HRV Analysis Results

Person:				Measurement Info				Results for Sample
Gender:	Male	Height:	180 cm	Date:		Trend removal:	Smoothn priors	Sample start: 00:00:08
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Artefact corr.:	none	Sample length: 00:05:08
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:24	Analysis samples:	1	Beats corrected: Uncorrected

RR Time Series
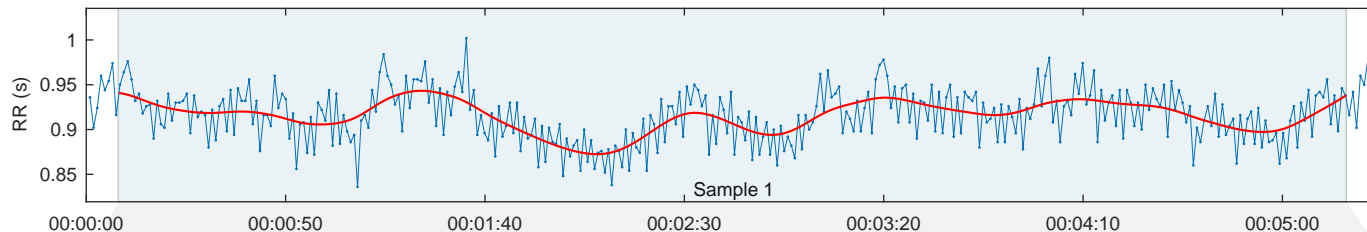
Selected Detrended RR Series
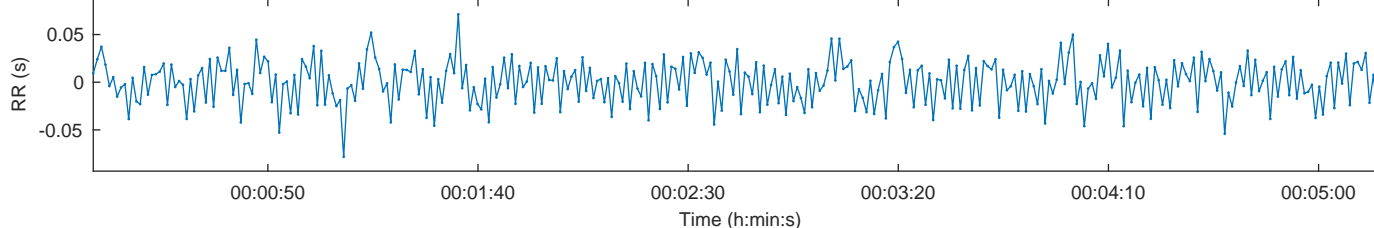
Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR	RMSSD	SD1
915 ms	**35.2** ms	**55.5** %

PNS Index = 0.06

Sympathetic Nervous System (SNS)

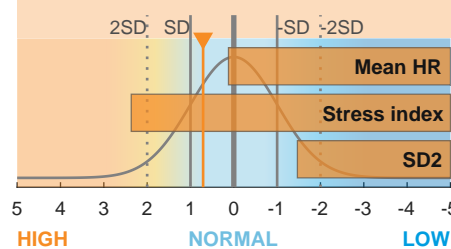| Mean HR	Stress index	SD2
66 bpm	**15.8**	**44.5** %

SNS Index = 0.71

Parasympathetic tone (recovery)
PNS Index = 0.06
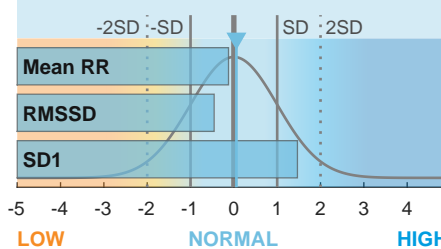
**Sympathetic tone (stress)**
SNS Index = 0.71

Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	915
Mean HR*	(bpm)	66
Min HR	(bpm)	62
Max HR	(bpm)	69
SDNN	(ms)	22.6
RMSSD	(ms)	35.2
NN50	(beats)	50
pNN50	(%)	14.88
RR triangular index		6.24
TINN	(ms)	117.0
Stress Index (SI)		15.8

RR distribution
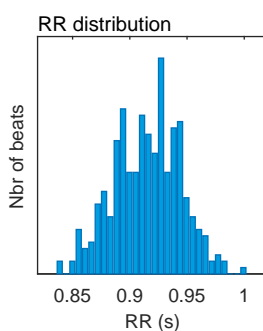
Frequency-Domain Results (FFT spectrum)

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	0.057	0.173
Power	(ms^2)	19	117	57
Power	(log)	2.955	4.761	4.040
Power	(%)	9.93	60.45	29.38
Power	(n.u.)		67.11	32.62

Total power	(ms^2)	193		
Total Power	(log)	5.265		
LF/HF ratio		2.057		
RESP	(Hz)	-		

RR Spectrum
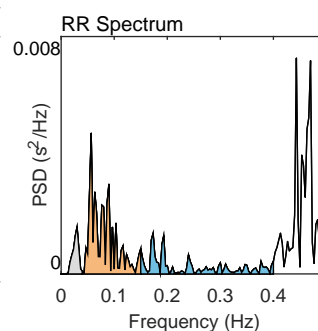
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	24.9
SD2	(ms)	20.0
SD2/SD1		0.803
Approximate Entropy (ApEn)		1.143
Sample Entropy (SampEn)		1.798
Detrended Fluctutation Analysis (DFA)		
Short-term fluctuations, $\alpha 1$		0.744
Long-term fluctuations, $\alpha 2$		0.286

Poincare Plot
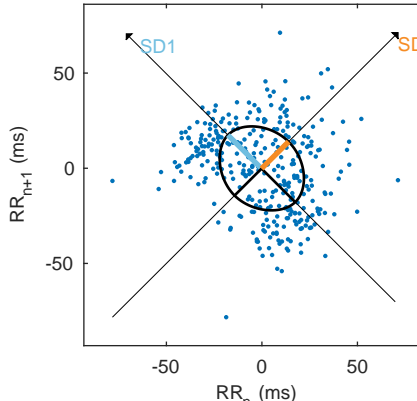
Detrended fluctuations (DFA)

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