

Cardiovascular Health Test Report

Personal information:

First Name: Nika
Last Name: Gribkova
Gender: Female
Date of Birth: 09/30/1985

Test information:

Date: 07/02/2009
Time: 16:54
Trial: 1

Test data statistic and quality check:

Total number of heartbeats: 962
Number of normal heartbeats: 959
Number of ectopic heartbeats: 3
% of ectopic heartbeats: 0.3
Quality check index: Acceptable

Standup Maneuver Analysis

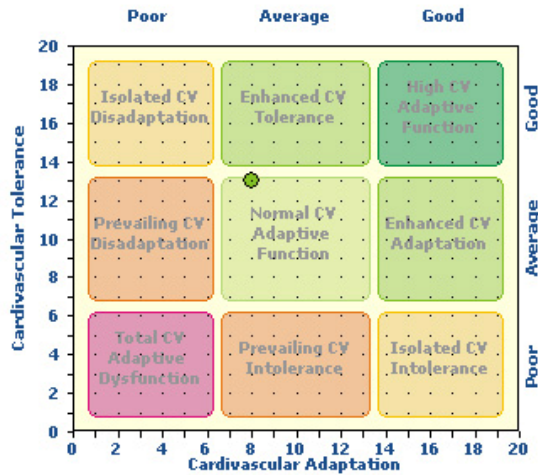
	Value	Units	Normal Range
30:15 Ratio:	1.479	n.u.	
HR max:	118.8	bpm	
HR min:	80.3	bpm	
Time HR max:	11.0	sec	
Time HR min:	21.5	sec	

HRV Analysis - Sitting

	Value	Units	Ln
Mean HR:	77.8	bpm	
SD:	58.1	ms	
RMS-SD:	40.3	ms	
TP:	1088.2	ms ² /Hz	7.0
VLF:	297.4	ms ² /Hz	5.7
LF:	605.5	ms ² /Hz	6.4
HF:	185.3	ms ² /Hz	5.2
LF/HF:	3.3	n.u.	1.2

HRV Analysis - Standing

	Value	Units	Ln
Mean HR:	96.1	bpm	
SD:	52.3	ms	
RMS-SD:	21.2	ms	
TP:	806.1	ms ² /Hz	6.7
VLF:	445.8	ms ² /Hz	6.1
LF:	298.5	ms ² /Hz	5.7
HF:	61.8	ms ² /Hz	4.1
LF/HF:	4.8	n.u.	1.6



Test Summary:

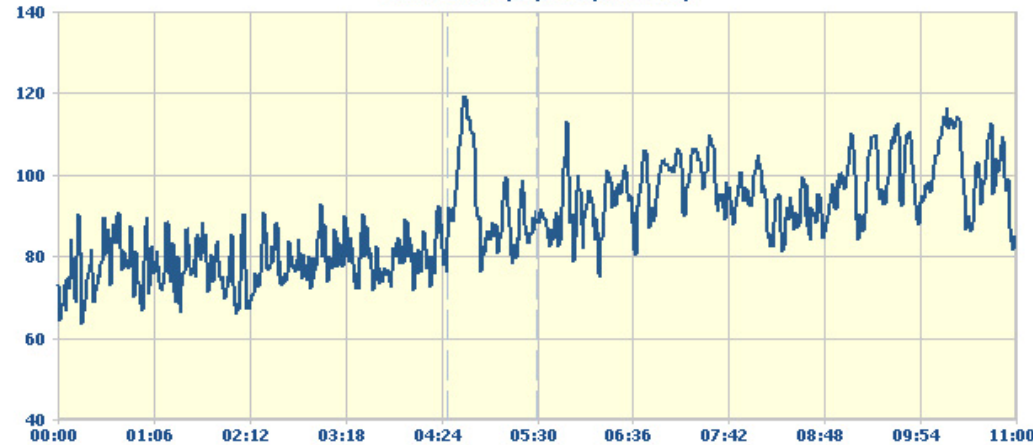
Prevailing baseline rhythm: Normocardia – resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

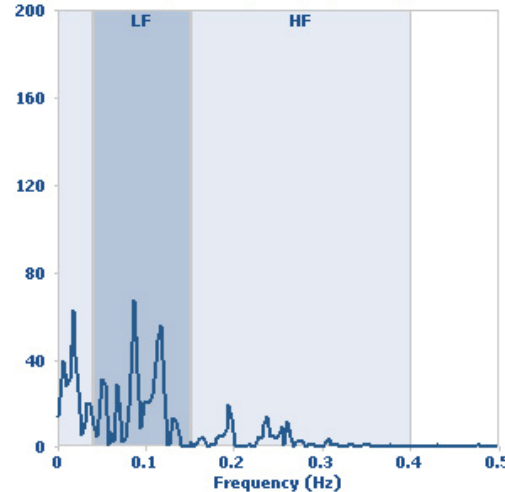
Cardiovascular function condition: Normal cardiovascular adaptive function. Cardiovascular adaptation (ability to return to the baseline level of heart rate after standing up) is AVERAGE (8 points out of 20). Cardiovascular tolerance (dynamic cardiovascular response to standing up) is AVERAGE (13 points out of 20).

Recommendations: This is a typical pattern of an average healthy individual without any evident signs of physical exhaustion, overtraining or other conditions altering regulatory functions of the autonomic nervous system or cardiovascular response to it.

Heart Rate Graph (beats per minute)



Power Spectrum (ms²/Hz) - Sitting



Power Spectrum (ms²/Hz) - Standing

