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:	00:05:18
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:18	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series

Sample 1
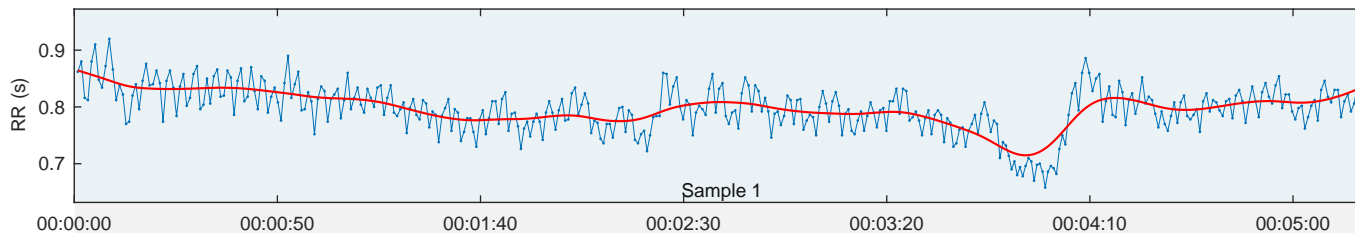
Selected Detrended RR Series

Time (h:min:s)
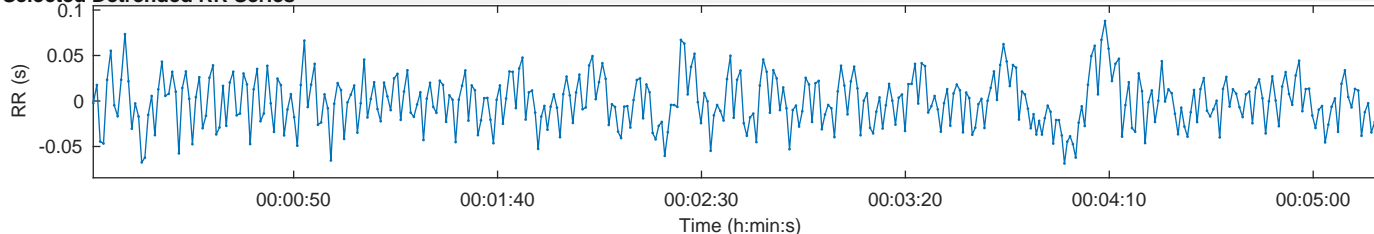
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
796 ms	**33.4** ms	**43.0**%

PNS Index = -0.68

Sympathetic Nervous System (SNS)

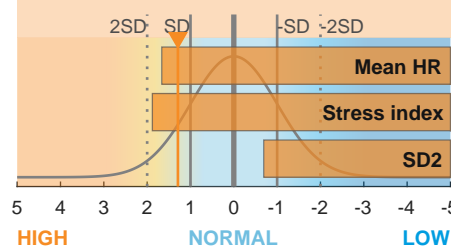| Mean HR	Stress index	SD2
75 bpm	**14.5**	**57.0**%

SNS Index = 1.29

Parasympathetic tone (recovery)
PNS Index = -0.68
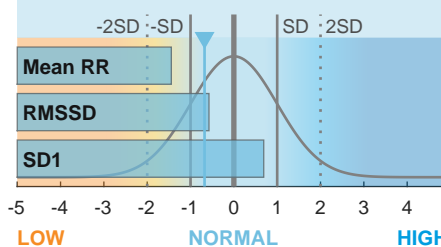
Sympathetic tone (stress)
**SNS Index = 1.29**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	796
Mean HR*	(bpm)	75
Min HR	(bpm)	68
Max HR	(bpm)	88
SDNN	(ms)	27.7
RMSSD	(ms)	33.4
NN50	(beats)	56
pNN50	(%)	14.07
RR triangular index		9.28
TINN	(ms)	141.0
Stress Index (SI)		14.5

RR distribution
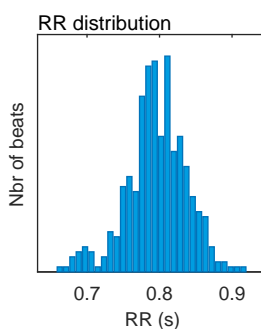
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.100	0.357
Power	(ms^2)	40	318	315
Power	(log)	3.695	5.761	5.752
Power	(%)	5.98	47.17	46.77
Power	(n.u.)		50.16	49.74

Total power	(ms^2)	673		
Total Power	(log)	6.512		
LF/HF ratio		1.008		
RESP	(Hz)	-		

RR Spectrum
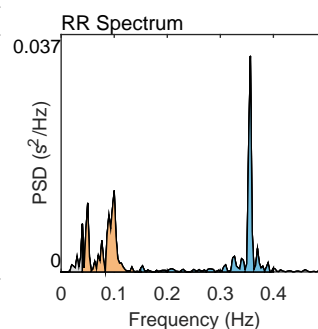
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.6
SD2	(ms)	31.3
SD2/SD1		1.323
Approximate Entropy (ApEn)		1.153
Sample Entropy (SampEn)		1.935
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.805
Long-term fluctuations, $\alpha 2$		0.562

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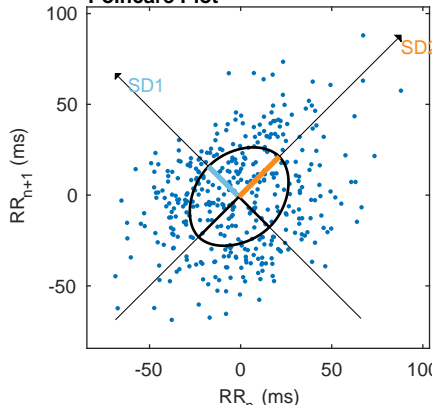
Detrended fluctuations (DFA)
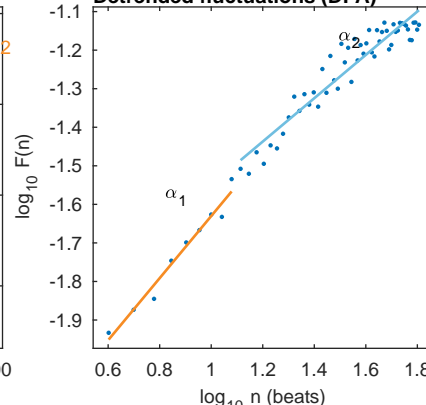
*Results are calculated from the non-detrended selected RR series.