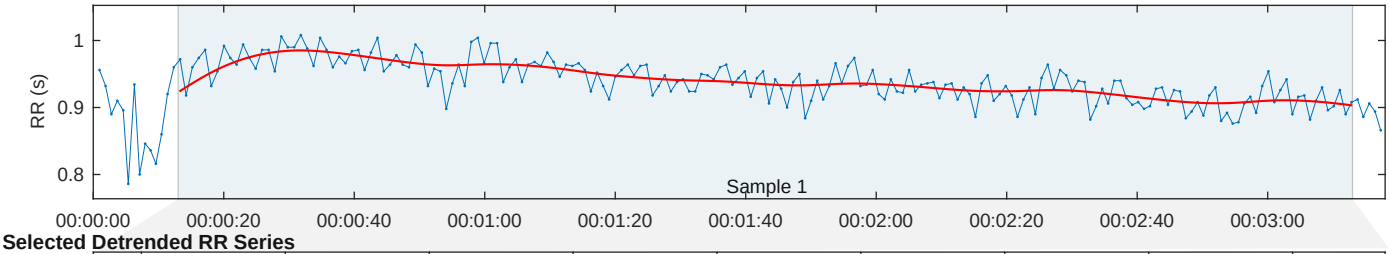
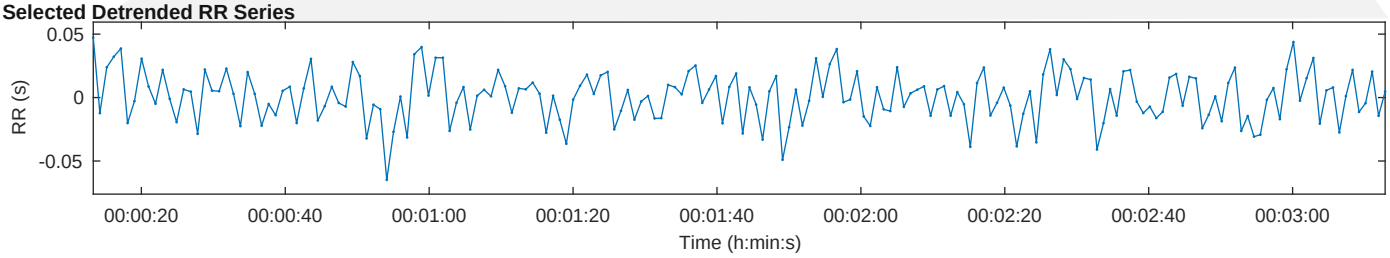
# HRV Analysis Results

| Person: | | | | Measurement Info | | | | Results for Sample | |
|---|---|---|---|---|---|---|---|---|---|
| Gender: | Male | Height: | 180 cm | Date: | | Trend removal: | Smoothn priors | Sample start: | 00:00:13 |
| Age: | 50 years | Weight: | 78 kg | Start time: | 00:00:00 | Artefact corr.: | none | Sample length: | 00:03:00 |
| Max HR: | 170 bpm | BMI: | 24.1 kg/m2 | Duration: | 00:03:18 | Analysis samples: | 1 | Beats corrected: | Uncorrected |

**RR Time Series**




**Selected Detrended RR Series**




## Autonomic nervous system indexes

**Parasympathetic Nervous System (PNS)**

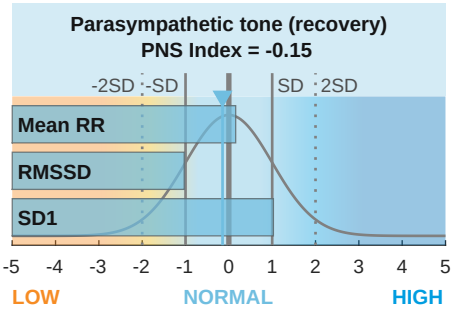
| Mean RR | RMSSD | SD1 |
|---|---|---|
| **940** ms | **26.6** ms | **48.4**% |

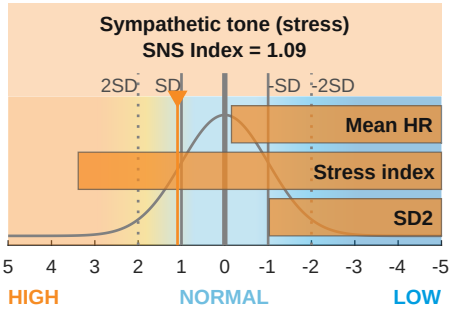
**PNS Index = -0.15**

**Sympathetic Nervous System (SNS)**

| Mean HR | Stress index | SD2 |
|---|---|---|
| **64** bpm | **18.4** | **51.6**% |

