

HRV – kucyble, kocopoły czy fajna sprawa?

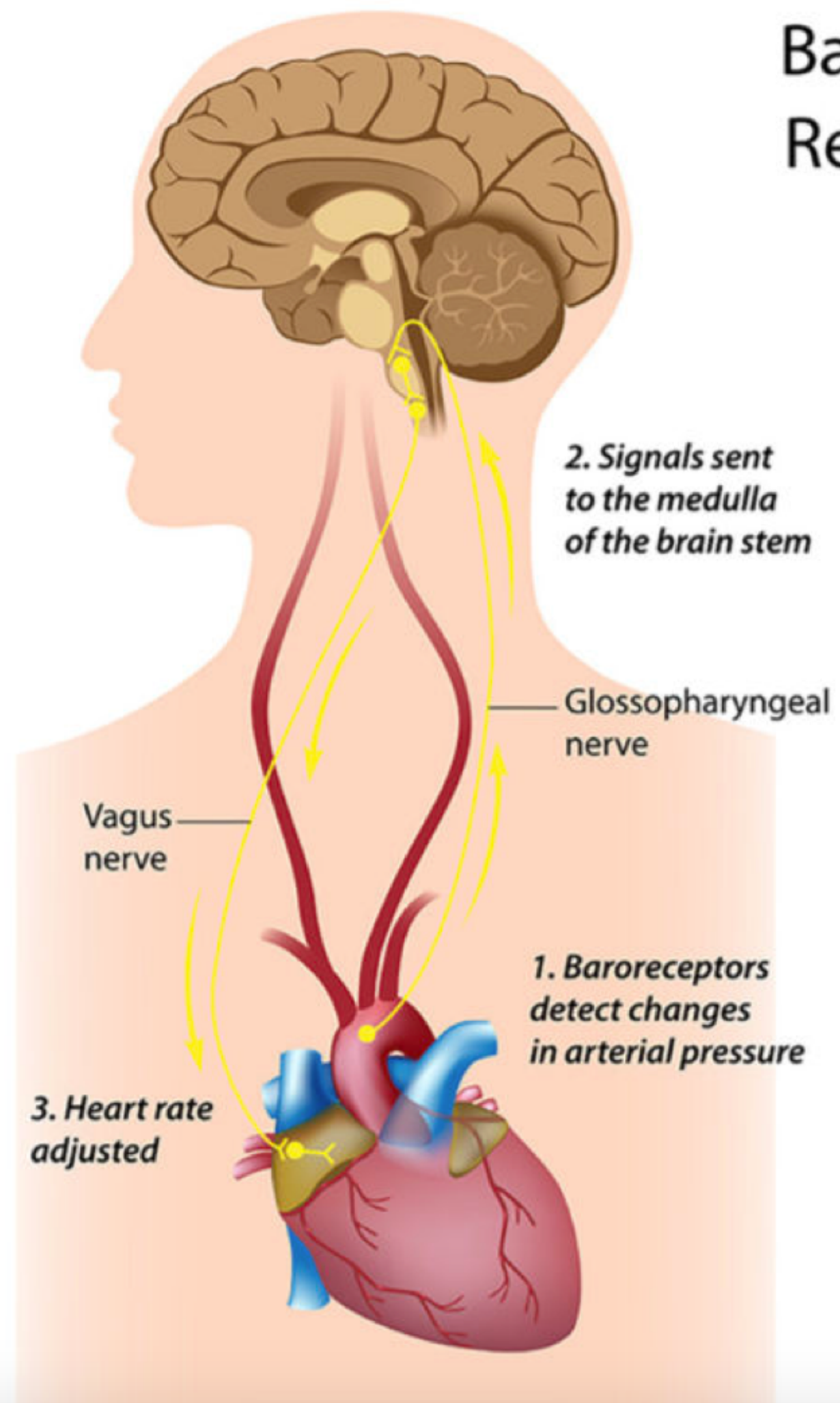
