



Heart Rate Variability (HRV) Analysis

Patient Name:

Age:

Patient ID:

Gender:

Clinic Name: Q-Point: Lotus Multispecialty Hospital

Report Date:

HRV Metrics

Metric	Value	Visualization	Interpretation
Mean RR (ms)	506.47		Suggests elevated heart rate.
RMSSD (ms)	11.48		Low vagal tone/ poor heart health
SDNN (ms)	19.57		Chronic stress/ poor recovery/ dysfunction
PNN50 (%)	0.52		Suggests very low HRV.
PNN20 (%)	6.21		Indicates poor adaptability.
LF Power (ms^2)	70.22		Reduced baroreflex activity and sympathetic modulation.
HF Power (ms^2)	91.87		Normal vagal activity.
LF/HF Ratio	0.76		Parasympathetic dominance.
Stress Score	63.00		Moderate Residual Stress

Heart Rate Variability: Moderately Reduced HRV

Follow-Up Recommendation: Based on Residual Stress Response score, Follow up HRV Study recommended after 3 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.