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:	00:05:17	Analysis samples:	1	Beats corrected:	Uncorrected

**RR Time Series**
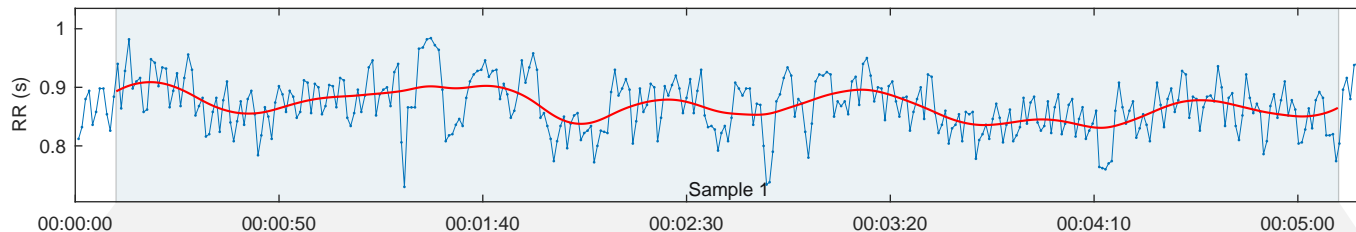
Selected Detrended RR Series
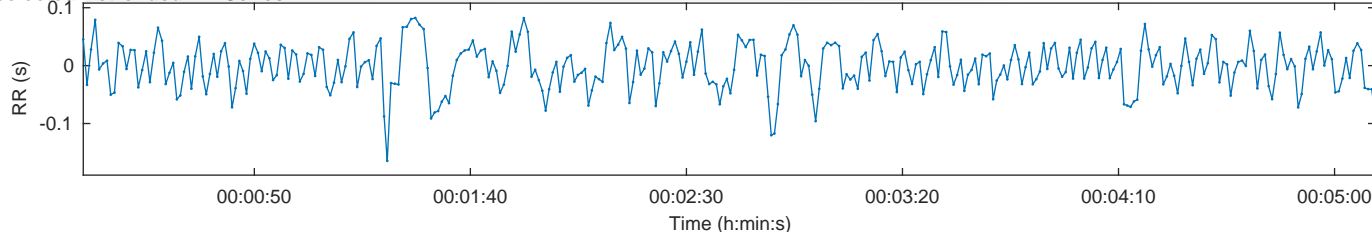
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
867 ms	**40.7** ms	**38.5** %

PNS Index = -0.22

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
69 bpm	**10.5**	**61.5** %

SNS Index = 0.33

Parasympathetic tone (recovery)
PNS Index = -0.22

Mean RR, RMSSD, SD1

-5 -4 -3 -2 -1 0 1 2 3 4 5
LOW — NORMAL — HIGH
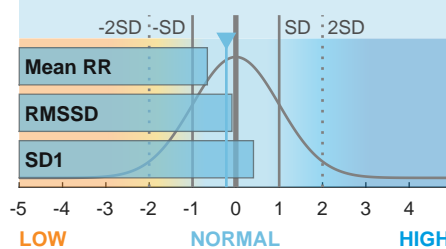
Sympathetic tone (stress)
SNS Index = 0.33

Mean HR, Stress index, SD2

5 4 3 2 1 0 -1 -2 -3 -4 -5
HIGH — NORMAL — LOW
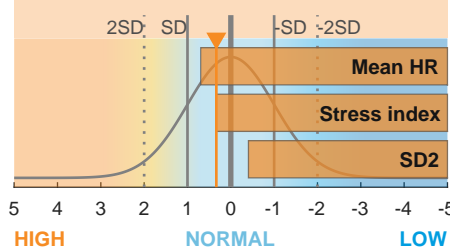
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	867
Mean HR*	(bpm)	69
Min HR	(bpm)	62
Max HR	(bpm)	78
SDNN	(ms)	38.5
RMSSD	(ms)	40.7
NN50	(beats)	78
pNN50	(%)	22.61
RR triangular index		9.35
TINN	(ms)	196.0
Stress Index (SI)		10.5

RR distribution
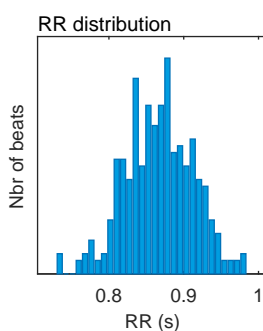
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.093	0.320
Power	(ms^2)	50	970	484
Power	(log)	3.908	6.877	6.182
Power	(%)	3.31	64.51	32.18
Power	(n.u.)		66.72	33.28

Total power	(ms^2)	1503		
Total Power	(log)	7.315		
LF/HF ratio		2.005		
RESP	(Hz)	-		

RR Spectrum
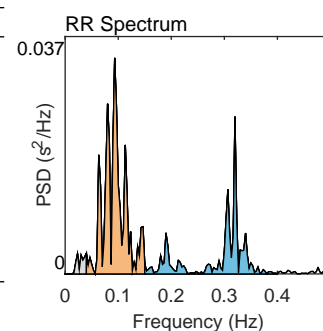
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	28.8
SD2	(ms)	46.0
SD2/SD1		1.597
Approximate Entropy (ApEn)		1.175
Sample Entropy (SampEn)		2.010
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		1.066
Long-term fluctuations, $\alpha 2$		0.262

Poincare Plot

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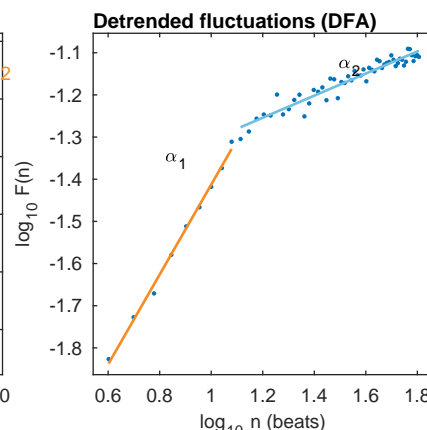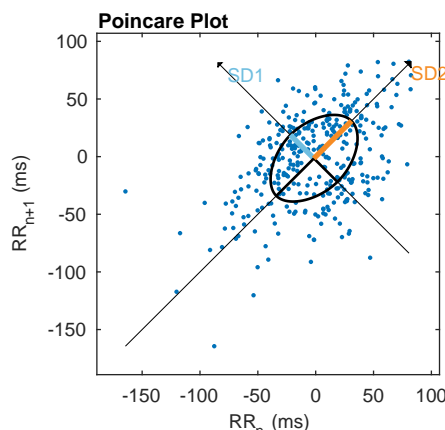
*Results are calculated from the non-detrended selected RR series.