HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length:	00:05:03
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:15	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
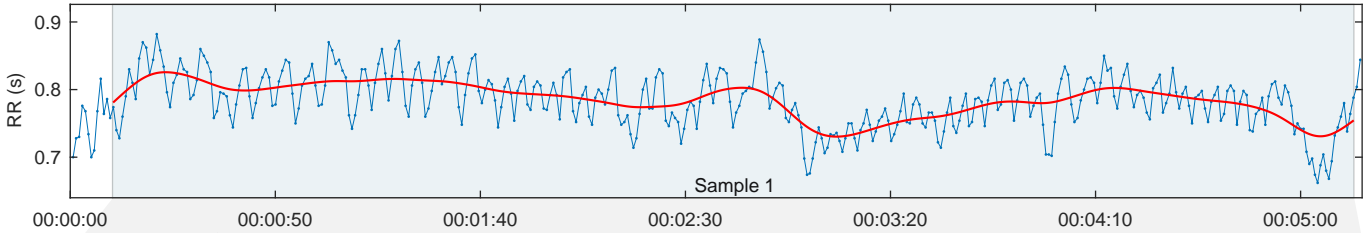
Selected Detrended RR Series
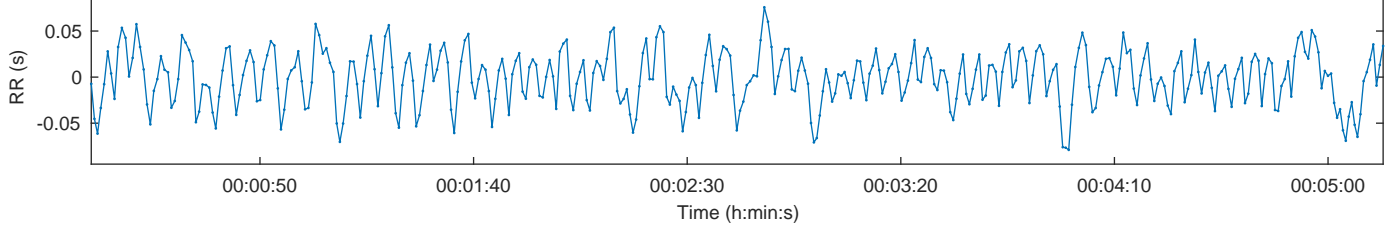
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
783 ms	**26.7** ms	**34.2** %

PNS Index = -1.02

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
77 bpm	**15.0**	**65.8** %

SNS Index = 1.55

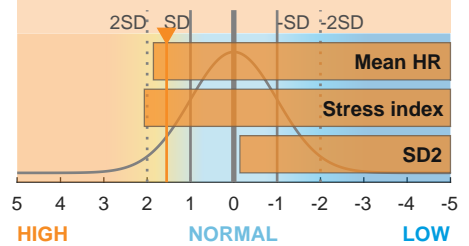**Parasympathetic tone (recovery)**
PNS Index = -1.02
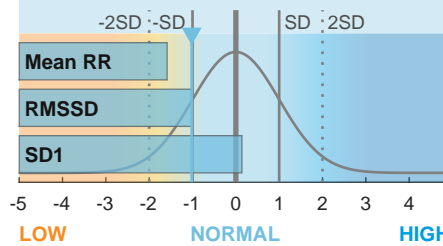
Sympathetic tone (stress)
SNS Index = 1.55

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	783
Mean HR*	(bpm)	77
Min HR	(bpm)	70
Max HR	(bpm)	88
SDNN	(ms)	29.0
RMSSD	(ms)	26.7
NN50	(beats)	13
pNN50	(%)	3.37
RR triangular index		8.41
TINN	(ms)	130.0
Stress Index (SI)		15.0

RR distribution
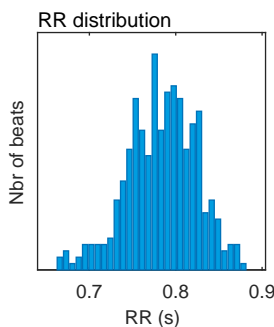
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.080	0.237
Power	(ms^2)	59	327	379
Power	(log)	4.084	5.789	5.939
Power	(%)	7.76	42.66	49.56
Power	(n.u.)		46.25	53.73

Total power	(ms^2)	766		
Total Power	(log)	6.641		
LF/HF ratio		0.861		
RESP	(Hz)	-		

RR Spectrum
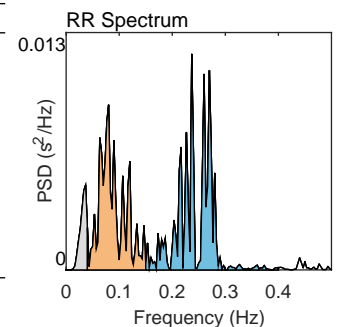
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	18.9
SD2	(ms)	36.4
SD2/SD1		1.921
Approximate Entropy (ApEn)		1.199
Sample Entropy (SampEn)		1.769
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.006
Long-term fluctuations, $\alpha 2$		0.376

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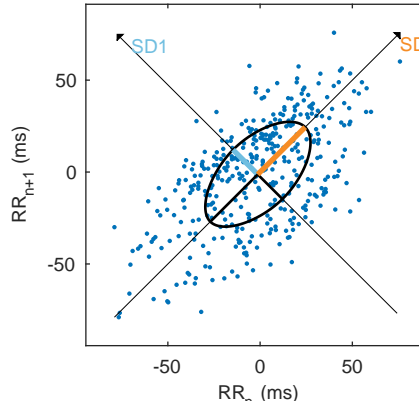
Detrended fluctuations (DFA)
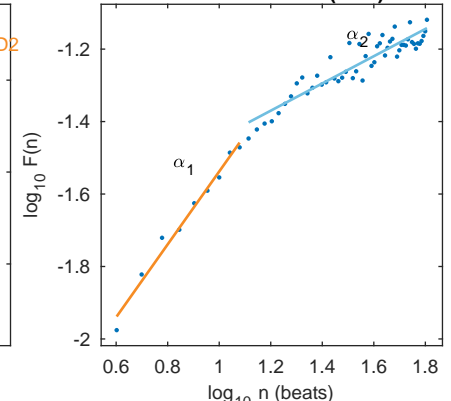
*Results are calculated from the non-detrended selected RR series.