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:	00:03:18
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:03:18	Analysis samples:	1	Beats corrected:	Uncorrected

RR Time Series
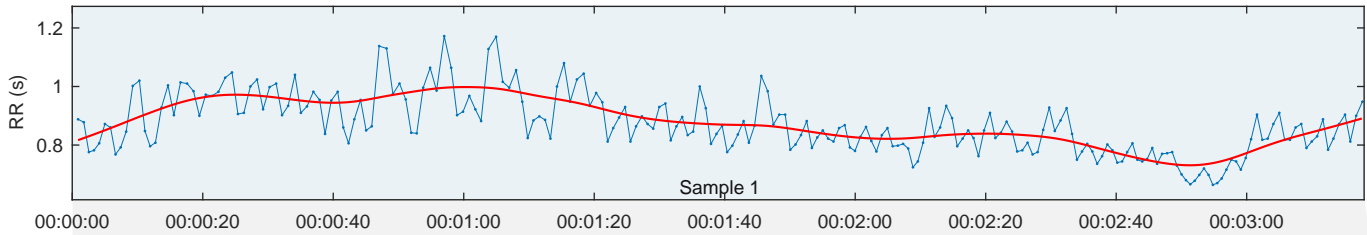
Selected Detrended RR Series
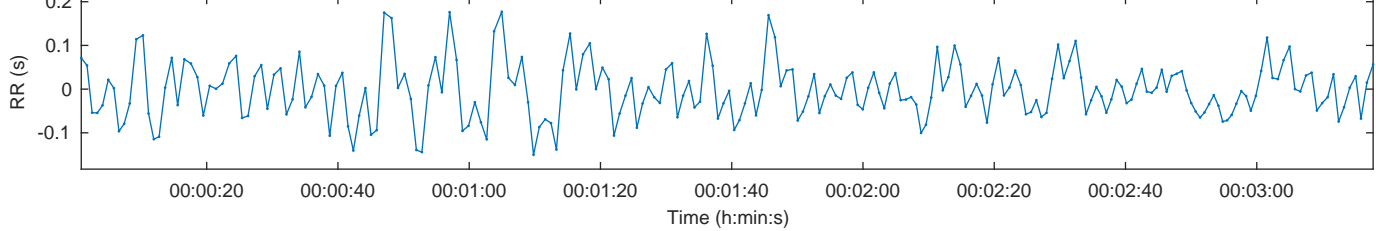
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
867 ms	**72.3** ms	**41.4** %

PNS Index = 0.66

Sympathetic Nervous System (SNS)

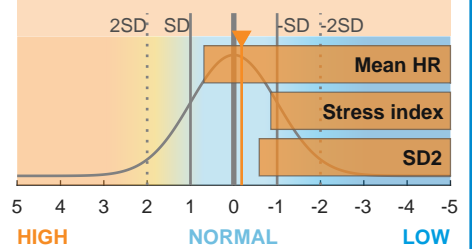| Mean HR	Stress index	SD2
69 bpm	**7.5**	**58.6** %

SNS Index = -0.18

Parasympathetic tone (recovery)
PNS Index = 0.66
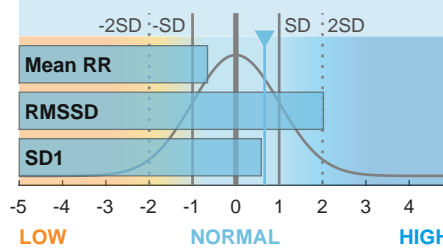
Sympathetic tone (stress)
**SNS Index = -0.18**

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	867
Mean HR*	(bpm)	69
Min HR	(bpm)	56
Max HR	(bpm)	88
SDNN	(ms)	62.8
RMSSD	(ms)	72.3
NN50	(beats)	99
pNN50	(%)	43.61
RR triangular index		15.20
TINN	(ms)	276.0
Stress Index (SI)		7.5

RR distribution
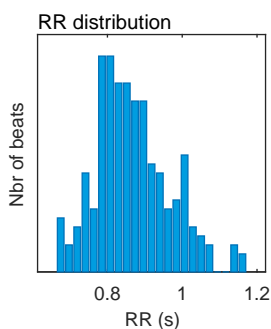
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.103	0.320
Power	(ms²)	69	2207	1962
Power	(log)	4.241	7.699	7.581
Power	(%)	1.64	52.07	46.29
Power	(n.u.)		52.94	47.06

Total power	(ms²)	4238		
Total Power	(log)	8.352		
LF/HF ratio		1.125		
RESP	(Hz)	-		

RR Spectrum
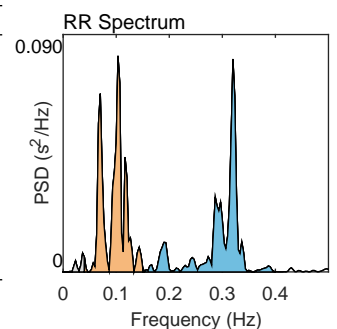
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	51.2
SD2	(ms)	72.6
SD2/SD1		1.416
Approximate Entropy (ApEn)		0.980
Sample Entropy (SampEn)		1.916
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha1$		0.851
Long-term fluctuations, $\alpha2$		0.230

Poincare Plot

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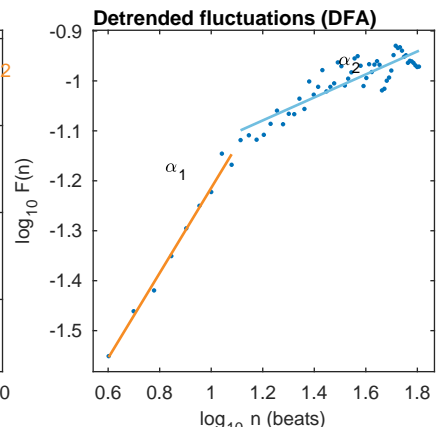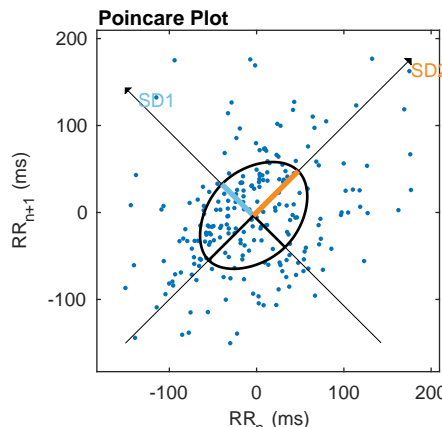
*Results are calculated from the non-detrended selected RR series.