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:	00:05:23	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
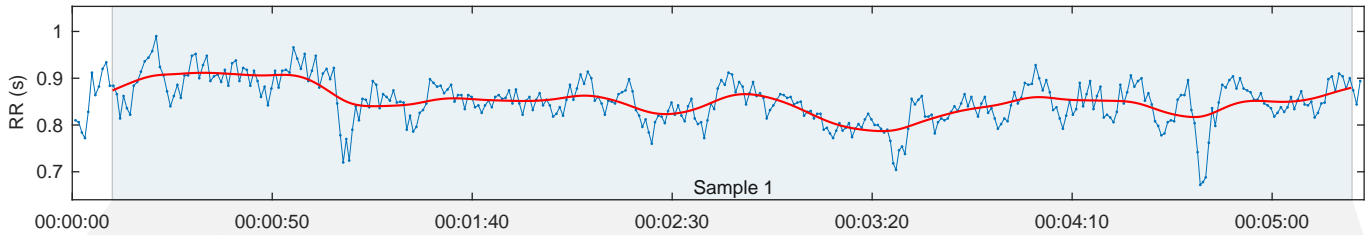
Selected Detrended RR Series
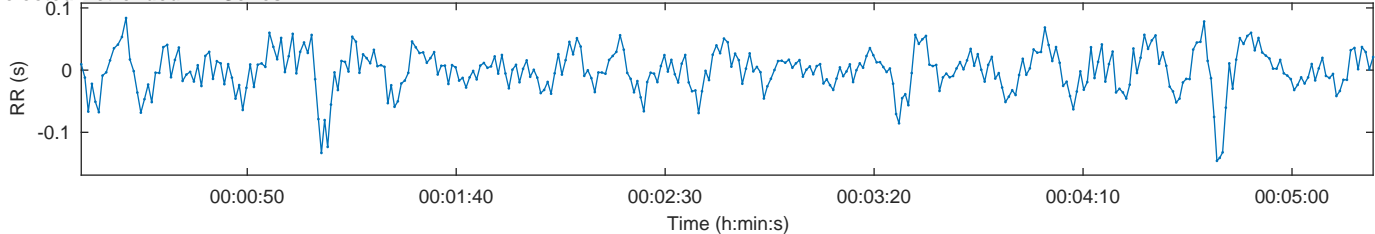
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
849 ms	**27.8** ms	**31.1** %

PNS Index = -0.73

Sympathetic Nervous System (SNS)

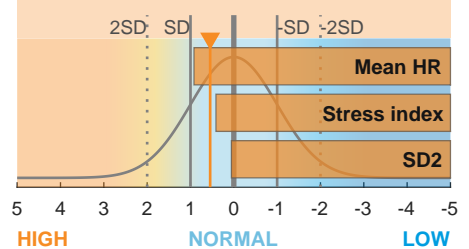| Mean HR	Stress index	SD2
71 bpm	**10.7**	**68.9** %

SNS Index = 0.55

Parasympathetic tone (recovery)
PNS Index = -0.73
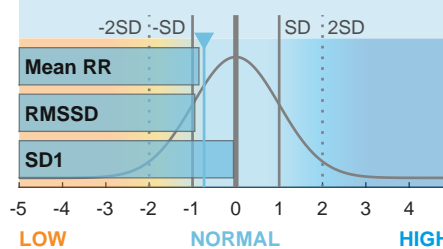
Sympathetic tone (stress)
SNS Index = 0.55

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	849
Mean HR*	(bpm)	71
Min HR	(bpm)	63
Max HR	(bpm)	85
SDNN	(ms)	33.8
RMSSD	(ms)	27.8
NN50	(beats)	29
pNN50	(%)	7.97
RR triangular index		8.30
TINN	(ms)	180.0
Stress Index (SI)		10.7

RR distribution
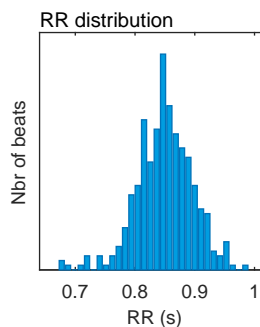
Frequency-Domain Results (FFT spectrum)

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	0.080	0.397
Power	(ms^2)	47	481	133
Power	(log)	3.860	6.176	4.887
Power	(%)	7.15	72.40	19.96
Power	(n.u.)		77.97	21.50

Total power	(ms^2)	664		
Total Power	(log)	6.499		
LF/HF ratio		3.627		
RESP	(Hz)	-		

RR Spectrum
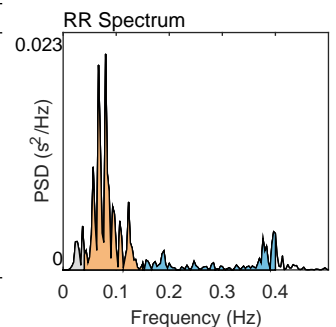
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	19.7
SD2	(ms)	43.6
SD2/SD1		2.215
Approximate Entropy (ApEn)		1.236
Sample Entropy (SampEn)		1.764
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.339
Long-term fluctuations, $\alpha 2$		0.311

Poincare Plot

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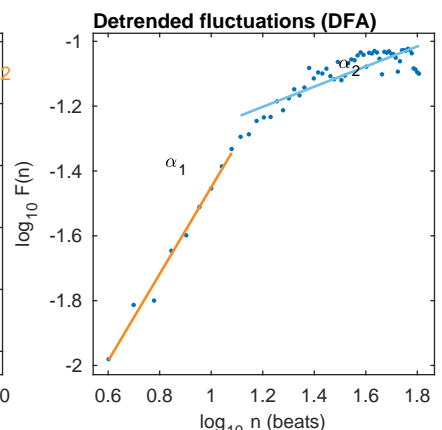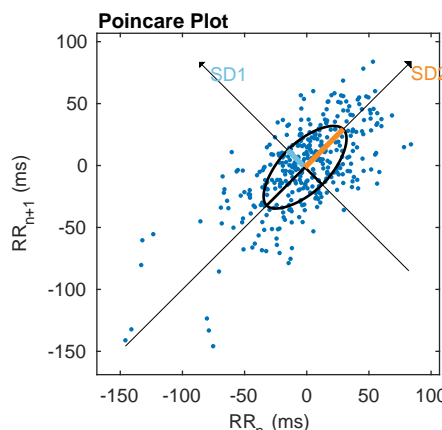
*Results are calculated from the non-detrended selected RR series.