

NIBRA - CS®

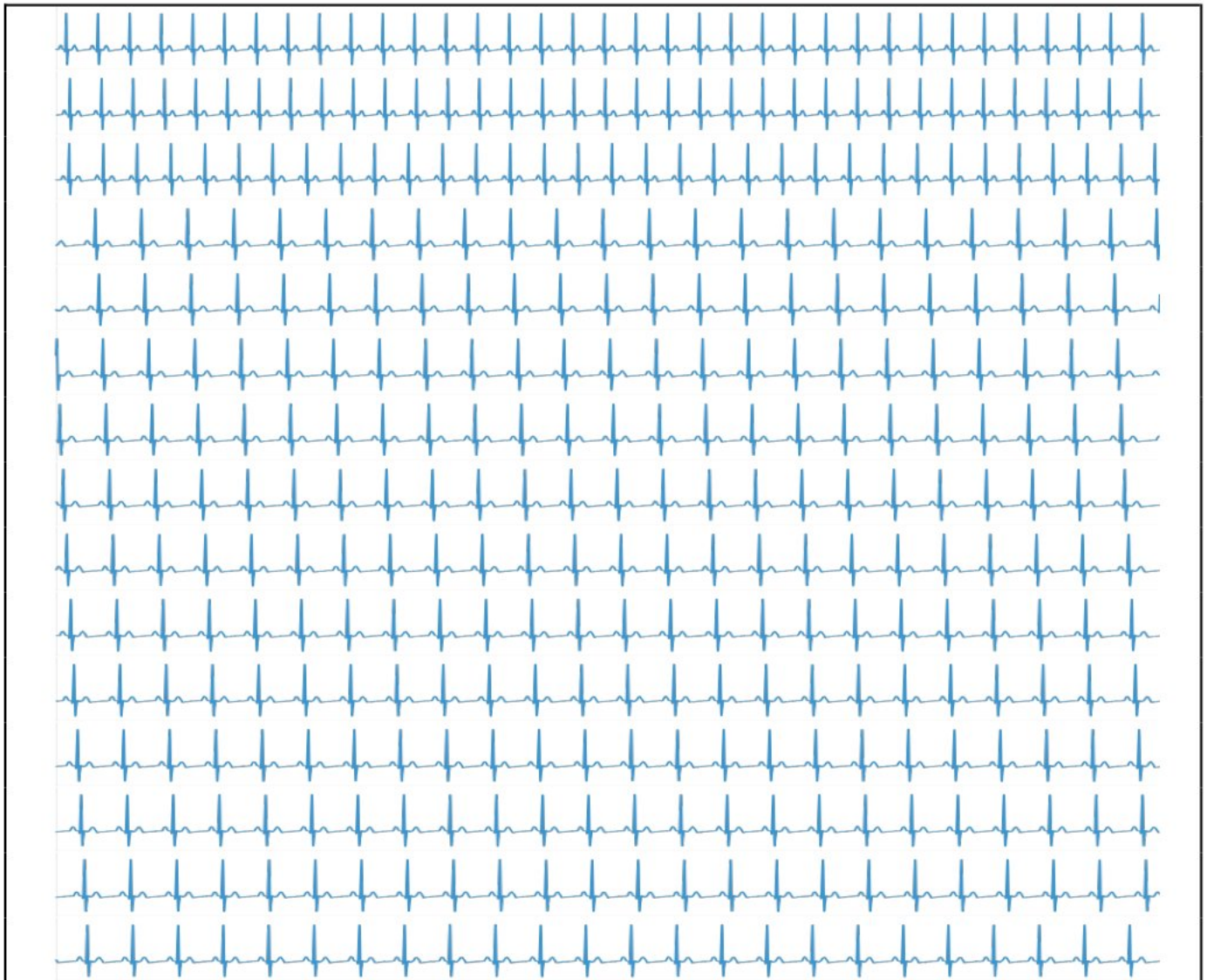
Name :
Age :
Sex : Male

Doctor Name :
Performed at : 10-Jun-2026 15:55:01 (GMT+5:30)

