

# HRV Results (sample 1)

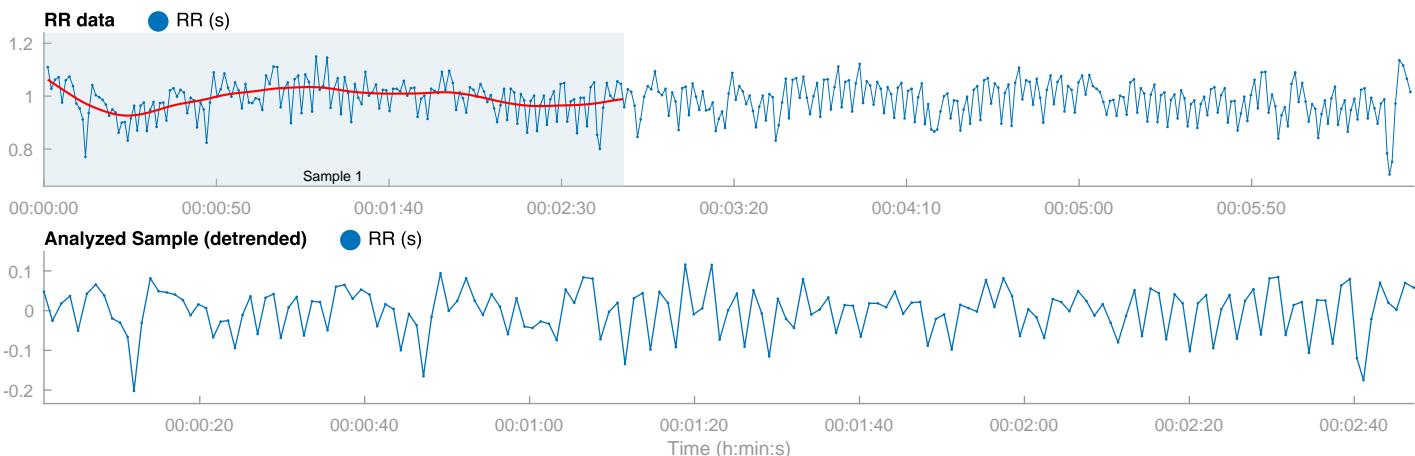
Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:06:37  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

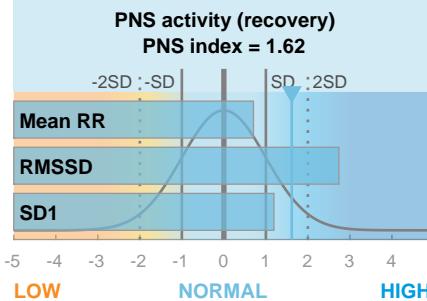
rr\_interval\_ohashi\_overload.csv

Sample (sample 1)  
Start time: 00:00:01  
Sample length: 00:02:48  
Beats corrected: 0 (0.00 %)



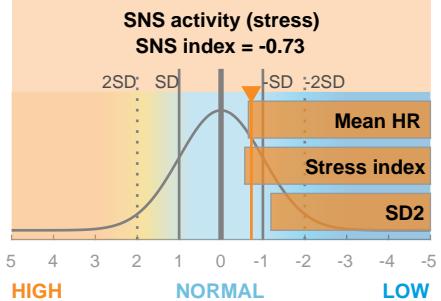
## Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSDD	SD1
989 ms	83.1 ms	51.1 %
PNS index = 1.62		



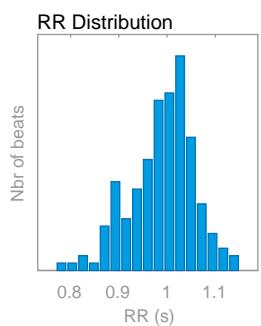
## Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
61 bpm	8.2	48.9 %
SNS index = -0.73		



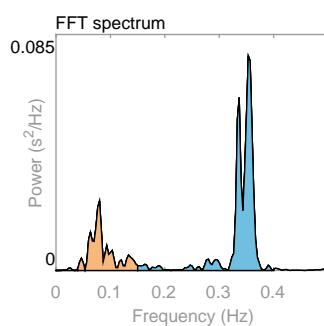
## Time-domain results

Variable	Units	Value
Mean RR*	(ms)	989
Mean HR*	(bpm)	61
Min HR*	(bpm)	56
Max HR*	(bpm)	68
SDNN	(ms)	57.7
RMSDD	(ms)	83.1
NN50	(beats)	97
pNN50	(%)	57.74
HRV triang.ind.		9.94
TINN	(ms)	262.0
Stress index		8.2



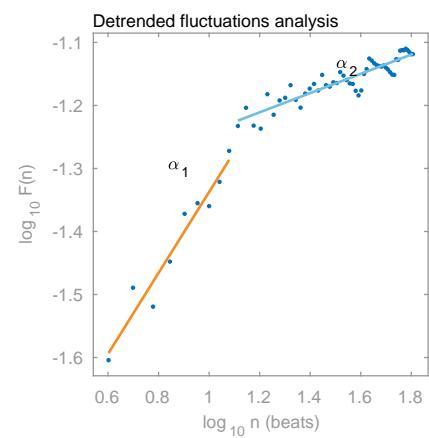
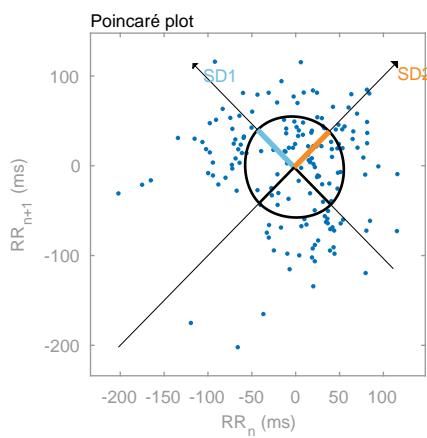
## Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.080	0.353
Power	(ms <sup>2</sup> )	9	720	2043
Power	(log)	2.157	6.579	7.622
Power	(%)	0.31	25.97	73.70
Power	(n.u.)		26.05	73.94
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Total power	(ms <sup>2</sup> )	2772		
Total power	(log)	7.927		
LF/HF ratio		0.352		
RESP	(Hz)	-		



## Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	58.9
SD2	(ms)	56.4
SD2/SD1		0.958
Approximate entropy (ApEn)		0.833
Sample entropy (SampEn)		1.934
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.642
DFA alpha2		0.153



\*Results are calculated from non-detrended RR data