

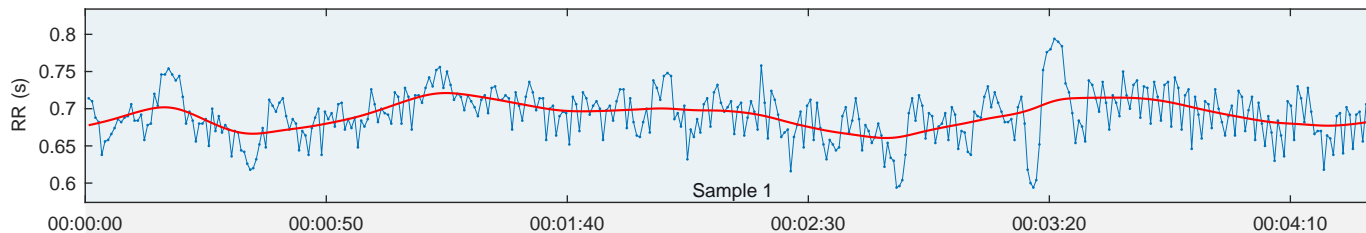
# HRV Analysis Results

rr\_interval\_tubota\_1\_practice.csv - -

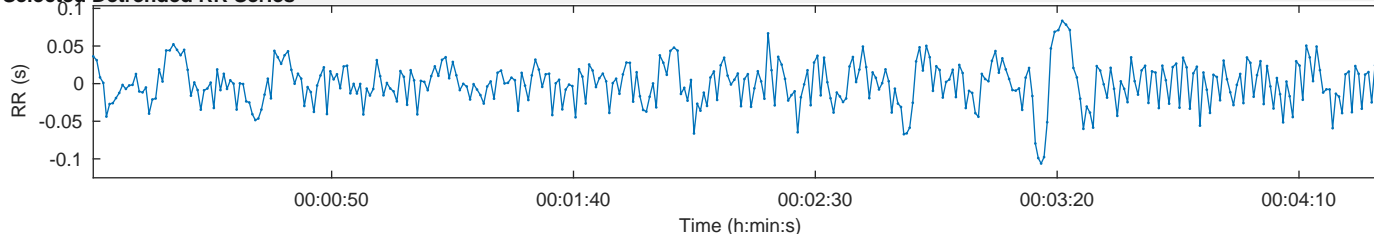
Page 1/1

Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:04:28
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:04:28	Beats corrected:	Uncorrected
			Trend removal:			Smoothn priors	none
			Artefact corr.:				1
			Analysis samples:				

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR 690 ms  
RMSSD 30.9 ms  
SD1 39.7%

**PNS Index = -1.27**

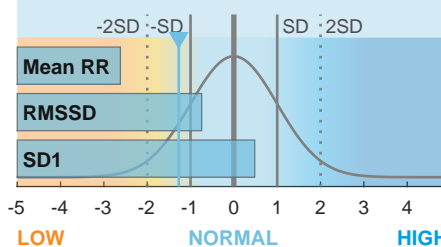
### Sympathetic Nervous System (SNS)

Mean HR 87 bpm  
Stress index 14.6  
SD2 60.3%

**SNS Index = 2.10**

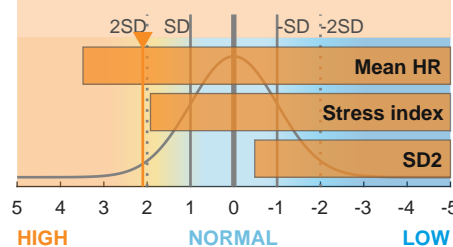
### Parasympathetic tone (recovery)

PNS Index = -1.27



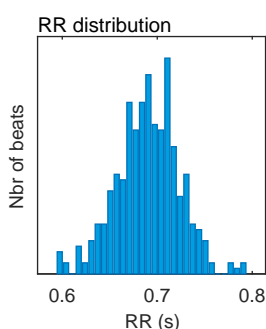
### Sympathetic tone (stress)

SNS Index = 2.10



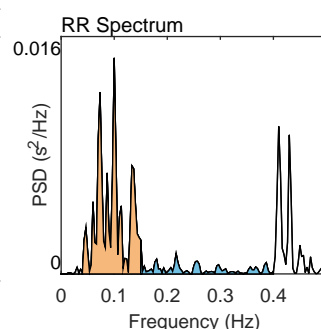
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	690
Mean HR*	(bpm)	87
Min HR	(bpm)	76
Max HR	(bpm)	98
SDNN	(ms)	28.1
RMSSD	(ms)	30.9
NN50	(beats)	43
pNN50	(%)	11.11
RR triangular index		7.61
TINN	(ms)	150.0
Stress Index (SI)		14.6



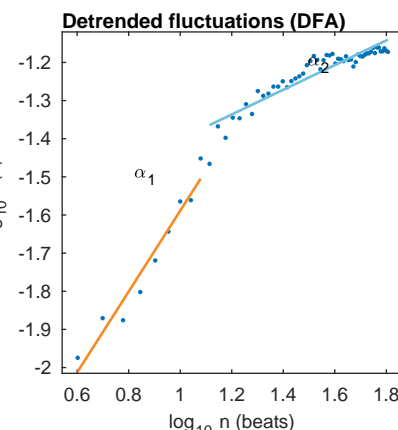
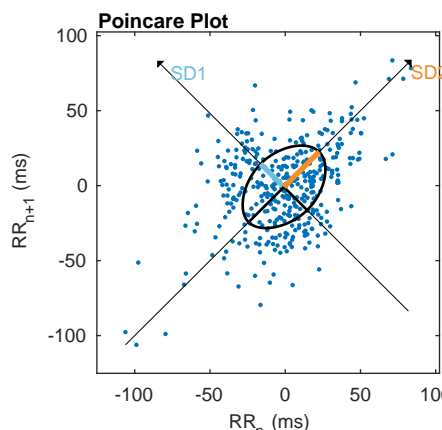
## Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.030	0.100	0.150
Power	(ms <sup>2</sup> )	4	424	72
Power	(log)	1.276	6.050	4.276
Power	(%)	0.72	84.82	14.40
Power	(n.u.)		85.44	14.50
Total power		(ms <sup>2</sup> )	500	
Total Power		(log)	6.214	
LF/HF ratio			5.890	
RESP		(Hz)	-	



## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	21.9
SD2	(ms)	33.2
SD2/SD1		1.518
Approximate Entropy (ApEn)		1.226
Sample Entropy (SampEn)		1.935
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.060
Long-term fluctuations, $\alpha_2$		0.324



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