Report on Heart Rate Variability (HRV) Testing

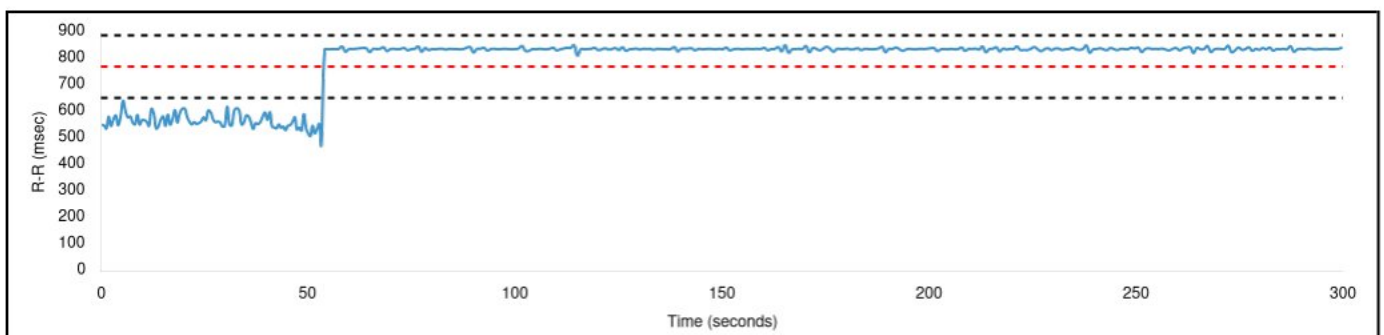
1. ECG Acquisition

Duration = 5 mins



2. RR Interval Tachogram

— Mean (769.70 ms) — +1 SD (887.55 ms) — -1 SD (651.84 ms)



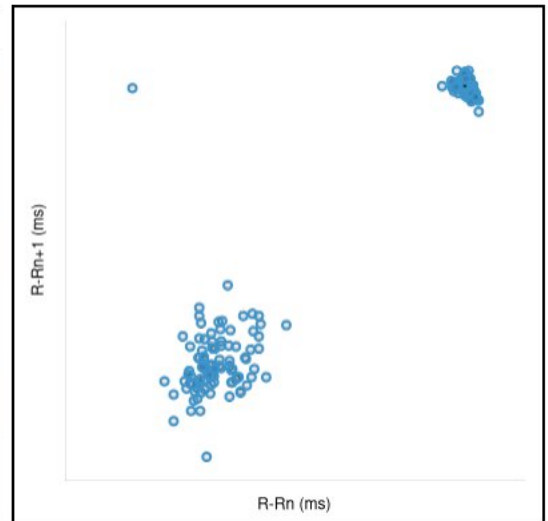
NIBRA - CS®

Name : Doctor Name :
 Age : Performed at : 10-Jun-2026 15:55:01 (GMT+5:30)
 Sex : Male

3. Time Domain Analysis

Variable	Value	Status	Reference
Mean R-R	769.70 (ms)	BORDERLINE	Normal : 850 to 1200 Borderline: 700 to < 850 Abnormal : < 700
STD RR (SDNN)	117.85 (ms)	NORMAL	Normal : ≥ 35 Borderline: 20 to < 35 Abnormal : < 20
Mean HR	79.67 (bpm)	BORDERLINE	Normal : 50 to 70 Borderline: > 70 to 85 Abnormal : > 85
STD HR	15.25 (bpm)	ABNORMAL	Normal : ≤ 5 Borderline: 5 to 8 Abnormal : > 8
RMSSD	24.57 (ms)	BORDERLINE	Normal : ≥ 30 Borderline: 15 to < 30 Abnormal : < 15
NN50	12.00 (count)	BORDERLINE	Normal : ≥ 20 Borderline: 5 to < 20 Abnormal : < 5
pNN50	3.08 (%)	BORDERLINE	Normal : ≥ 5 Borderline: 1 to < 5 Abnormal : < 1

