

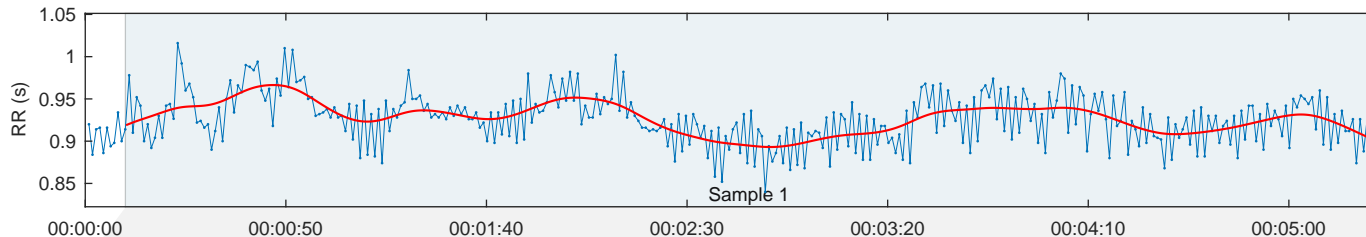
# HRV Analysis Results

rr\_interval\_yoshikawa\_4\_overload.csv - -

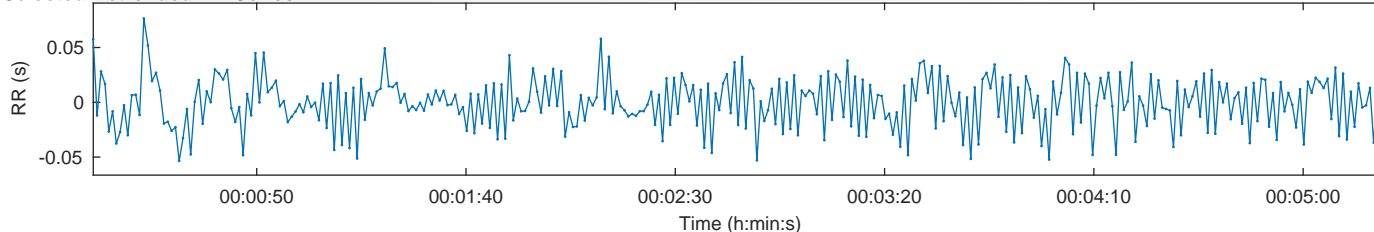
Page 1/1

Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:10
Max HR:	170 bpm	BMI:	24.1 kg/m <sup>2</sup>	Duration:	00:05:22	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR      RMSSD      SD1  
927 ms      36.9 ms      57.3%

**PNS Index = 0.18**

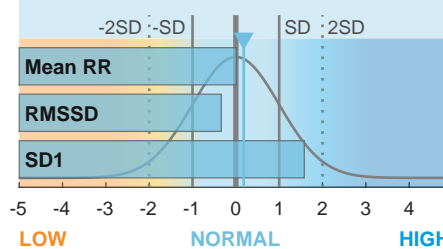
### Sympathetic Nervous System (SNS)

Mean HR      Stress index      SD2  
65 bpm      17.0      42.7%

**SNS Index = 0.82**

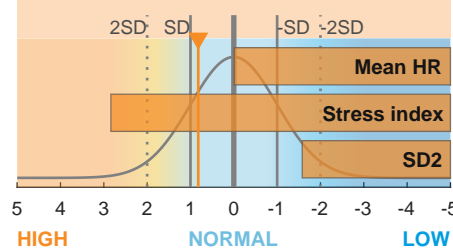
### Parasympathetic tone (recovery)

PNS Index = 0.18



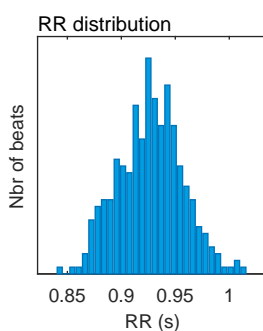
### Sympathetic tone (stress)

SNS Index = 0.82



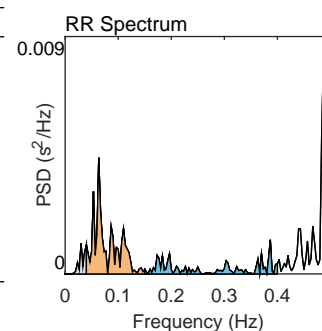
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	927
Mean HR*	(bpm)	65
Min HR	(bpm)	61
Max HR	(bpm)	68
SDNN	(ms)	23.2
RMSSD	(ms)	36.9
NN50	(beats)	70
pNN50	(%)	21.02
RR triangular index		7.42
TINN	(ms)	120.0
Stress Index (SI)		17.0



## Frequency-Domain Results (FFT spectrum)

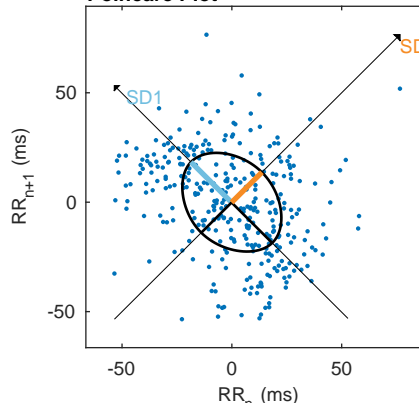
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.030	0.063	0.387
Power	(ms <sup>2</sup> )	12	106	49
Power	(log)	2.482	4.659	3.885
Power	(%)	7.19	63.35	29.22
Power	(n.u.)		68.25	31.48
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Total power	(ms <sup>2</sup> )	167		
Total Power	(log)	5.115		
LF/HF ratio		2.168		
RESP	(Hz)	-		



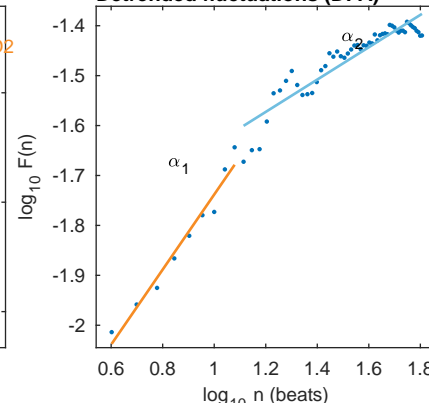
## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	26.2
SD2	(ms)	19.5
SD2/SD1		0.746
Approximate Entropy (ApEn)		1.082
Sample Entropy (SampEn)		1.762
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		0.752
Long-term fluctuations, $\alpha_2$		0.324

### Poincare Plot



### Detrended fluctuations (DFA)



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