Dr Maciej Duczyński

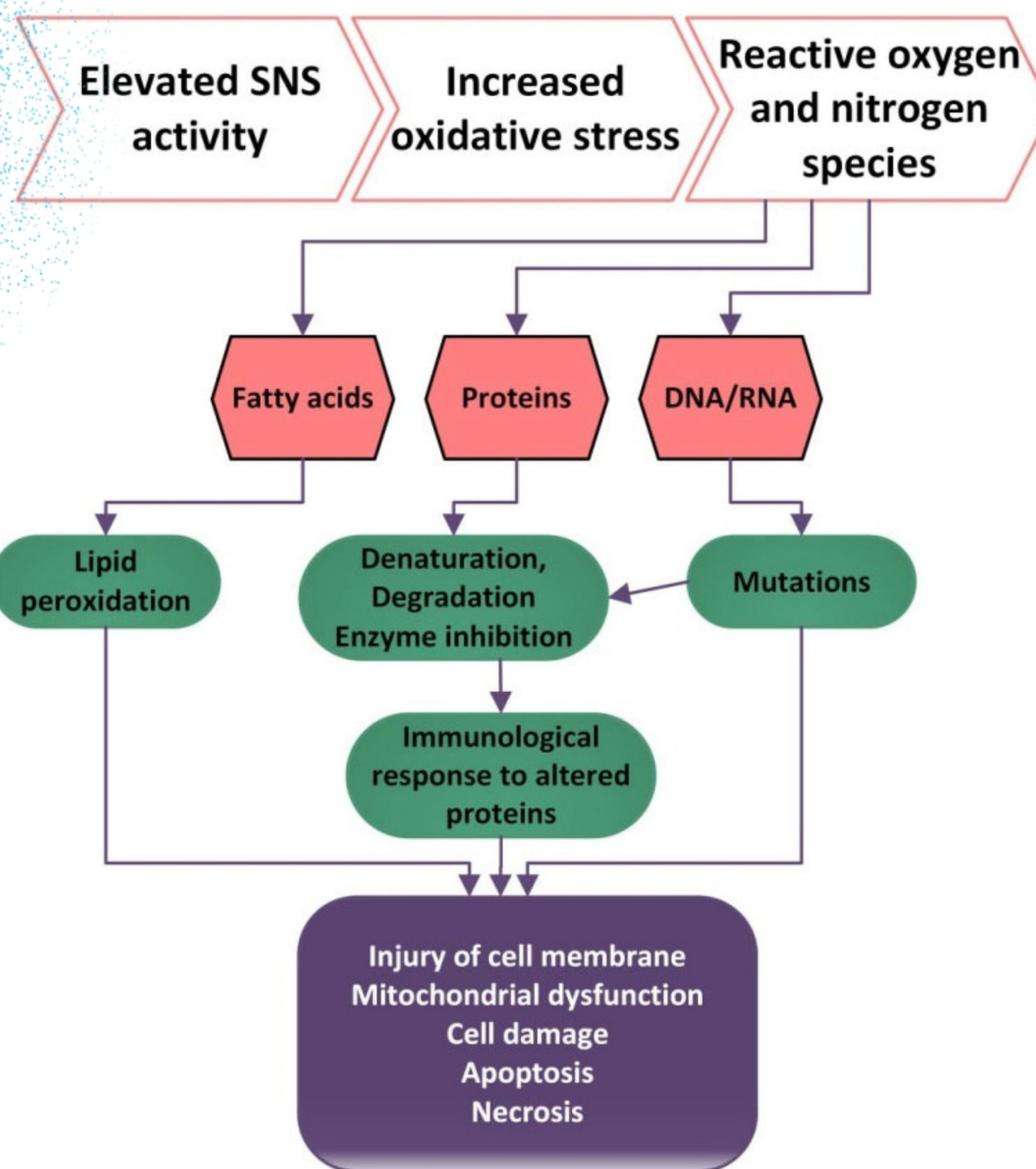


