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
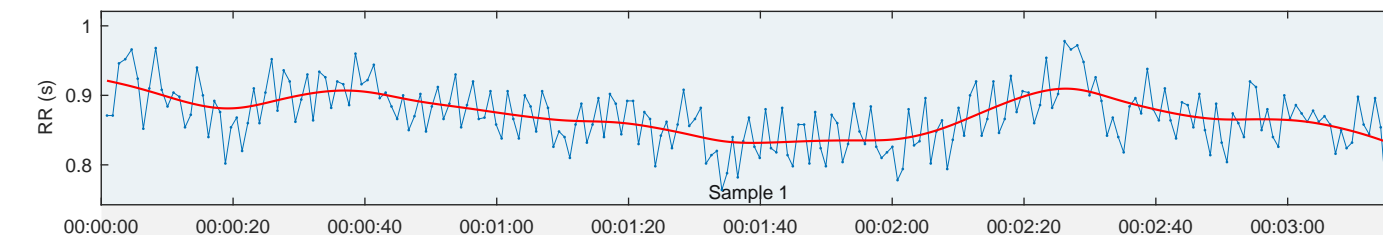
Selected Detrended RR Series
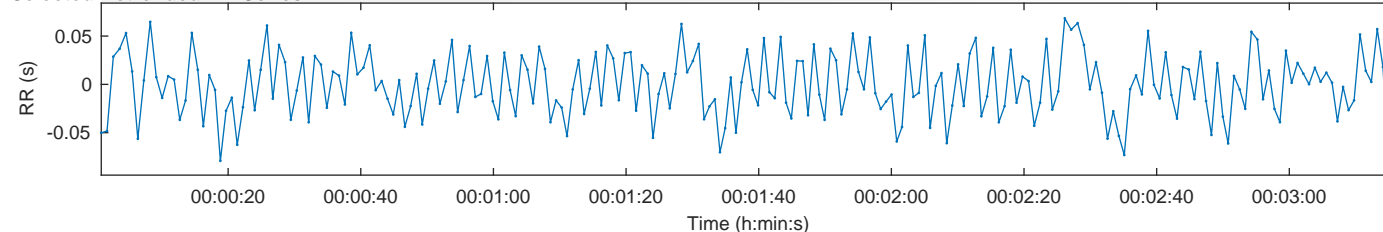
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
870 ms	**44.5** ms	**48.7** %

PNS Index = 0.02

Sympathetic Nervous System (SNS)

Mean HR	Stress index	SD2
69 bpm	**13.9**	**51.3** %

SNS Index = 0.71

Parasympathetic tone (recovery)
PNS Index = 0.02

LOW   NORMAL   HIGH
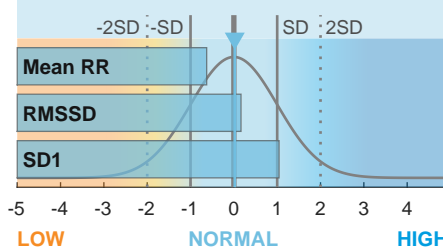
Sympathetic tone (stress)
SNS Index = 0.71

HIGH   NORMAL   LOW
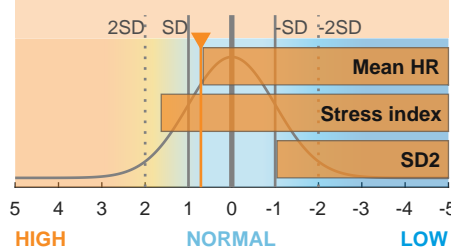
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	870
Mean HR*	(bpm)	69
Min HR	(bpm)	63
Max HR	(bpm)	76
SDNN	(ms)	32.5
RMSSD	(ms)	44.5
NN50	(beats)	77
pNN50	(%)	34.38
RR triangular index		10.23
TINN	(ms)	160.0
Stress Index (SI)		13.9

RR distribution
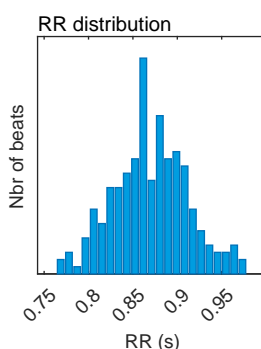
Frequency-Domain Results (FFT spectrum)

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	0.083	0.380
Power	(ms^2)	33	274	540
Power	(log)	3.506	5.613	6.291
Power	(%)	3.92	32.21	63.44
Power	(n.u.)		33.53	66.02

Total power	(ms^2)	851		
Total Power	(log)	6.746		
LF/HF ratio		0.508		
RESP	(Hz)	-		

RR Spectrum
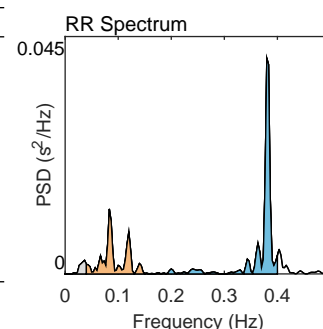
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	31.5
SD2	(ms)	33.2
SD2/SD1		1.053
Approximate Entropy (ApEn)		0.950
Sample Entropy (SampEn)		1.981
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.637
Long-term fluctuations, $\alpha 2$		0.354

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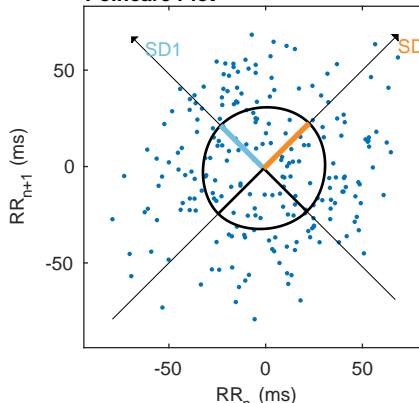
Detrended fluctuations (DFA)
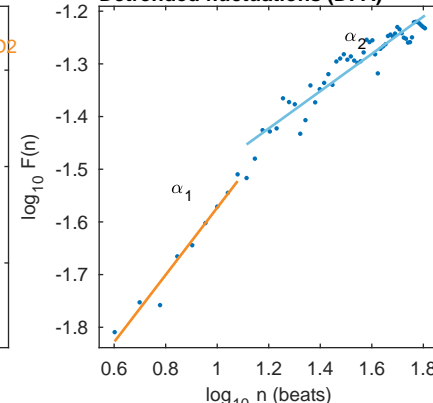
*Results are calculated from the non-detrended selected RR series.