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: 00:05:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:21	Analysis samples:	1	Beats corrected: Uncorrected

RR Time Series
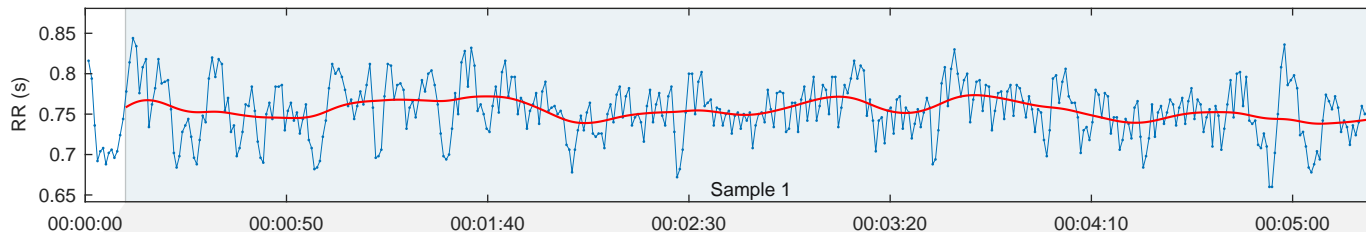
Selected Detrended RR Series
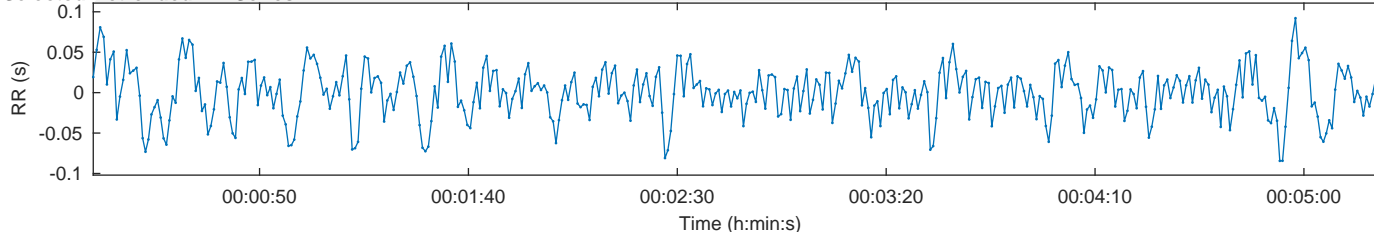
Autonomic nervous system indexes

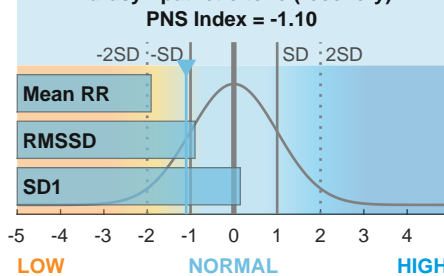**Parasympathetic Nervous System (PNS)**

Mean RR	RMSSD	SD1
754 ms	**28.6** ms	**34.4** %

PNS Index = -1.10

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
80 bpm	**13.9**	**65.6** %

SNS Index = 1.56

Parasympathetic tone (recovery)
PNS Index = -1.10

Sympathetic tone (stress)
SNS Index = 1.56
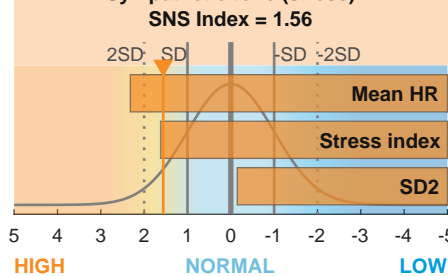
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	754
Mean HR*	(bpm)	80
Min HR	(bpm)	74
Max HR	(bpm)	87
SDNN	(ms)	30.8
RMSSD	(ms)	28.6
NN50	(beats)	28
pNN50	(%)	6.83
RR triangular index		8.06
TINN	(ms)	145.0
Stress Index (SI)		13.9

RR distribution
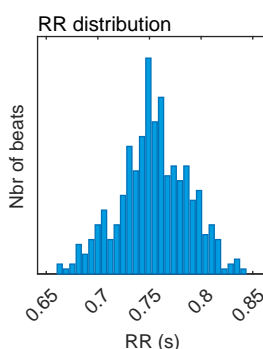
Frequency-Domain Results (FFT spectrum)

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	0.103	0.390
Power	(ms^2)	30	306	227
Power	(log)	3.389	5.724	5.426
Power	(%)	5.26	54.36	40.35
Power	(n.u.)		57.37	42.59

Total power	(ms^2)	563		
Total Power	(log)	6.334		
LF/HF ratio		1.347		
RESP	(Hz)	-		

RR Spectrum
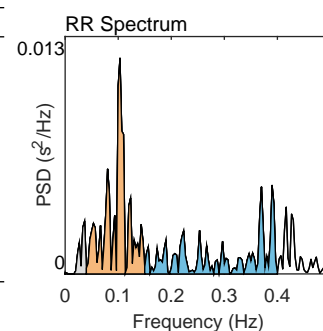
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	20.2
SD2	(ms)	38.6
SD2/SD1		1.909
Approximate Entropy (ApEn)		1.161
Sample Entropy (SampEn)		1.688
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.215
Long-term fluctuations, $\alpha 2$		0.279

Poincare Plot

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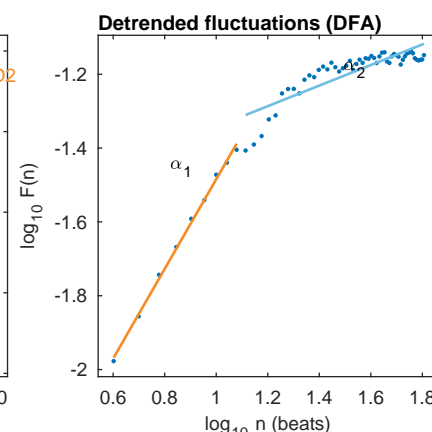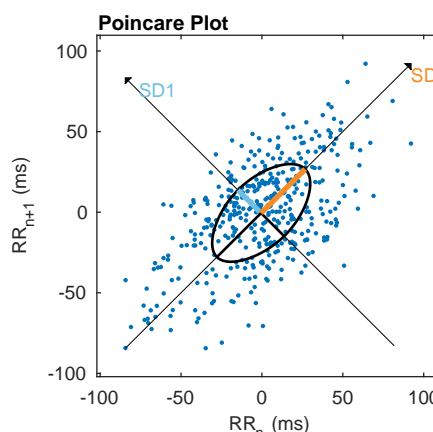
*Results are calculated from the non-detrended selected RR series.