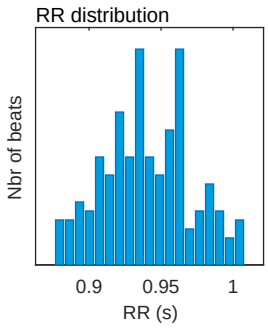
**SNS Index = 1.09**



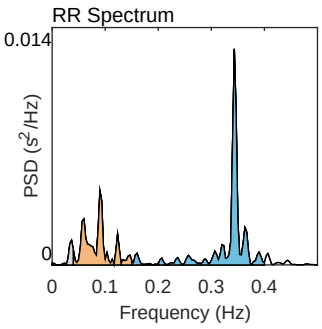

## Time-Domain Results

| Variable | Units | Value |
|---|---|---|
| Mean RR* | (ms) | 940 |
| Mean HR* | (bpm) | 64 |
| Min HR | (bpm) | 60 |
| Max HR | (bpm) | 68 |
| SDNN | (ms) | 19.5 |
| RMSSD | (ms) | 26.6 |
| NN50 | (beats) | 11 |
| pNN50 | (%) | 5.76 |
| RR triangular index | | 5.49 |
| TINN | (ms) | 88.0 |
| Stress Index (SI) | | 18.4 |



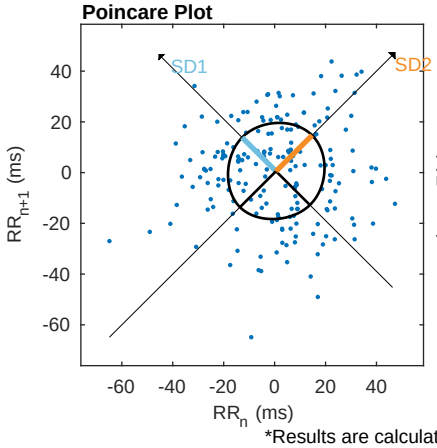

## Frequency-Domain Results (FFT spectrum)

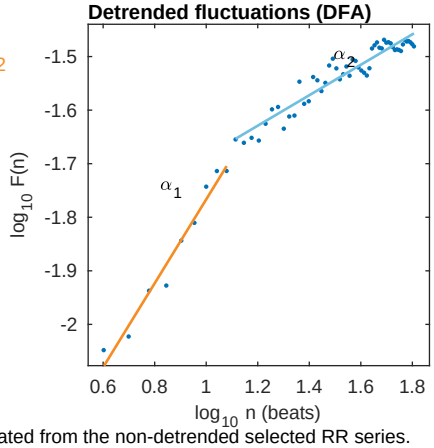
| Variable | Units | VLF | LF | HF |
|---|---|---|---|---|
| Frequency band | (Hz) | 0.00-0.04 | 0.04-0.15 | 0.15-0.40 |
| Peak frequency | (Hz) | 0.037 | 0.090 | 0.343 |
| Power | ($ms^2$) | 12 | 109 | 187 |
| Power | (log) | 2.507 | 4.690 | 5.232 |
| Power | (%) | 3.98 | 35.28 | 60.68 |
| Power | (n.u.) | | 36.74 | 63.19 |
| --- | | | | |
| Total power | ($ms^2$) | 309 | | |
| Total Power | (log) | 5.732 | | |
| LF/HF ratio | | 0.581 | | |
| RESP | (Hz) | - | | |




## Nonlinear Results

| Variable | Units | Value |
|---|---|---|
| Poincare Plot | | |
| SD1 | (ms) | 18.8 |
| SD2 | (ms) | 20.0 |
| SD2/SD1 | | 1.064 |
| Approximate Entropy (ApEn) | | 0.839 |
| Sample Entropy (SampEn) | | 2.085 |
| Detrended Fluctuation Analysis (DFA) | | |
| Short-term fluctuations, $\alpha 1$ | | 0.784 |
| Long-term fluctuations, $\alpha 2$ | | 0.284 |




*Results are calculated from the non-detrended selected RR series.