HRV Results (sample 1)

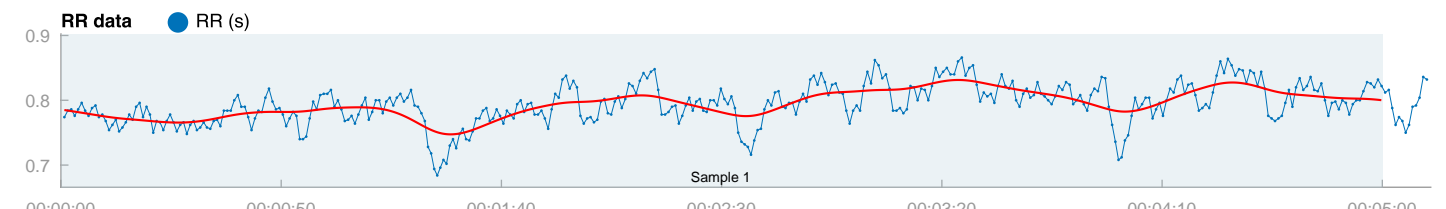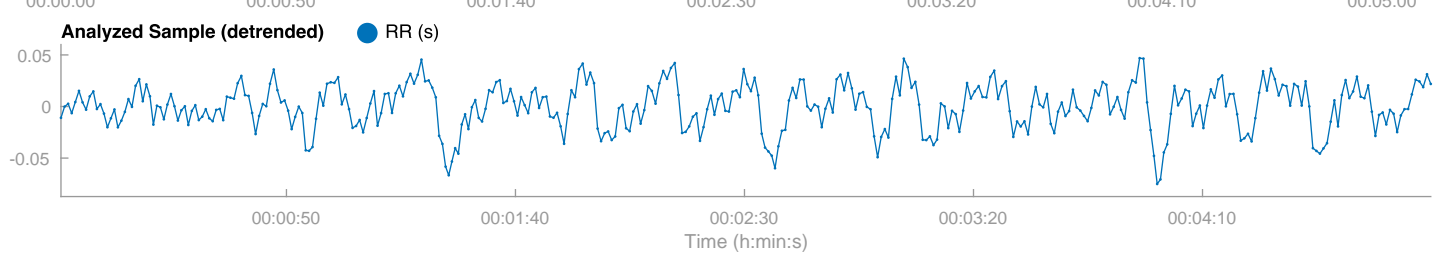|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Mon, Dec 29 2025, 00:00:00** Measurement length: 00:05:11 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	**Sample (sample 1)** Start time: 00:00:01 Sample length: 00:05:00 Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
793 ms	**16.2 ms**	**28.7 %**

PNS index = -1.33

Sympathetic nervous system (SNS)
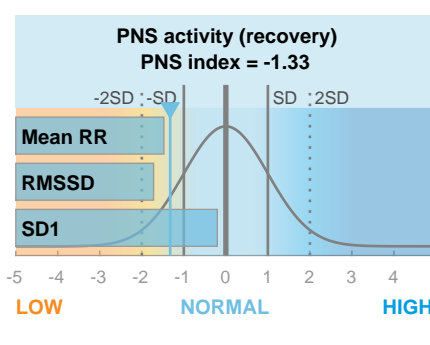
Mean HR	Stress index	SD2
76 bpm	**16.9**	**71.3 %**
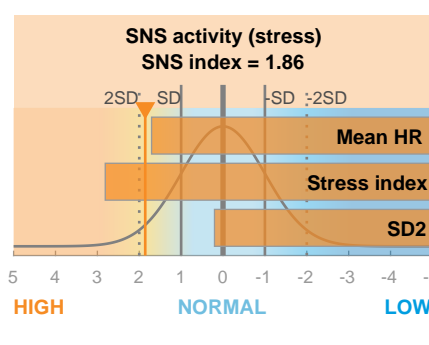
SNS index = 1.86

PNS activity (recovery)
PNS index = -1.33

SNS activity (stress)
SNS index = 1.86
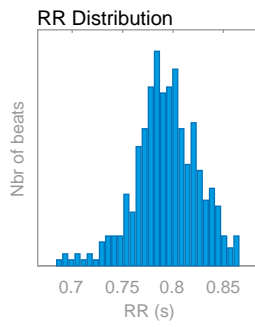
Time-domain results

Variable	Units	Value
Mean RR*	(ms)	793
Mean HR*	(bpm)	76
Min HR*	(bpm)	70
Max HR*	(bpm)	86
SDNN	(ms)	21.7
RMSSD	(ms)	16.2
NN50	(beats)	0
pNN50	(%)	0.00
HRV triang.ind.		5.56
TINN	(ms)	104.0
Stress index		16.9
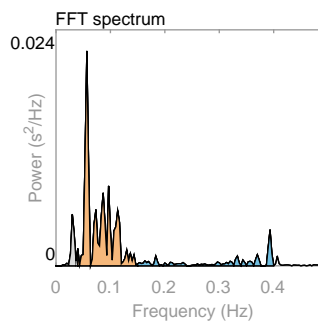
RR Distribution

Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.057	0.393
Power	(ms^2)	39	379	80
Power	(log)	3.658	5.939	4.377
Power	(%)	7.79	76.21	15.99
Power	(n.u.)		82.65	17.34

Total power	(ms^2)	498		
Total power	(log)	6.210		
LF/HF ratio		4.766		
RESP	(Hz)	-		
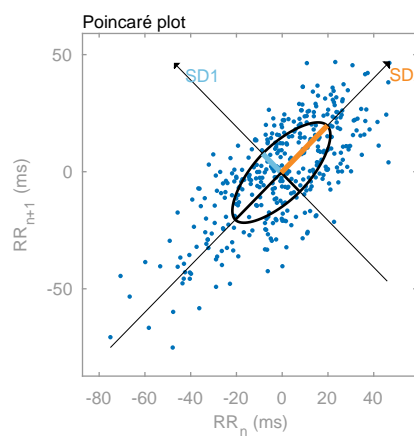
FFT spectrum
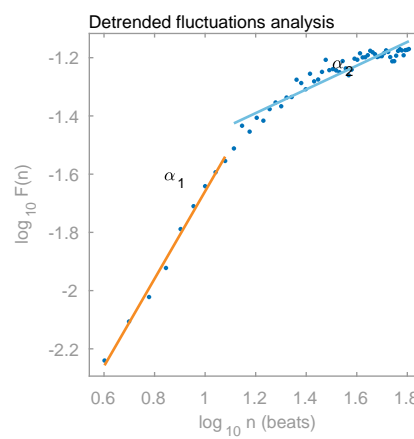
Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	11.5
SD2	(ms)	28.4
SD2/SD1		2.480
Approximate entropy (ApEn)		1.179
Sample entropy (SampEn)		1.666
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.502
DFA alpha2		0.407

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data