HRV Analysis Results

Person:				Measurement Info				Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start:	00:00:01
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:	00:05:20	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
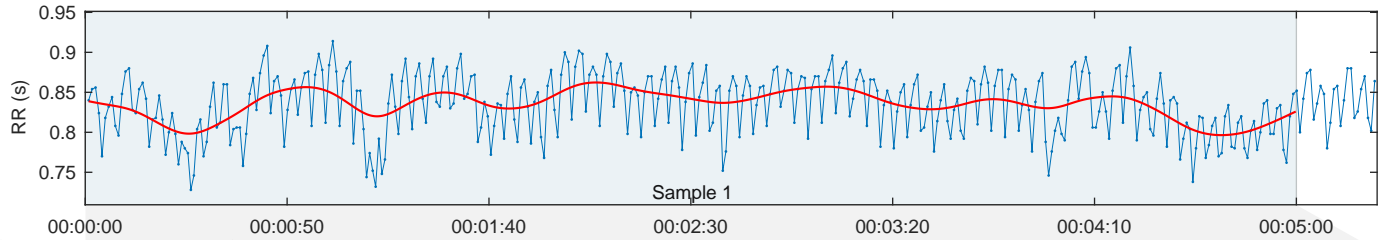
Selected Detrended RR Series
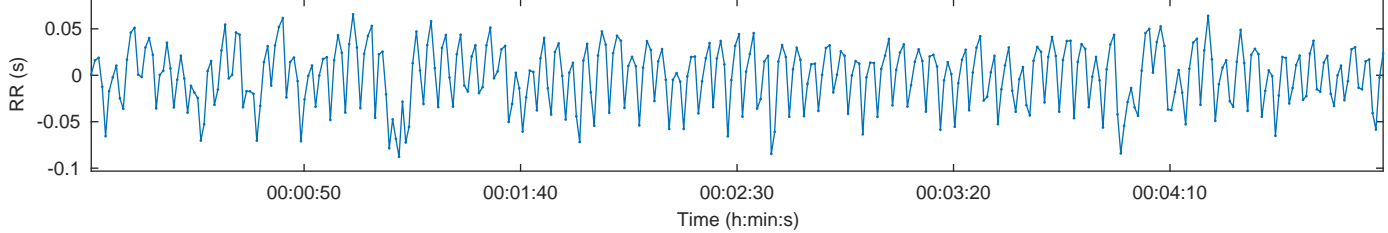
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

	Mean RR	RMSSD	SD1
	834 ms	40.7 ms	44.6 %

PNS Index = -0.29

Sympathetic Nervous System (SNS)

	Mean HR	Stress index	SD2
	72 bpm	12.8	55.4 %

SNS Index = 0.79

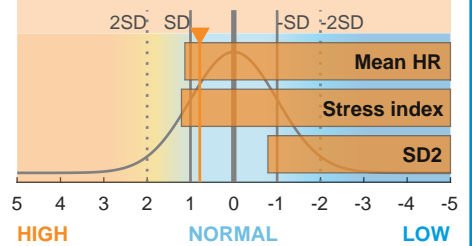### Parasympathetic tone (recovery)
PNS Index = -0.29
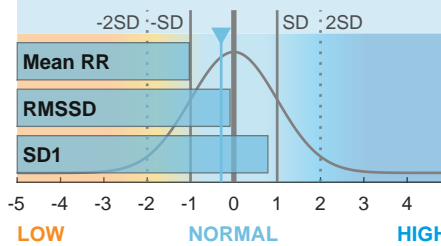
Sympathetic tone (stress)
SNS Index = 0.79

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	834
Mean HR*	(bpm)	72
Min HR	(bpm)	68
Max HR	(bpm)	79
SDNN	(ms)	32.5
RMSSD	(ms)	40.7
NN50	(beats)	98
pNN50	(%)	27.37
RR triangular index		8.97
TINN	(ms)	137.0
Stress Index (SI)		12.8

RR distribution
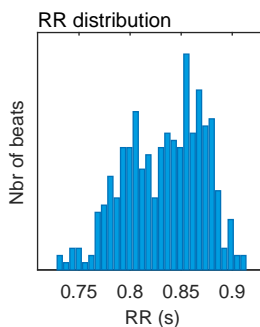
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.093	0.287
Power	(ms²)	34	140	715
Power	(log)	3.533	4.938	6.572
Power	(%)	3.85	15.71	80.44
Power	(n.u.)		16.34	83.66

Total power	(ms²)	889		
Total Power	(log)	6.790		
LF/HF ratio		0.195		
RESP	(Hz)	-		

RR Spectrum
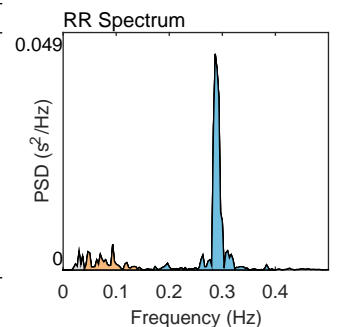
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	28.8
SD2	(ms)	35.8
SD2/SD1		1.244
Approximate Entropy (ApEn)		1.060
Sample Entropy (SampEn)		1.599
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.574
Long-term fluctuations, $\alpha 2$		0.440

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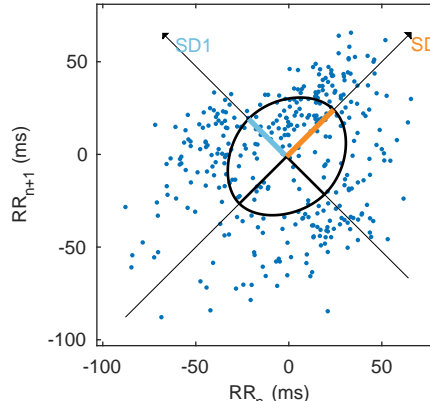
Detrended fluctuations (DFA)
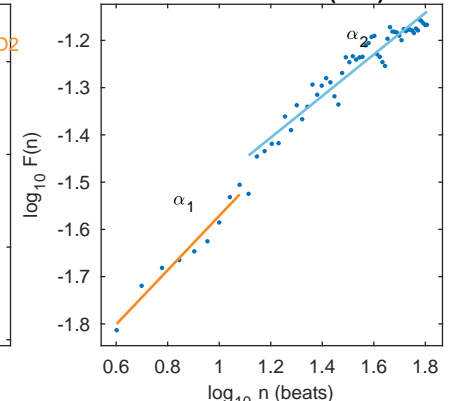
*Results are calculated from the non-detrended selected RR series.