

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 18 2025, 00:00:00

Measurement length: 00:06:11
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_morishita_overload.csv

Sample (sample 1)

Start time: 00:00:01
Sample length: 00:03:19
Beats corrected: 0 (0.00 %)

RR data

RR (s)

Analyzed Sample (detrended)

RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
1035 ms

RMSSD
36.1 ms

SD1
48.3 %

PNS index = 0.53

Sympathetic nervous system (SNS)

Mean HR
58 bpm

Stress index
13.2

SD2
51.7 %

SNS index = -0.08

PNS activity (recovery)

PNS index = 0.53

SNS activity (stress)

SNS index = -0.08

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	1035
Mean HR*	(bpm)	58
Min HR*	(bpm)	55
Max HR*	(bpm)	65
SDNN	(ms)	26.5
RMSSD	(ms)	36.1
NN50	(beats)	34
pNN50	(%)	17.80
HRV triang.ind.		7.11
TINN	(ms)	122.0
Stress index		13.2

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)	0.040	0.080	0.280
Power	(ms ²)	8	167	415
Power	(log)	2.128	5.115	6.029
Power	(%)	1.42	28.19	70.30
Power	(n.u.)		28.59	71.32
Total power	(ms ²)	591		
Total power	(log)	6.381		
LF/HF ratio		0.401		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	25.6
SD2	(ms)	27.4
SD2/SD1		1.069
Approximate entropy (ApEn)		0.870
Sample entropy (SampEn)		1.931
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.616
DFA alpha2		0.275

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data

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