# SPECIALIST REPORT



| 361308 | | | | Group: - | |
|---|---|---|---|---|---|
| Age (yrs) | **23** | Resting HR (beats/min) | **39** | Follow-up recommendation: | 6-12 months |
| Height (cm) | **158** | Max HR (beats/min) | **194** | Other information: | |
| Weight (kg) | **55** | | | | |
| Activity class | **6.0 (Good)** | Body Mass Index (BMI) | **22.0** | | |

***Follow-up recommendation:*** *Based on the result, a recommendation is given for the next measurement (weak recovery; increased risk of overload: 1 month, moderate recovery: 2-6 months, good recovery: 6-12 months).*

## STRESS STATE CLASSIFICATION

| | Alcohol | Medication | Self-reported sleep quality | Stress state |
|---|---|---|---|---|
| Day 1: Tue 03.03.2015 | 1 units | - | | Weak recovery |
| Day 2: Wed 04.03.2015 | 2 units | - | | Delayed nighttime recovery |
| Day 3: Thu 05.03.2015 | - | - | | Delayed nighttime recovery |

- Good recovery
- Good recovery, but no recovery during the day
- Moderate recovery, but sleep duration is short
- Delayed nighttime recovery
- Weak recovery
- Overload
- Physical overload
- Physiologically irregular state
- Non-identifiable

*The purpose of **stress state classification** is to condense the multifaceted information that the heartbeat measurement provides to a form that is easier to interpret. The purpose of classification is not to lessen the role of the specialist in providing feedback, but to act as a helpful tool in understanding the results.*
***Non-identifiable state:*** *Stress state cannot be calculated if the criteria for none of the states are filled or are conflicting, the measurement is significantly longer or shorter than 24 hours, or there is a lot of missing data.*

## HEART RATE VARIABILITY

Heart rate variability (RMSSD) during the measurement period.

**Day 1: Tue 03.03.2015**

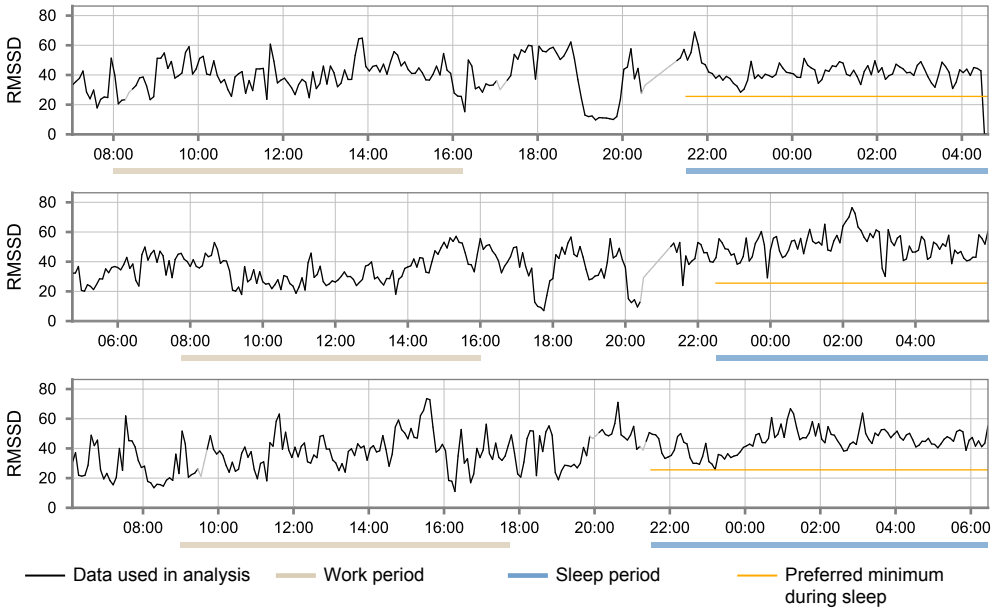
| Average RMSSD | |
|---|---|
| During awake time | **39** |
| During sleep time | **42** |
| Relative difference | **1.1 (Moderate)** |
| Ectopic beats | **20** |

**Day 2: Wed 04.03.2015**

| Average RMSSD | |
|---|---|
| During awake time | **36** |
| During sleep time | **51** |
| Relative difference | **1.4 (Moderate)** |
| Ectopic beats | **35** |

**Day 3: Thu 05.03.2015**

| Average RMSSD | |
|---|---|
| During awake time | **37** |
| During sleep time | **45** |
| Relative difference | **1.2 (Moderate)** |
| Ectopic beats | **29** |




***RMSSD*** *is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep can indicate poor recovery. Higher values can indicate enhanced recovery. The average RMSSD value should be 26 or greater during sleep (the value is determined based age).*
***Ectopic beats*** *are common, but if there are more than 800 over several days, further tests are recommended to establish their cause.*