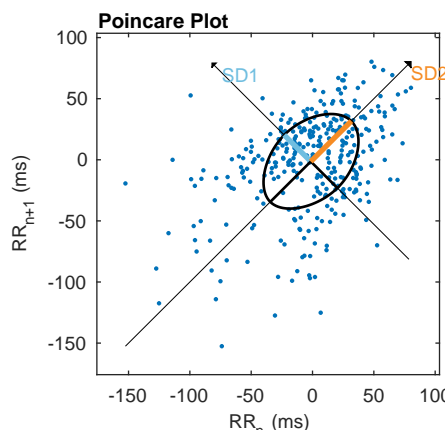
*Results are calculated from the non-detrended selected RR series.