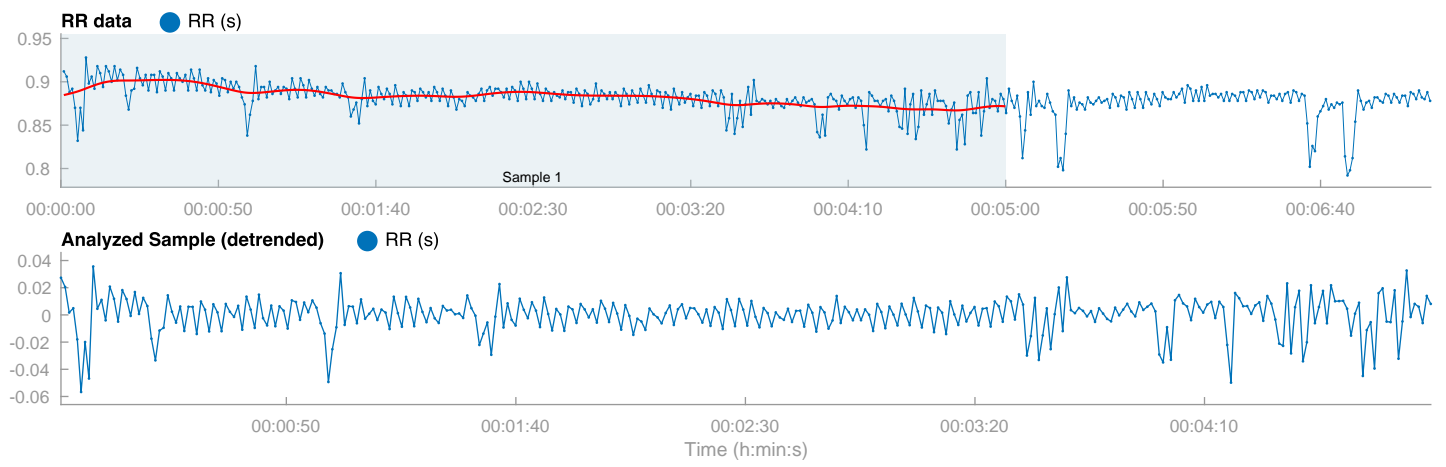


HRV Results (sample 1)

Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00
Measurement length: 00:07:15
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_yamamoto_flow.csv
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
883 ms

RMSSD
17.8 ms

SD1
49.3 %

PNS index = -0.63

Sympathetic nervous system (SNS)

Mean HR
68 bpm

Stress index
23.7

SD2
50.7 %

SNS index = 2.16

PNS activity (recovery)

PNS index = -0.63

SNS activity (stress)

SNS index = 2.16

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	883
Mean HR*	(bpm)	68
Min HR*	(bpm)	66
Max HR*	(bpm)	71
SDNN	(ms)	12.9
RMSSD	(ms)	17.8
NN50	(beats)	7
pNN50	(%)	2.07
HRV triang.ind.		3.61
TINN	(ms)	68.0
Stress index		23.7

RR Distribution

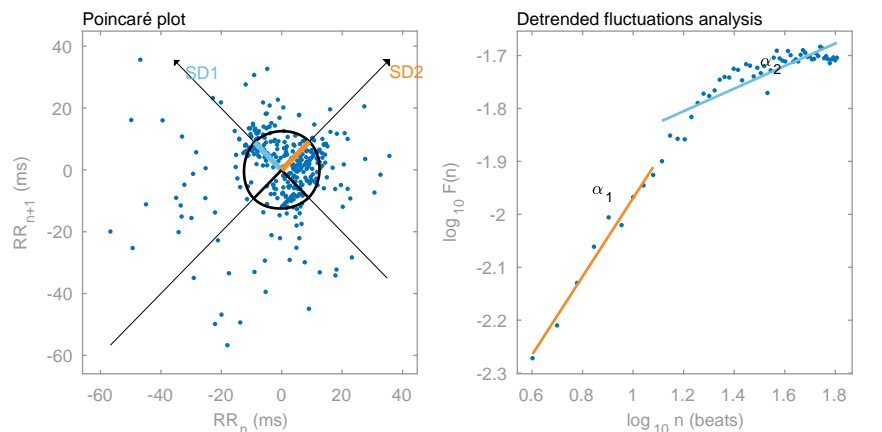
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.083	0.397
Power	(ms ²)	2	13	42
Power	(log)	0.633	2.570	3.731
Power	(%)	3.28	22.76	72.63
Power	(n.u.)		23.53	75.09
Total power	(ms ²)	57		
Total power	(log)	4.051		
LF/HF ratio		0.313		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	12.6
SD2	(ms)	13.0
SD2/SD1		1.029
Approximate entropy (ApEn)		0.996
Sample entropy (SampEn)		1.318
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.740
DFA alpha2		0.213



*Results are calculated from non-detrended RR data