# 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: | 00:03:16 |
| Max HR: | 170 bpm | BMI: | 24.1 kg/m2 | Duration: | 00:03:16 | Analysis samples: | 1 | Beats corrected: | Uncorrected |

**RR Time Series**
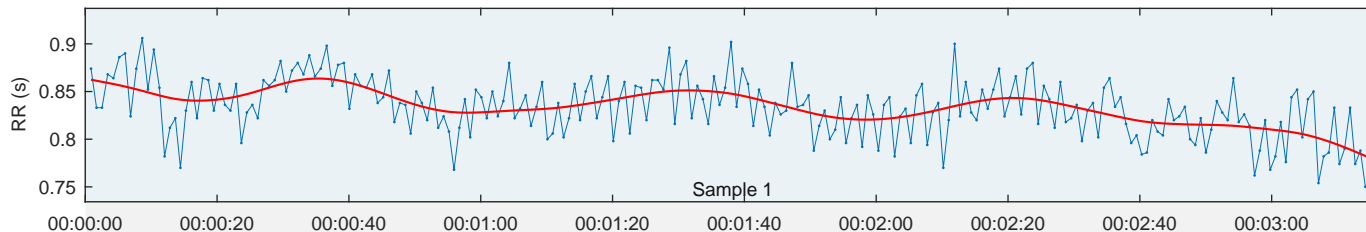


**Selected Detrended RR Series**
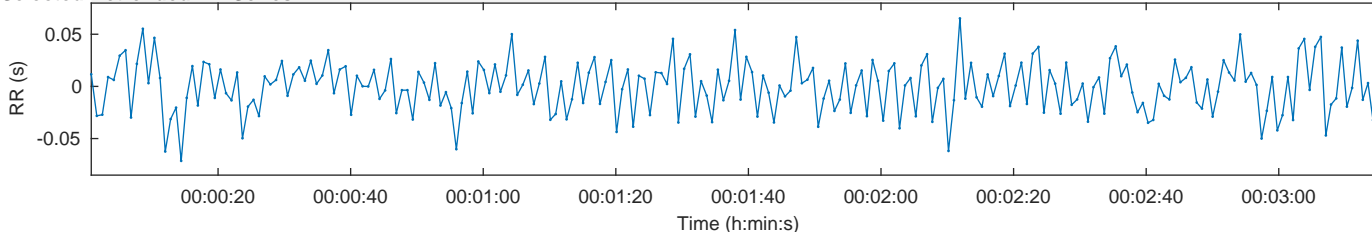


## Autonomic nervous system indexes

**Parasympathetic Nervous System (PNS)**

| Mean RR | RMSSD | SD1 |
|---|---|---|
| **833** ms | **35.2** ms | **51.2** % |

**PNS Index = -0.36**

**Sympathetic Nervous System (SNS)**

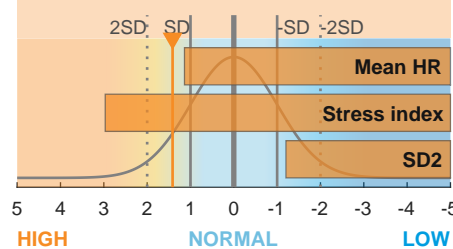| Mean HR | Stress index | SD2 |
|---|---|---|
| **72** bpm | **17.3** | **48.8** % |

**SNS Index = 1.41**

**Parasympathetic tone (recovery) PNS Index = -0.36**
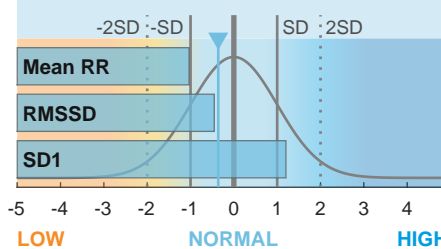


**Sympathetic tone (stress) SNS Index = 1.41**



## Time-Domain Results

| Variable | Units | Value |
|---|---|---|
| Mean RR* | (ms) | 833 |
| Mean HR* | (bpm) | 72 |
| Min HR | (bpm) | 68 |
| Max HR | (bpm) | 79 |
| SDNN | (ms) | 24.3 |
| RMSSD | (ms) | 35.2 |
| NN50 | (beats) | 34 |
| pNN50 | (%) | 14.53 |
| RR triangular index | | 6.53 |
| TINN | (ms) | 114.0 |
| Stress Index (SI) | | 17.3 |

**RR distribution**
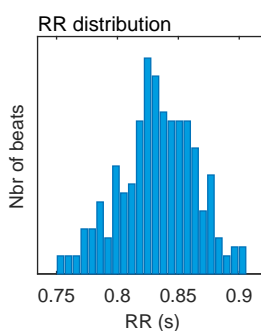


## Frequency-Domain Results (FFT spectrum)

| 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 | 0.090 | 0.400 |
| Power | (ms$^2$) | 10 | 86 | 98 |
| Power | (log) | 2.291 | 4.455 | 4.580 |
| Power | (%) | 5.02 | 43.65 | 49.49 |
| Power | (n.u.) | | 45.95 | 52.10 |
| -------------- | | | | |
| Total power | (ms$^2$) | 197 | | |
| Total Power | (log) | 5.284 | | |
| LF/HF ratio | | 0.882 | | |
| RESP | (Hz) | - | | |

**RR Spectrum**
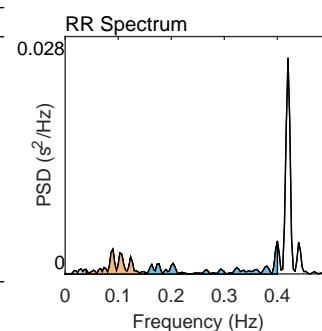


## Nonlinear Results

| Variable | Units | Value |
|---|---|---|
| Poincare Plot | | |
| SD1 | (ms) | 25.0 |
| SD2 | (ms) | 23.7 |
| SD2/SD1 | | 0.951 |
| Approximate Entropy (ApEn) | | 1.025 |
| Sample Entropy (SampEn) | | 2.359 |
| Detrended Fluctutation Analysis (DFA) | | |
| Short-term fluctuations, $\alpha1$ | | 0.653 |
| Long-term fluctuations, $\alpha2$ | | 0.313 |

**Poincare Plot**
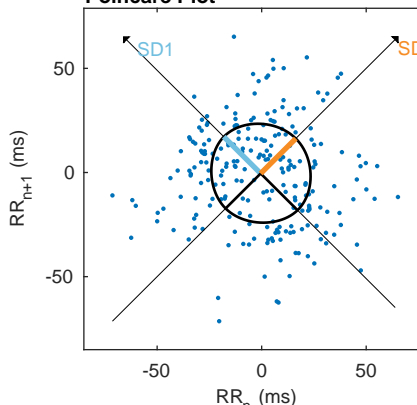


**Detrended fluctuations (DFA)**
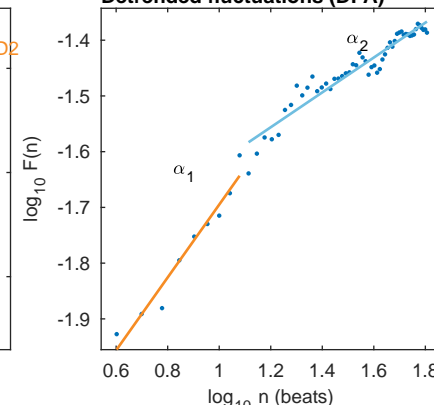


*Results are calculated from the non-detrended selected RR series.