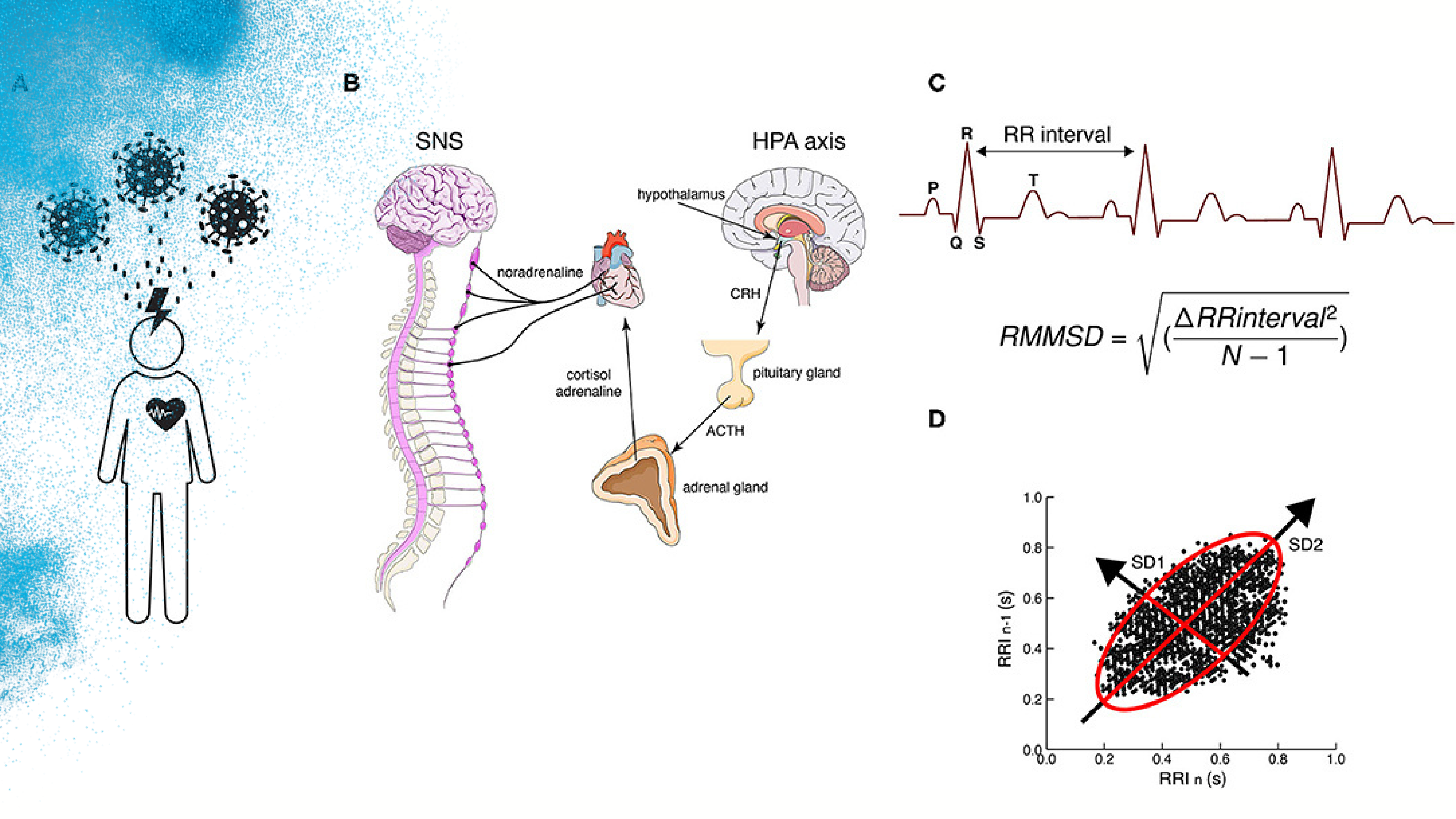
R-R interval (ms)



