HRV Analysis Results

Person:				Measurement Info				Results for Sample
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start: 00:00:08
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length: 00:03:08
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:18	Analysis samples:	1	Beats corrected: Uncorrected

RR Time Series
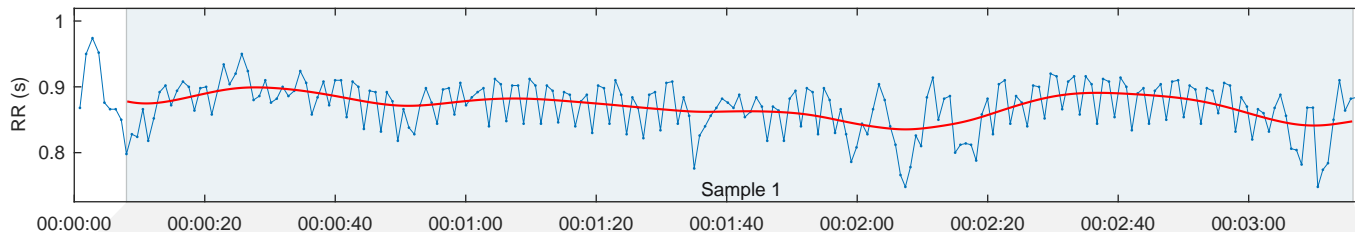
Selected Detrended RR Series
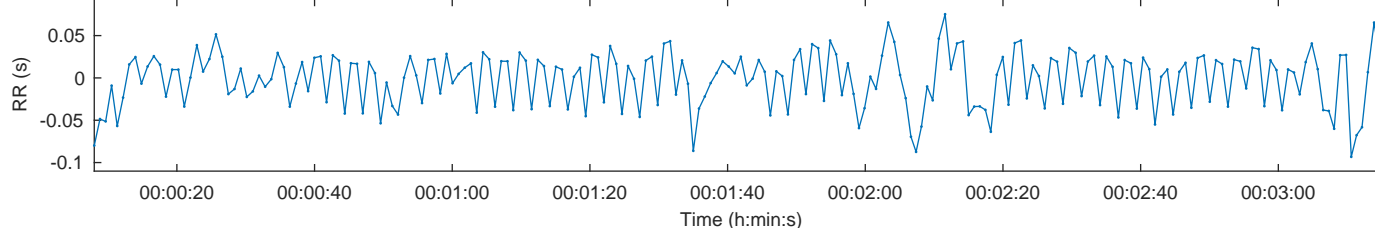
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
868 ms	**41.7** ms	**46.7** %

PNS Index = -0.08

Sympathetic Nervous System (SNS)

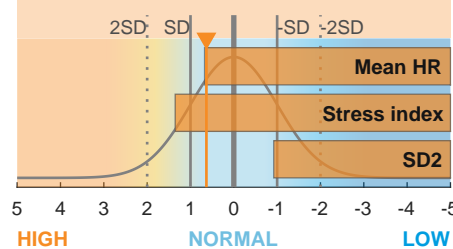| Mean HR	Stress index	SD2
69 bpm	**13.2**	**53.3** %

SNS Index = 0.63

Parasympathetic tone (recovery)
PNS Index = -0.08
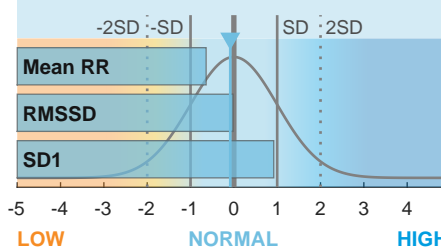
Sympathetic tone (stress)
SNS Index = 0.63

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	868
Mean HR*	(bpm)	69
Min HR	(bpm)	65
Max HR	(bpm)	76
SDNN	(ms)	31.9
RMSSD	(ms)	41.7
NN50	(beats)	65
pNN50	(%)	30.09
RR triangular index		6.38
TINN	(ms)	133.0
Stress Index (SI)		13.2

RR distribution
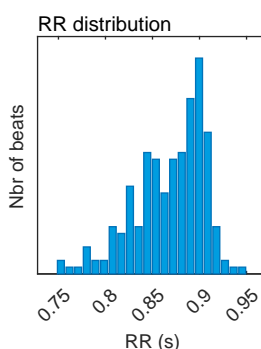
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.023	0.097	0.373
Power	(ms^2)	14	417	478
Power	(log)	2.631	6.032	6.169
Power	(%)	1.52	45.74	52.41
Power	(n.u.)		46.45	53.22

Total power	(ms^2)	911		
Total Power	(log)	6.815		
LF/HF ratio		0.873		
RESP	(Hz)	-		

RR Spectrum
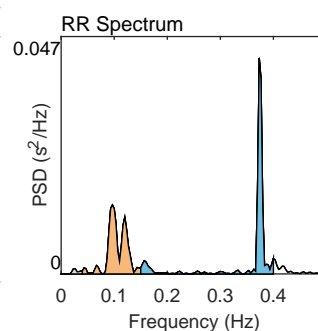
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	29.6
SD2	(ms)	33.7
SD2/SD1		1.140
Approximate Entropy (ApEn)		0.826
Sample Entropy (SampEn)		1.284
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.747
Long-term fluctuations, $\alpha 2$		0.257

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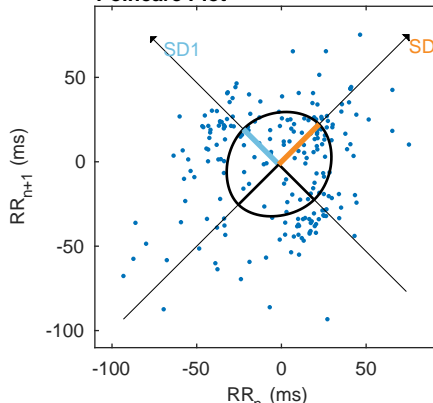
Detrended fluctuations (DFA)
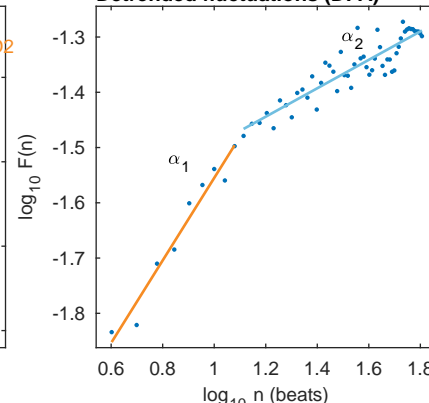
*Results are calculated from the non-detrended selected RR series.