

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

Mon, Dec 29 2025, 00:00:00

Measurement length: 00:05:06  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_chika\_boredom.csv

Sample (sample 1)

Start time: 00:00:01  
Sample length: 00:03:09  
Beats corrected: 0 (0.00 %)

RR data

● RR (s)

Analyzed Sample (detrended)

● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR  
1001 ms

RMSSD  
34.9 ms

SD1  
36.6 %

PNS index = 0.20

Sympathetic nervous system (SNS)

Mean HR  
60 bpm

Stress index  
11.9

SD2  
63.4 %

SNS index = -0.02

PNS activity (recovery)

PNS index = 0.20

SNS activity (stress)

SNS index = -0.02

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	1001
Mean HR*	(bpm)	60
Min HR*	(bpm)	56
Max HR*	(bpm)	70
SDNN	(ms)	35.0
RMSSD	(ms)	34.9
NN50	(beats)	31
pNN50	(%)	16.58
HRV triang.ind.		8.55
TINN	(ms)	156.0
Stress index		11.9

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)	0.037	0.040	0.323
Power	(ms <sup>2</sup> )	299	430	323
Power	(log)	5.701	6.064	5.777
Power	(%)	28.44	40.87	30.68
Power	(n.u.)		57.12	42.88
Total power	(ms <sup>2</sup> )	1052		
Total power	(log)	6.958		
LF/HF ratio		1.332		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	24.7
SD2	(ms)	42.9
SD2/SD1		1.732
Approximate entropy (ApEn)		0.937
Sample entropy (SampEn)		2.076
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.153
DFA alpha2		0.477

Poincaré plot

Detrended fluctuations analysis

\*Results are calculated from non-detrended RR data

2025/12/29 15:31:31

Page 1 / 1

www.kubios.com