Baroreceptor Reflex

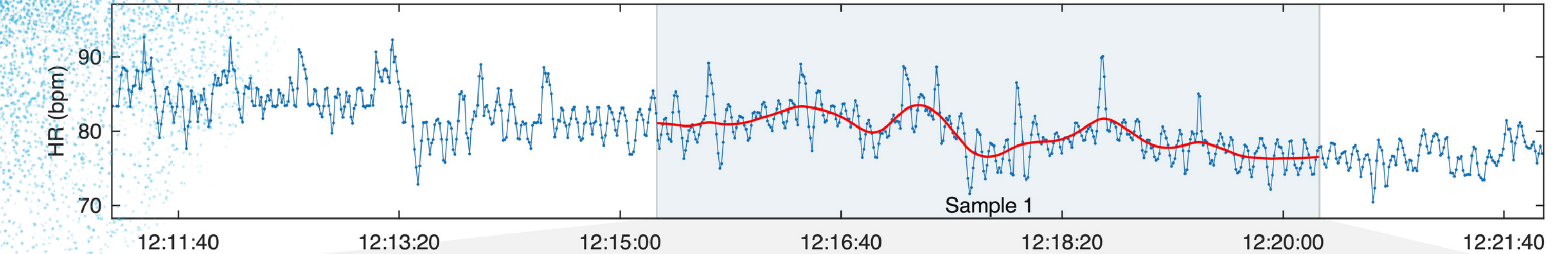




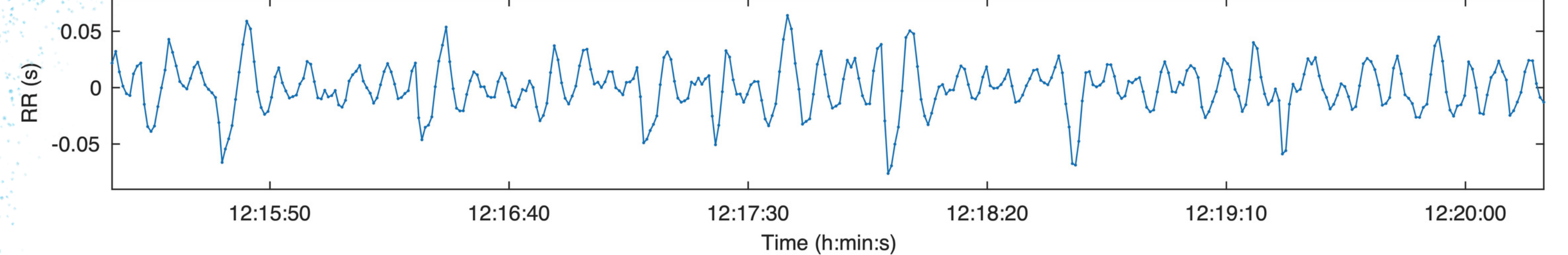


Gender:	Male	Height:	176 cm	Date:	10.03.22	Trend removal:	Smoothn priors	Sample start:	12:15:17
Age:	37 years	Weight:	58 kg	Start time:	12:11:10	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	183 bpm	BMI:	18.7 kg/m2	Duration:	00:10:48	Analysis samples:	1	Beats corrected:	0 (0.00 %)

