

HRV Results (sample 1)

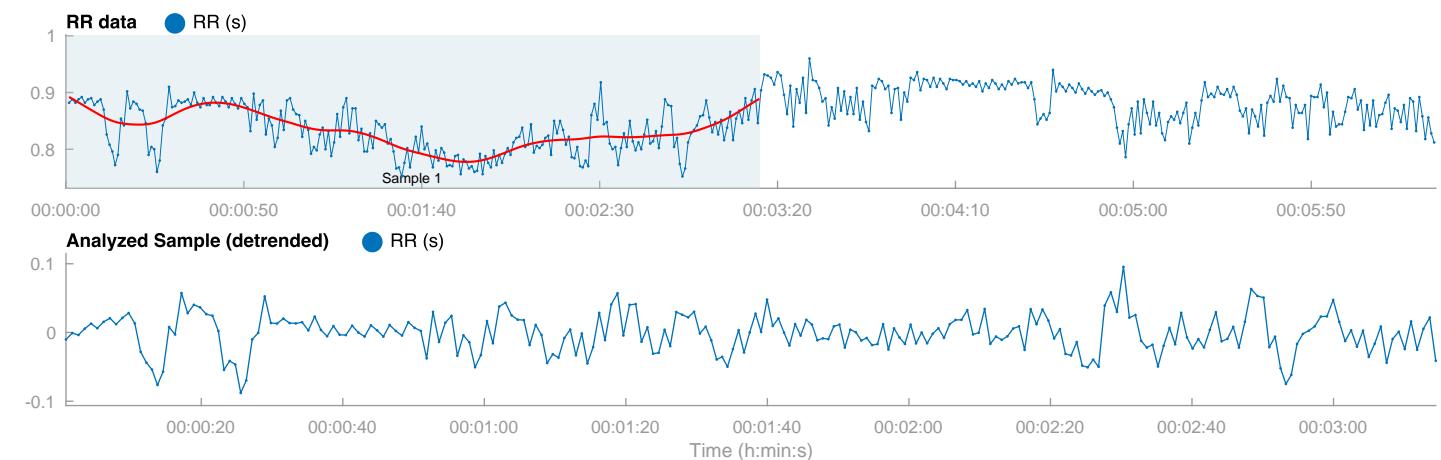
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00

Measurement length: 00:06:25
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

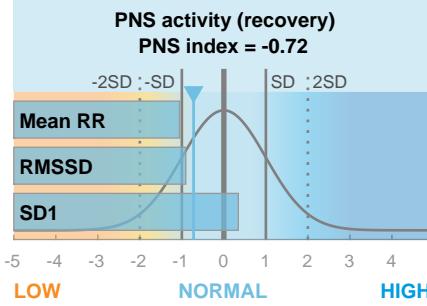
rr_interval_yamamoto_overload.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:03:15
Beats corrected: 0 (0.00 %)



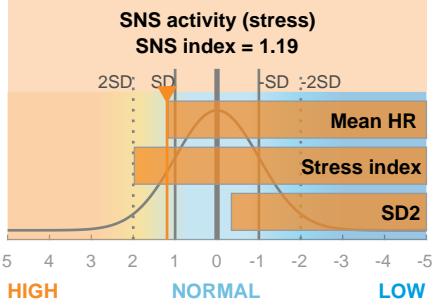
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
831 ms	28.4 ms	37.5 %
PNS index = -0.72		



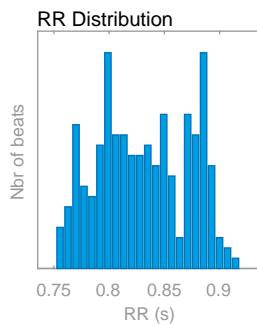
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
72 bpm	14.8	62.5 %
SNS index = 1.19		



Time-domain results

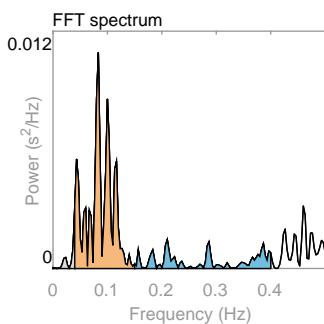
Variable	Units	Value
Mean RR*	(ms)	831
Mean HR*	(bpm)	72
Min HR*	(bpm)	68
Max HR*	(bpm)	78
SDNN	(ms)	27.7
RMSD	(ms)	28.4
NN50	(beats)	19
pNN50	(%)	8.15
HRV triang.ind.		7.09
TINN	(ms)	144.0
Stress index		14.8



Frequency-domain results

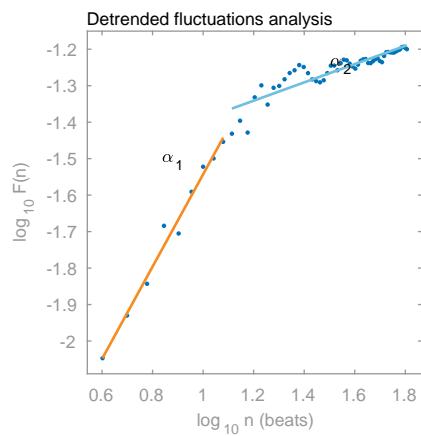
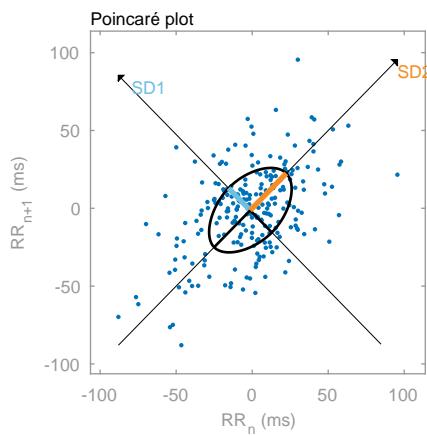
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.083	0.210
Power	(ms ²)	14	314	84
Power	(log)	2.652	5.750	4.435
Power	(%)	3.43	75.99	20.40
Power	(n.u.)		78.69	21.13

Total power	(ms ²)	413		
Total power	(log)	6.024		
LF/HF ratio		3.724		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	20.1
SD2	(ms)	33.6
SD2/SD1		1.667
Approximate entropy (ApEn)		0.983
Sample entropy (SampEn)		1.760
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.265
DFA alpha2		0.251



*Results are calculated from non-detrended RR data