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:	00:03:10
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:22	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
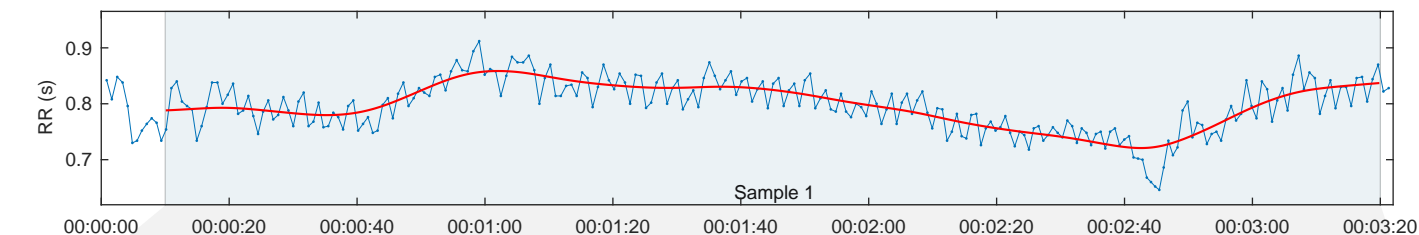
Selected Detrended RR Series
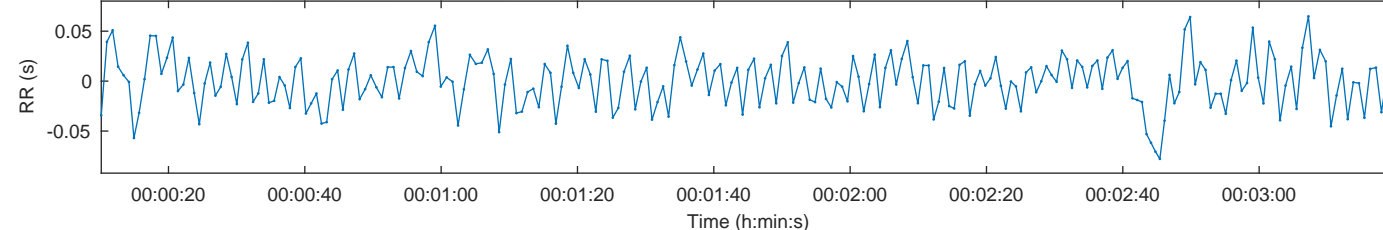
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
796 ms	31.6 ms	44.7 %

PNS Index = -0.70

Sympathetic Nervous System (SNS)

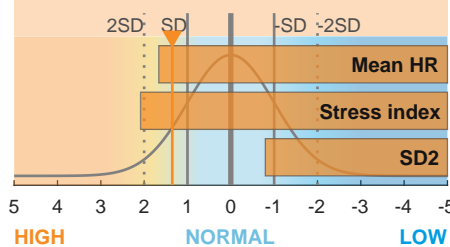| Mean HR	Stress index	SD2
75 bpm	15.1	55.3 %

SNS Index = 1.35

Parasympathetic tone (recovery)
PNS Index = -0.70
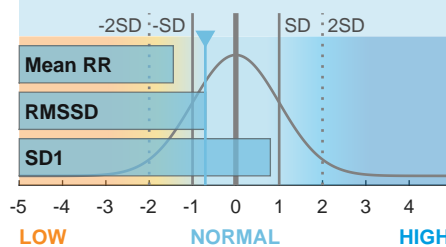
### Sympathetic tone (stress)
SNS Index = 1.35

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	796
Mean HR*	(bpm)	75
Min HR	(bpm)	68
Max HR	(bpm)	91
SDNN	(ms)	25.2
RMSSD	(ms)	31.6
NN50	(beats)	28
pNN50	(%)	11.76
RR triangular index		6.46
TINN	(ms)	116.0
Stress Index (SI)		15.1

RR distribution
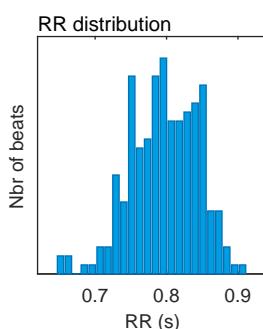
Frequency-Domain Results (FFT spectrum)

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	0.067	0.393
Power	(ms^2)	17	106	298
Power	(log)	2.861	4.668	5.697
Power	(%)	4.12	25.07	70.19
Power	(n.u.)		26.15	73.20

Total power	(ms^2)	425		
Total Power	(log)	6.051		
LF/HF ratio		0.357		
RESP	(Hz)	-		

RR Spectrum
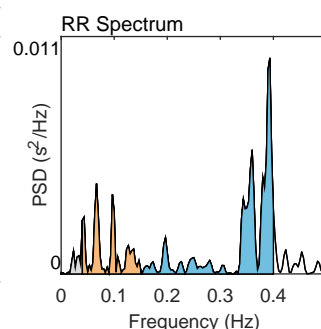
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	22.4
SD2	(ms)	27.6
SD2/SD1		1.235
Approximate Entropy (ApEn)		0.992
Sample Entropy (SampEn)		2.047
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.781
Long-term fluctuations, $\alpha 2$		0.463

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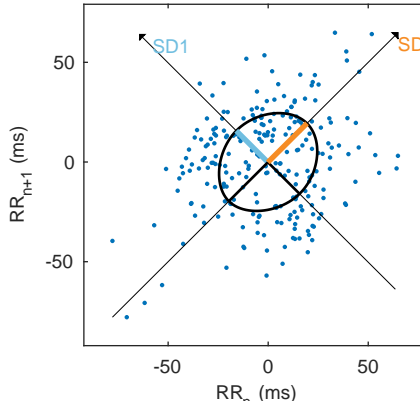
Detrended fluctuations (DFA)
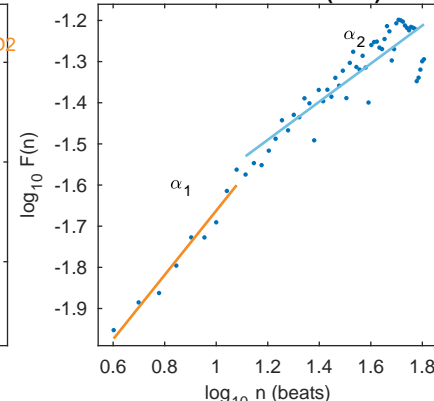
*Results are calculated from the non-detrended selected RR series.