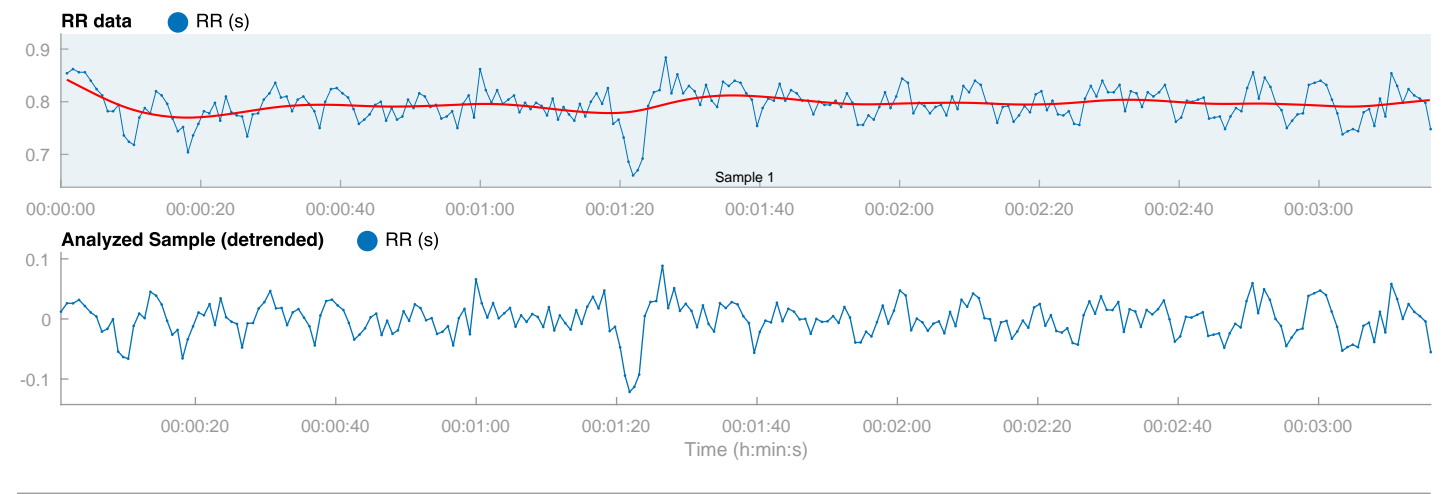


HRV Results (sample 1)

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 11 2025, 00:00:00  
Measurement length: 00:03:16  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_ishida\_3\_flow\_ultra.csv  
**Sample (sample 1)**  
Start time: 00:00:01  
Sample length: 00:03:16  
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR  
793 ms

RMSSD  
27.5 ms

SD1  
35.0 %

PNS index = -0.95

Sympathetic nervous system (SNS)

Mean HR  
76 bpm

Stress index  
12.2

SD2  
65.0 %

SNS index = 1.04

PNS activity (recovery)  
PNS index = -0.95

SNS activity (stress)  
SNS index = 1.04

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	793
Mean HR*	(bpm)	76
Min HR*	(bpm)	70
Max HR*	(bpm)	87
SDNN	(ms)	29.1
RMSSD	(ms)	27.5
NN50	(beats)	12
pNN50	(%)	4.88
HRV triang.ind.		7.26
TINN	(ms)	159.0
Stress index		12.2

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)	0.033	0.113	0.153
Power	(ms <sup>2</sup> )	60	585	139
Power	(log)	4.094	6.372	4.932
Power	(%)	7.65	74.58	17.68
Power	(n.u.)		80.76	19.14
Total power	(ms <sup>2</sup> )	784		
Total power	(log)	6.665		
LF/HF ratio		4.218		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	19.5
SD2	(ms)	36.2
SD2/SD1		1.859
Approximate entropy (ApEn)		1.139
Sample entropy (SampEn)		2.189
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.199
DFA alpha2		0.362

Poincaré plot

Detrended fluctuations analysis

\*Results are calculated from non-detrended RR data