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:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:22	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
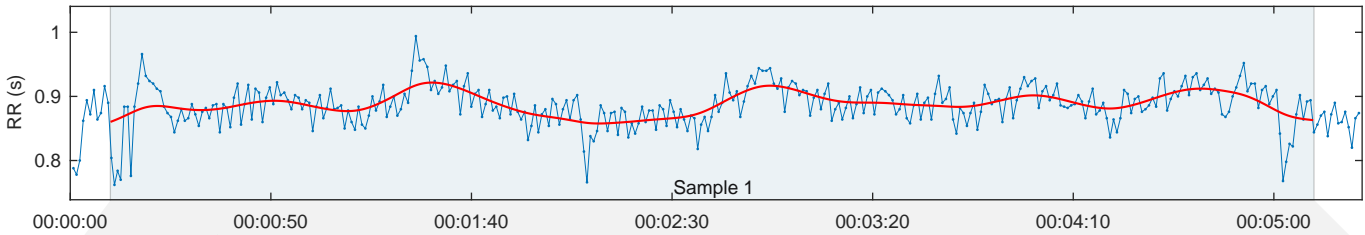
Selected Detrended RR Series
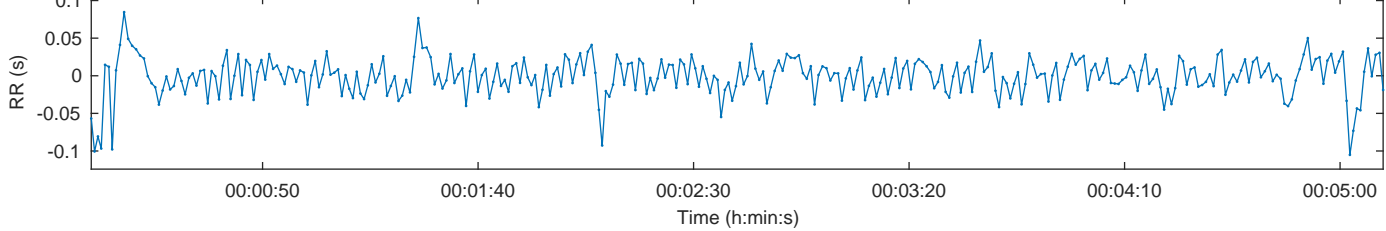
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
887 ms	**28.7** ms	**41.1** %

PNS Index = -0.42

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
68 bpm	**13.7**	**58.9** %

SNS Index = 0.70

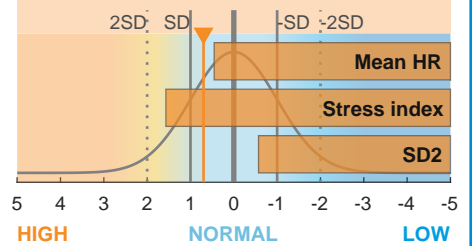
Parasympathetic tone (recovery) — PNS Index = -0.42
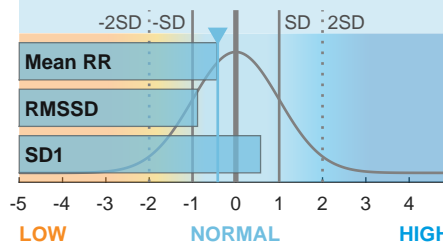
Sympathetic tone (stress) — SNS Index = 0.70

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	887
Mean HR*	(bpm)	68
Min HR	(bpm)	63
Max HR	(bpm)	77
SDNN	(ms)	25.2
RMSSD	(ms)	28.7
NN50	(beats)	14
pNN50	(%)	4.14
RR triangular index		6.92
TINN	(ms)	143.0
Stress Index (SI)		13.7

RR distribution
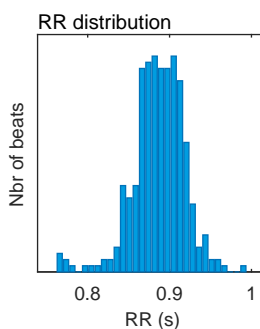
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.077	0.360
Power	(ms^2)	34	149	191
Power	(log)	3.527	5.001	5.253
Power	(%)	9.10	39.72	51.10
Power	(n.u.)		43.70	56.21

Total power	(ms^2)	374		
Total Power	(log)	5.924		
LF/HF ratio		0.777		
RESP	(Hz)	-		

RR Spectrum
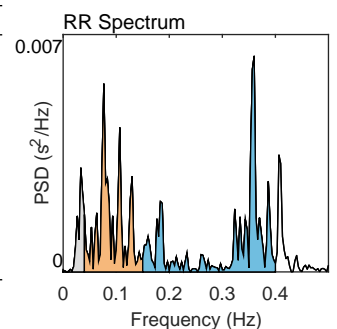
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	20.3
SD2	(ms)	29.1
SD2/SD1		1.432
Approximate Entropy (ApEn)		1.264
Sample Entropy (SampEn)		2.024
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.011
Long-term fluctuations, $\alpha 2$		0.267

Poincare Plot

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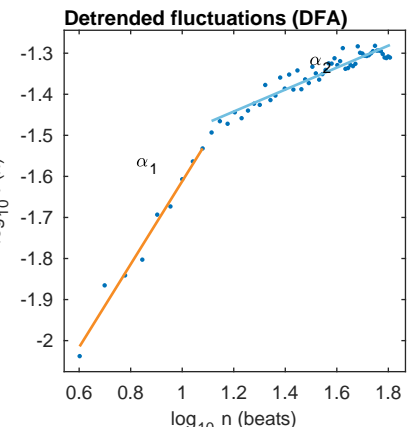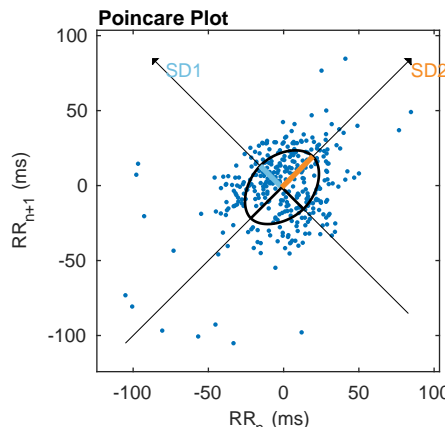
*Results are calculated from the non-detrended selected RR series.