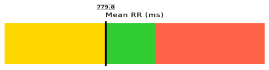
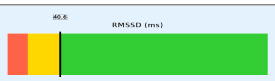
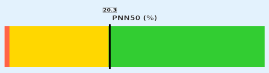
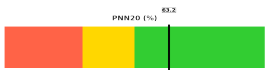
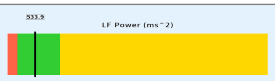
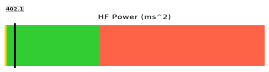
BRAINVIBE
Redefining Neuro Detection

Heart Rate Variability (HRV) Analysis

Patient Name:
Gender:
Age:
Clinic Name: Q-Point: Lotus Multispecialty Hospital
Patient ID:
Report Date:

HRV Metrics

Metric	Value	Visualization	Interpretation
Mean RR (ms)	779.75		Suggests elevated heart rate.
RMSSD (ms)	40.60		Strong vagal tone
SDNN (ms)	51.33		Good balance
PNN50 (%)	20.27		High adaptability and strong parasympathetic tone.
PNN20 (%)	63.20		Indicates good short-term variability.
LF Power (ms^2)	533.93		Normal baroreflex activity and sympathetic modulation.
HF Power (ms^2)	402.08		Normal vagal activity.
LF/HF Ratio	1.33		Balanced sympathetic and parasympathetic activity.
Stress Score	45.00		Mild Residual Stress

Heart Rate Variability: Mildly Reduced HRV

Follow-Up Recommendation: Based on Residual Stress Response score, Follow up HRV Study recommended after 6 months.

Reference Ranges

Metric	Reference Range
Mean RR (ms)	785–1160 ms
SDNN (ms)	>50 Normal, 27-50 Moderate, <27 Low
RMSSD (ms)	>40 Optimal, 15.7–40 Moderate, <15.7 Low
PNN50 (%)	>20 Optimal, 1–20 Reduced, <1 Abnormal
PNN20 (%)	>50 Optimal, 30–50 Moderate, <30 Low
LF Power	193–1009 ms^2 Normal, <193 ms^2 Reduced, >1009 ms^2 Increased
HF Power	86–3630 ms^2 Normal, <86 ms^2 Reduced, >3630 ms^2 Increased
LF/HF Ratio	1.1–3.0 Normal, >3.0 Sympathetic Dominance, <1.1 Parasympathetic Dominance
Residual Stress Score	<40 Healthy HRV, 41–55 Mildly Reduced HRV, 56–70 Moderately Reduced HRV, 71–85 Severely Reduced HRV, >85 Severely Reduced HRV

References

(1) Voss A, Schroeder R, Heitmann A, Peters A, Perz S. Short-Term Heart Rate Variability - Influence of Gender and Age in Healthy Subjects. PLoS One. 2013; 8(3): e58300.

(2) Nunan D, Sandercock GR, Brodie DA. A Quantitative Systematic Review of Normal Values for Short-Term Heart Rate Variability in Healthy Adults. Pacing Clin Electrophysiol. 2009 Mar;32(3):332-41.