

# 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: 00:05:05  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_miyake\_boredom.csv

Sample (sample 1)

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

RR data

RR (s)

Sample 1

Analyzed Sample (detrended)

RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR  
1007 ms

RMSSD  
42.7 ms

SD1  
37.8 %

PNS index = 0.45

Sympathetic nervous system (SNS)

Mean HR  
60 bpm

Stress index  
9.7

SD2  
62.2 %

SNS index = -0.40

PNS activity (recovery)

PNS index = 0.45

Mean RR

RMSSD

SD1

LOW

NORMAL

HIGH

SNS activity (stress)

SNS index = -0.40

Mean HR

Stress index

SD2

HIGH

NORMAL

LOW

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	1007
Mean HR*	(bpm)	60
Min HR*	(bpm)	54
Max HR*	(bpm)	67
SDNN	(ms)	41.2
RMSSD	(ms)	42.7
NN50	(beats)	42
pNN50	(%)	25.45
HRV triang.ind.		10.38
TINN	(ms)	187.0
Stress index		9.7

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	0.053	0.307
Power	(ms <sup>2</sup> )	82	1176	436
Power	(log)	4.405	7.070	6.079
Power	(%)	4.83	69.41	25.76
Power	(n.u.)		72.93	27.07
Total power	(ms <sup>2</sup> )	1694		
Total power	(log)	7.435		
LF/HF ratio		2.694		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	30.3
SD2	(ms)	49.7
SD2/SD1		1.644
Approximate entropy (ApEn)		0.806
Sample entropy (SampEn)		2.220
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.203
DFA alpha2		0.358

Poincaré plot

SD1

SD2

Detrended fluctuations analysis

alpha1

\*Results are calculated from non-detrended RR data

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