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: 00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:26	Analysis samples:	1	Beats corrected: Uncorrected

RR Time Series
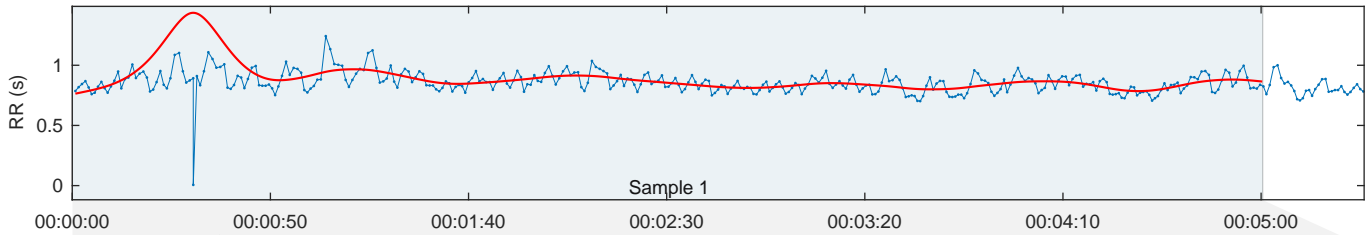
Selected Detrended RR Series
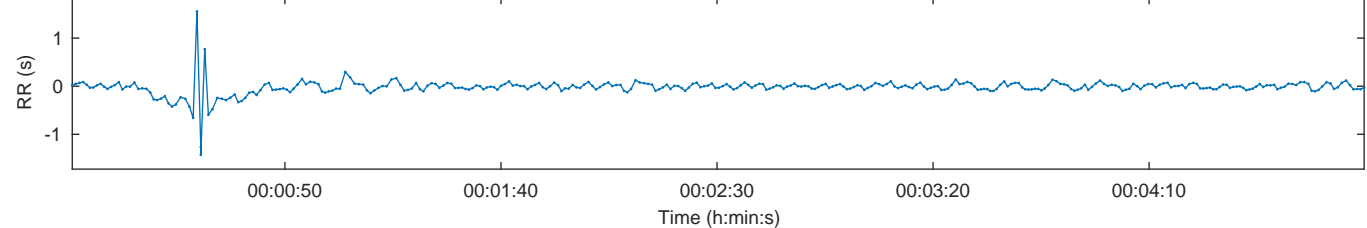
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
856 ms	**245.8** ms	**50.6** %

PNS Index = 5.37

Sympathetic Nervous System (SNS)

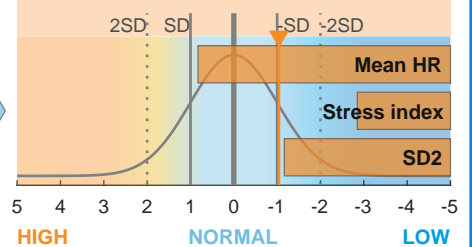| Mean HR	Stress index	SD2
70 bpm	**2.3**	**49.4** %

SNS Index = -1.04

Parasympathetic tone (recovery)
PNS Index = 5.37
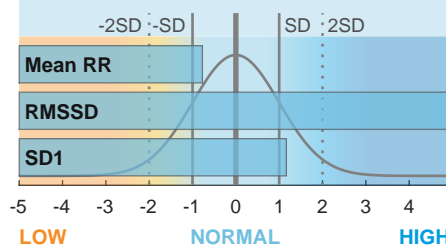
Sympathetic tone (stress)
SNS Index = -1.04

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	856
Mean HR*	(bpm)	70
Min HR	(bpm)	56
Max HR	(bpm)	85
SDNN	(ms)	171.6
RMSSD	(ms)	245.8
NN50	(beats)	154
pNN50	(%)	44.13
RR triangular index		16.67
TINN	(ms)	2001.0
Stress Index (SI)		2.3

RR distribution
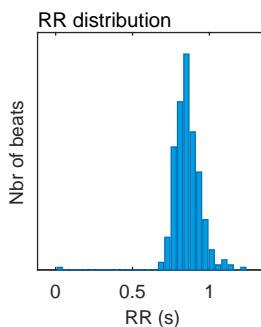
Frequency-Domain Results (FFT spectrum)

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	0.087	0.270
Power	(ms²)	146	1939	1974
Power	(log)	4.983	7.570	7.588
Power	(%)	3.59	47.71	48.56
Power	(n.u.)		49.49	50.37

Total power	(ms²)	4065		
Total Power	(log)	8.310		
LF/HF ratio		0.982		
RESP	(Hz)	-		

RR Spectrum
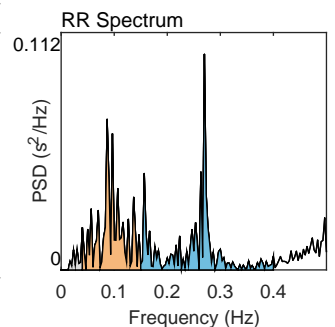
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	174.1
SD2	(ms)	169.6
SD2/SD1		0.975
Approximate Entropy (ApEn)		0.907
Sample Entropy (SampEn)		0.930
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.287
Long-term fluctuations, $\alpha 2$		0.987

Poincare Plot

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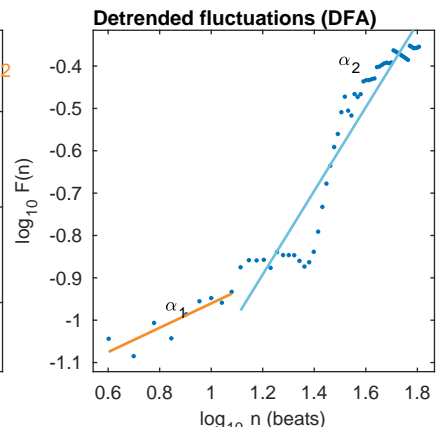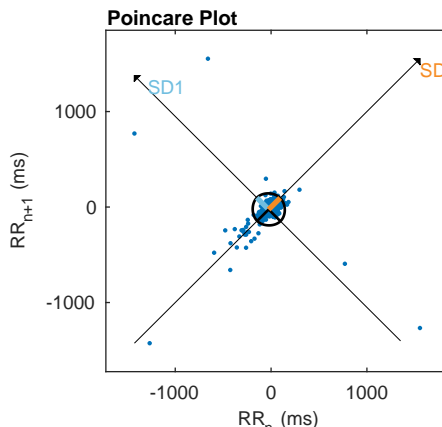
*Results are calculated from the non-detrended selected RR series.