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: 00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:12	Analysis samples:	1	Beats corrected: Uncorrected

RR Time Series
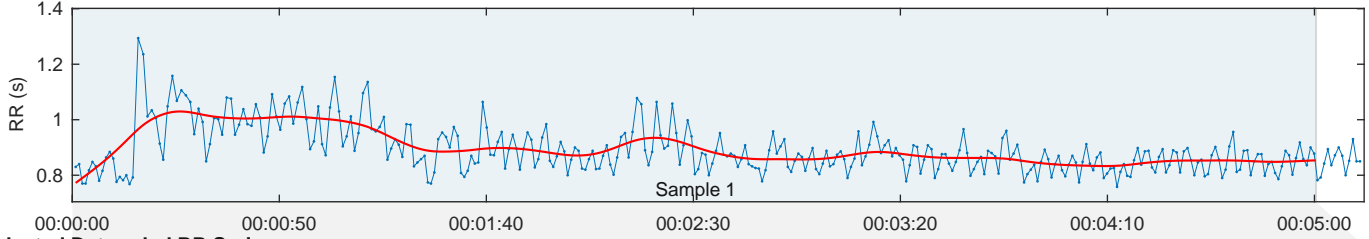
Selected Detrended RR Series
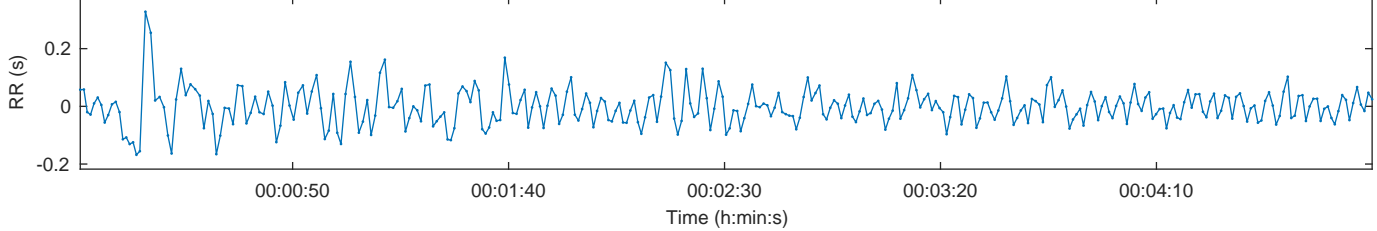
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
890 ms	**72.9** ms	**42.4** %

PNS Index = 0.80

Sympathetic Nervous System (SNS)

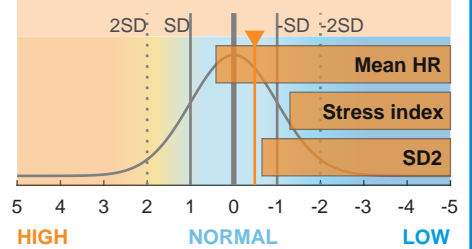| Mean HR	Stress index	SD2
67 bpm	**6.3**	**57.6** %

SNS Index = -0.48

Parasympathetic tone (recovery)
PNS Index = 0.80
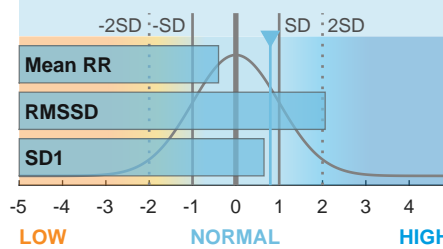
Sympathetic tone (stress)
SNS Index = -0.48

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	890
Mean HR*	(bpm)	67
Min HR	(bpm)	54
Max HR	(bpm)	77
SDNN	(ms)	61.6
RMSSD	(ms)	72.9
NN50	(beats)	158
pNN50	(%)	47.02
RR triangular index		16.05
TINN	(ms)	373.0
Stress Index (SI)		6.3

RR distribution
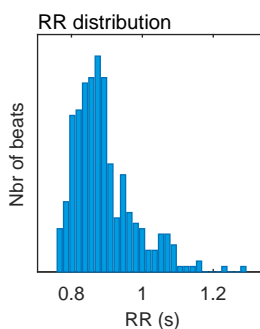
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.090	0.270
Power	(ms^2)	154	843	1959
Power	(log)	5.039	6.737	7.580
Power	(%)	5.22	28.52	66.25
Power	(n.u.)		30.09	69.90

Total power	(ms^2)	2956		
Total Power	(log)	7.992		
LF/HF ratio		0.430		
RESP	(Hz)	-		

RR Spectrum
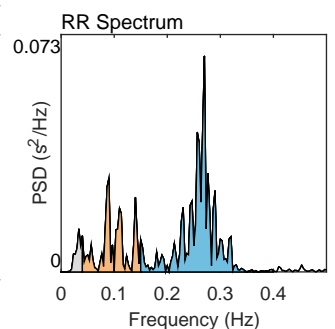
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	51.6
SD2	(ms)	70.1
SD2/SD1		1.358
Approximate Entropy (ApEn)		1.055
Sample Entropy (SampEn)		1.620
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.740
Long-term fluctuations, $\alpha 2$		0.289

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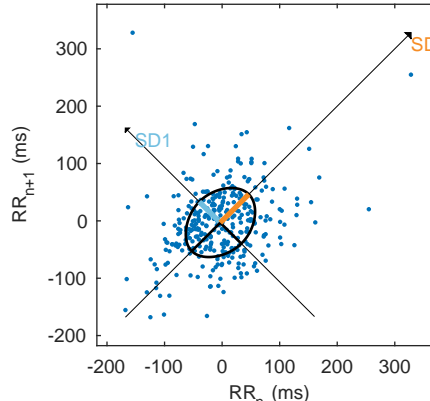
Detrended fluctuations (DFA)
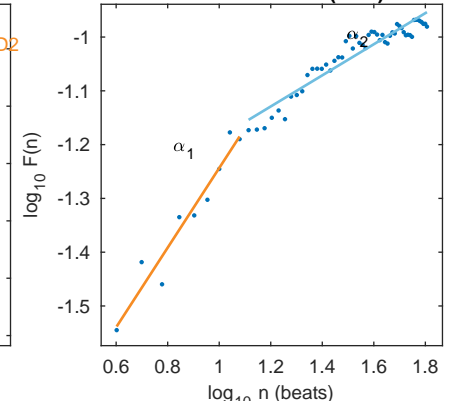
*Results are calculated from the non-detrended selected RR series.