HR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

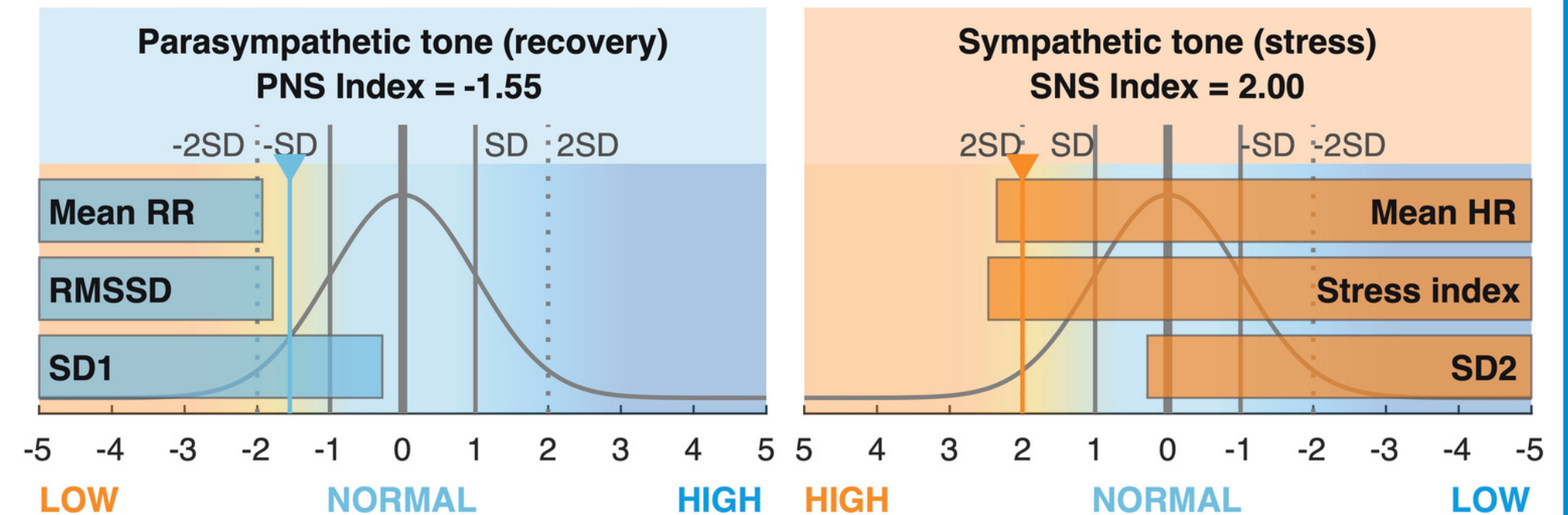
Mean RR RMSSD SD1
752 ms **15.2 ms** **27.5%**

PNS Index = -1.55

Sympathetic Nervous System (SNS)

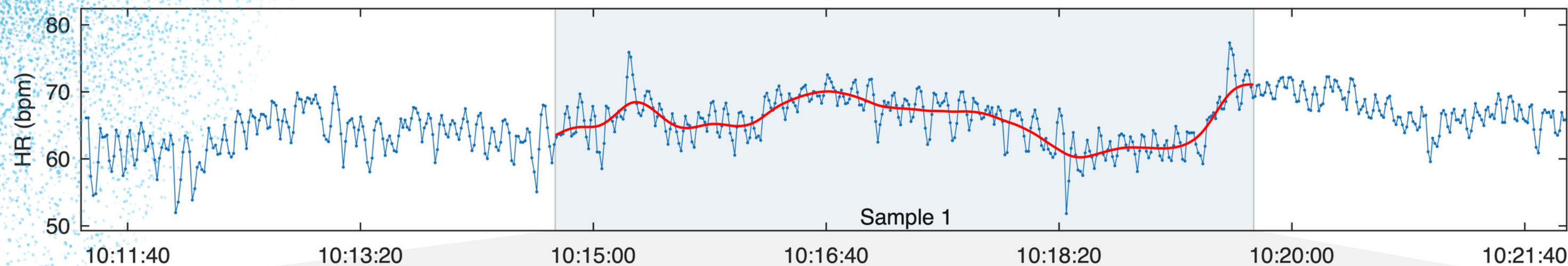
Mean HR Stress index SD2
80 bpm **16.1** **72.5%**

