HRV Analysis Results

rr_interval_fujii_0_rest.csv - -

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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:	00:05:18	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
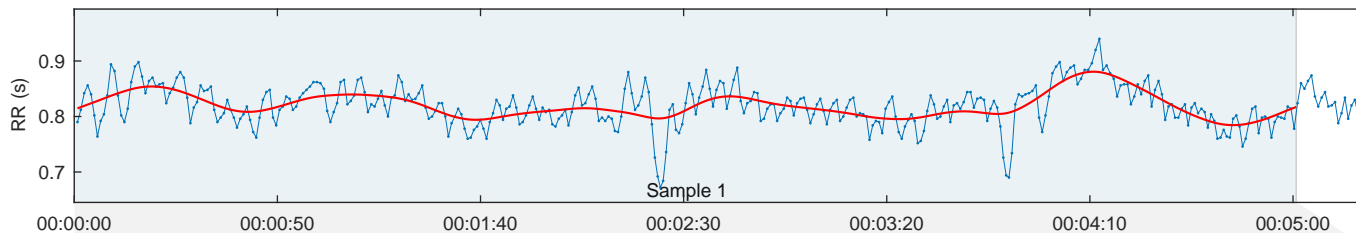
Selected Detrended RR Series
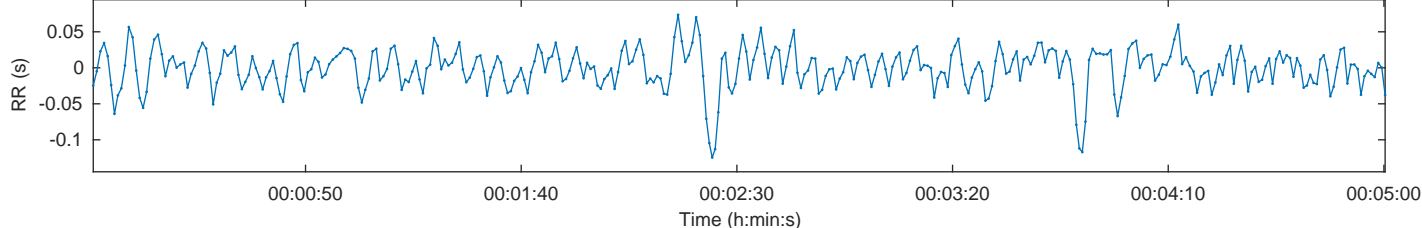
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
818 ms	**24.2** ms	**32.8** %

PNS Index = -0.95

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
73 bpm	**14.6**	**67.2** %

SNS Index = 1.30

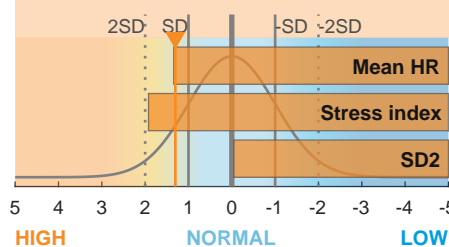**Parasympathetic tone (recovery)**
PNS Index = -0.95
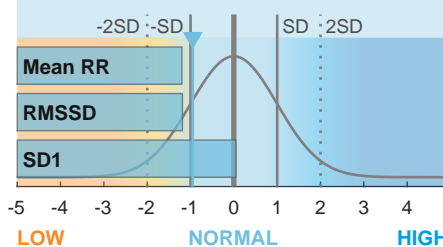
Sympathetic tone (stress)
SNS Index = 1.30

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	818
Mean HR*	(bpm)	73
Min HR	(bpm)	66
Max HR	(bpm)	85
SDNN	(ms)	27.7
RMSSD	(ms)	24.2
NN50	(beats)	13
pNN50	(%)	3.55
RR triangular index		7.65
TINN	(ms)	151.0
Stress Index (SI)		14.6

RR distribution
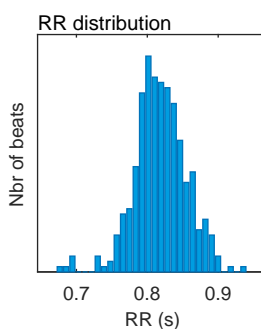
Frequency-Domain Results (FFT spectrum)

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	0.083	0.233
Power	(ms^2)	77	403	386
Power	(log)	4.342	6.000	5.956
Power	(%)	8.87	46.55	44.57
Power	(n.u.)		51.08	48.91

Total power	(ms^2)	866		
Total Power	(log)	6.764		
LF/HF ratio		1.044		
RESP	(Hz)	-		

RR Spectrum
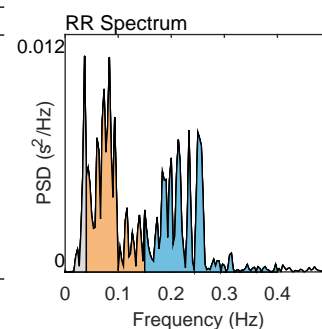
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	17.1
SD2	(ms)	35.2
SD2/SD1		2.053
Approximate Entropy (ApEn)		1.164
Sample Entropy (SampEn)		1.618
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.043
Long-term fluctuations, $\alpha 2$		0.440

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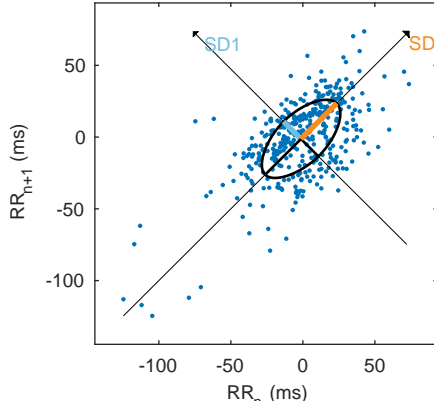
Detrended fluctuations (DFA)
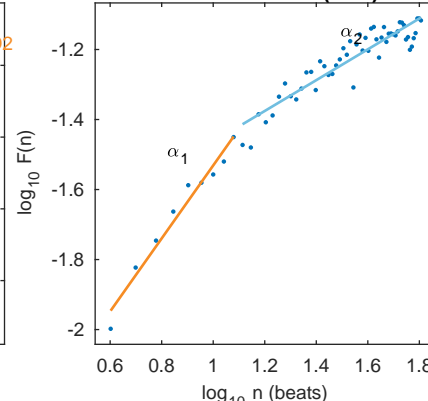
*Results are calculated from the non-detrended selected RR series.

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Kubios HRV Standard (ver. 3.5.0)
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