SDNN

- This is the ANS, and the norm accounts for the minute by minute fluctuations in the Para & sym responses to all our physical daily requirements. A normal reading indicated a healthy balanced ANS but below the norm is SYM and above the norm is PARA
- The SDNN is a demonstration of the cooperation PS and S. When it reduced below 30, then it means that the system is largely managed by the SNS which is bad for treatment because we have lower regeneration ability.
- If SDNN over 70, it may be in the case of an well trained sportsperson because their body quickly regenerates. It may also be failure of the PNS as the system is not able to form energy and therefore is out of reserves.

Stress Index

- This is a quantitative parameter for the sympathetic nervous system.
- When above 300 this means that there is the predominance of catabolic activities, reserves are being consumed and exhaustion of the person is a possibility.
- The higher the index the worse the prognosis.
- This can be under norm such as in well trained sportsman or indicates exhaustion in non sportsmen.

Index of Centralisation

- This describes the ratio between the PS and S.
- If higher than normal this mean there is the predominance of the Sympathetic Nervous System. It may mean lower blood flow in the mucous organs (long-term state) which can lead to collapse.
- If low this may be a well trained sports person or someone who may have low blood pressure and/or parasympathetic dominance issues.

RMSSD

Parameter of parasympathetic activity. This parameter is calculated on dynamic line of differences of values of consecutive pairs of cardio intervals and does not contain slow waves of heart rhythm.

It is the pure state that reflects activity of an independent contour of regulation. As higher the value of RMSSD is so more active part of parasympathetic regulation. Norm of value of this parameter is within the limits of 20-50 ms.

The similar information can be received on parameter pNN50, which is more sensitive at research of the persons with expressed sinus arrhythmia or with rhythm infringements.

Parameter from TEXT 2.... RMSSD describes the parasympathetic nervous system and should be in the range of 20-40 ms (standard)