

397773		Group: -
Age (yrs)	40	Resting HR (beats/min) 44
Height (cm)	182	Max HR (beats/min) 184
Weight (kg)	90	Activity class 6.0 (Good)
Body Mass Index (BMI)	27.2	Follow-up recommendation: 2-6 months
		Other information:

**i 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: Mon 26.09.2016	-	-	☹️	Moderate recovery, but sleep duration is short
Day 2: Tue 27.09.2016	-	-	😊	Moderate recovery, but sleep duration is short
Day 3: Wed 28.09.2016	-	-	😐	Weak recovery

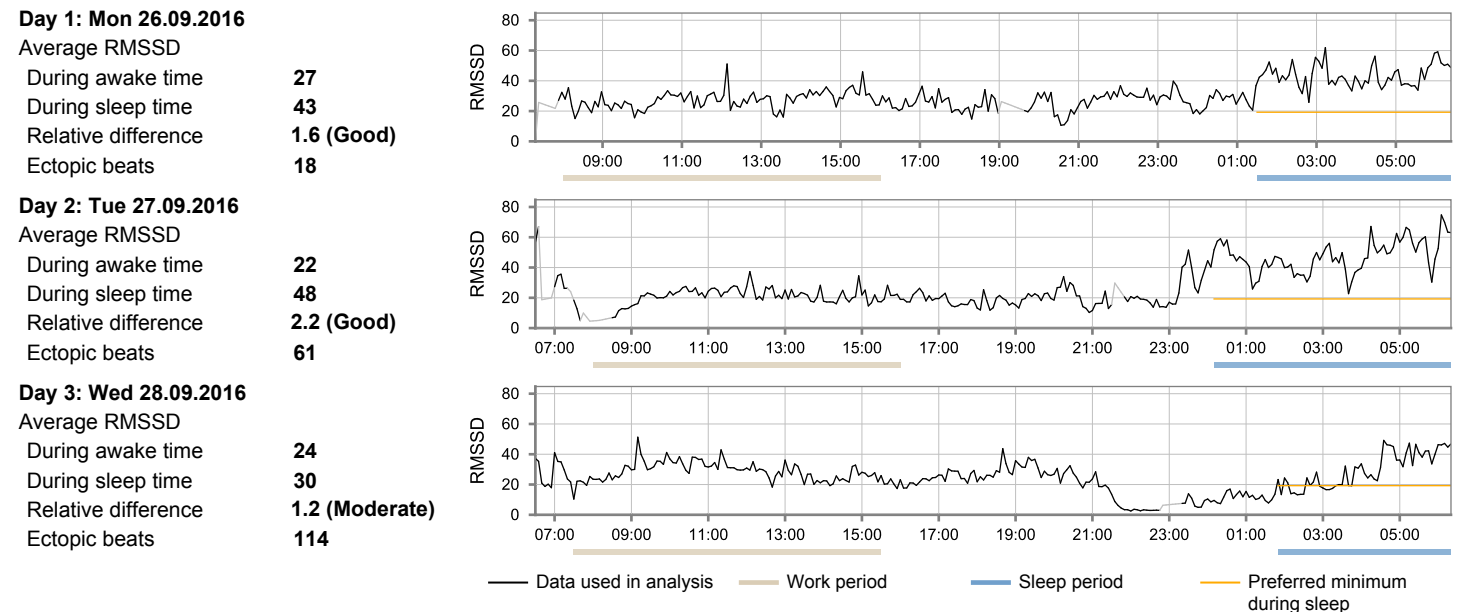
<ul style="list-style-type: none"> <li>🟢 Good recovery</li> <li>🟡 Good recovery, but no recovery during the day</li> <li>🟠 Moderate recovery, but sleep duration is short</li> <li>🟤 Delayed nighttime recovery</li> </ul>	<ul style="list-style-type: none"> <li>🟠 Weak recovery</li> <li>🔴 Overload</li> <li>🔵 Physical overload</li> <li>🔲 Physiologically irregular state</li> <li>🔳 Non-identifiable</li> </ul>
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**i 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.



**i 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 19 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.