4. Poincare Plot

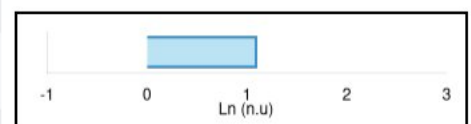
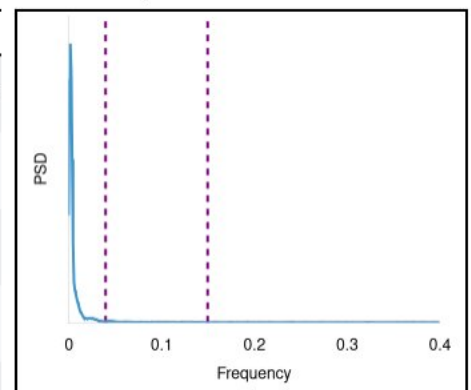


Variable	Value	Status	Physiological Meaning
SD1	17.37 (ms)	Suppressed Vagal	Sustained sympathetic load; poor systemic recovery.
SD2	165.76 (ms)	Robust Adaptability	Strong neurovegetative dynamics and baroreflex loops.
SD1/SD2	0.10	Rigid Signalling	Strong shift toward unyielding, monotonous rhythms.

5. Frequency Domain Analysis

Variable	Value	Ln	Status	Reference
Total Power	3185.22 (ms ²)	8.0663	NORMAL	Normal : ≥ 2000 Borderline: 1000 to < 2000 Abnormal : < 1000
VLF	3054.46 (ms ²)	8.0244	NORMAL	Normal : ≥ 150 Borderline: 50 to < 150 Abnormal : < 50
LF	98.32 (ms ²)	4.5882	ABNORMAL	Normal : ≥ 700 Borderline: 300 to < 700 Abnormal : < 300
HF	32.44 (ms ²)	3.4794	ABNORMAL	Normal : ≥ 600 Borderline: 200 to < 600 Abnormal : < 200
LF norm	75.19 (%)		BORDERLINE	Normal : 40 to 60 Borderline: 20 to < 40 Abnormal : < 20 or > 80
HF norm	24.81 (%)		BORDERLINE	Normal : 40 to 60 Borderline: 20 to < 40 Abnormal : < 20
LF/HF	3.03	1.1088	ABNORMAL	Normal : 0.5 to 2.0 Borderline: > 2.0 to 3.0 Abnormal : < 0.5 or > 3.0

6. FFT Spectrum

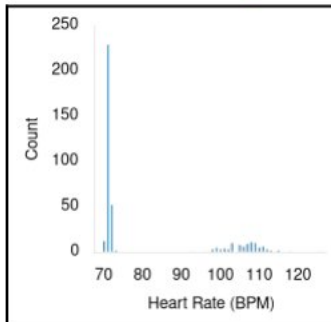


LF/HF Ratio in short-term recordings should be interpreted cautiously and not as an isolated measure of sympathovagal balance.

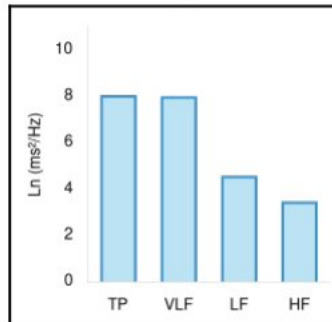
Name : Doctor Name :
 Age : Performed at : 10-Jun-2026 15:55:01 (GMT+5:30)
 Sex : Male

7. Autonomic Balance Analysis

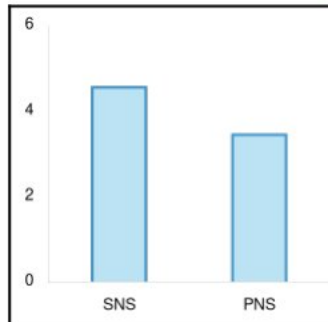
Heart Rate Histogram



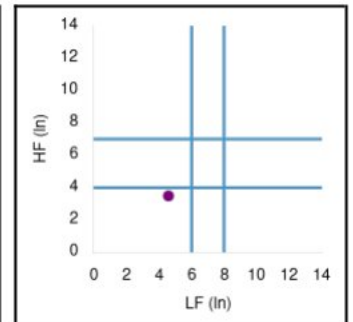
HRV Components



Autonomic Branch Activity



Autonomic Balance Plot



HRV GRADING SUMMARY

HRV Status

Mild HRV reduction
 One or two prominent HRV Dysfunction was observed.

Doctor's Comments