SNS Index = 2.00

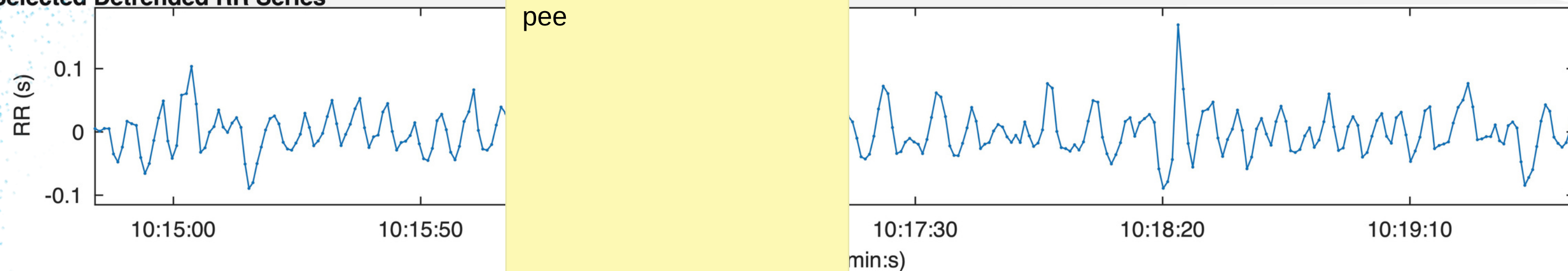


Gender:	Male	Height:	176 cm	Date:	11.08.22	Trend removal:	Smoothn priors	Sample start:	10:14:44
Age:	37 years	Weight:	58 kg	Start time:	10:11:20	Artefact corr.:	Automatic correction	Sample length:	00:05:00
Max HR:	183 bpm	BMI:	18.7 kg/m2	Duration:	00:10:38	Analysis samples:	1	Beats corrected:	0 (0.00 %)

HR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
912 ms **30.1 ms** **34.9%**

PNS Index = -0.34

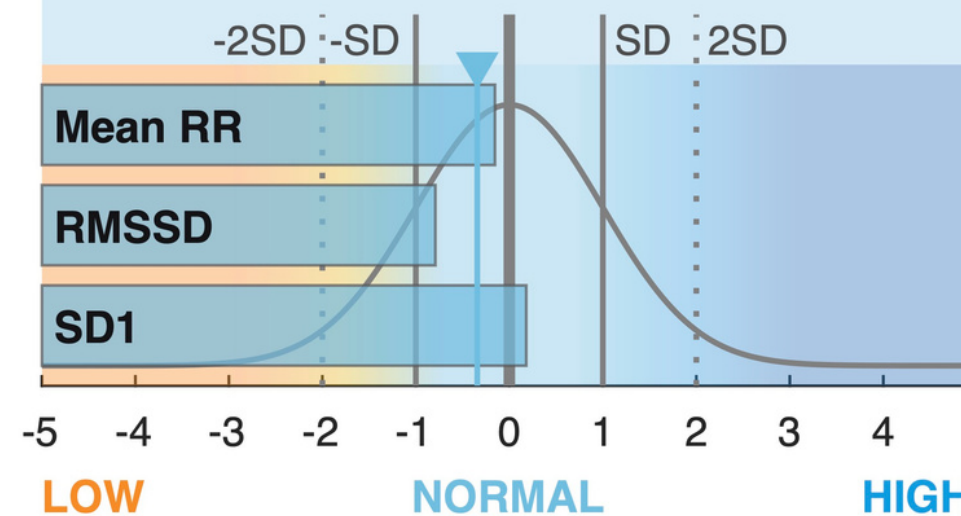
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
66 bpm **10.0** **65.1%**

SNS Index = 0.08

Parasympathetic tone (recovery)

PNS Index = -0.34



Sympathetic tone (stress)

SNS Index = 0.08

