Extracted RR Features

```
rr_bpm_fft: 12.5000
rr_bpm_time: 12.5000
breath_count: 5
duration_s: 24.0000
bti_mean_s: 4.6528
bti_sd_s: 0.9823
bti_cv: 0.2111
ie_ratio_median: 0.4608
insp_median_s: 1.5626
exp_median_s: 2.2437
resp_power_ratio: 0.3189
fs_hz: 99.8333
rr resolution bpm: 2.5000
```

Interpretation

- RR 12.5 bpm (±2.5) is within normal resting range (12–20).
- I:E \approx 0.46 (~1:2) suggests relaxed breathing.
- Breathing regularity is good (CV 0.21).
- Respiratory modulation is strong (power ratio 0.32).





