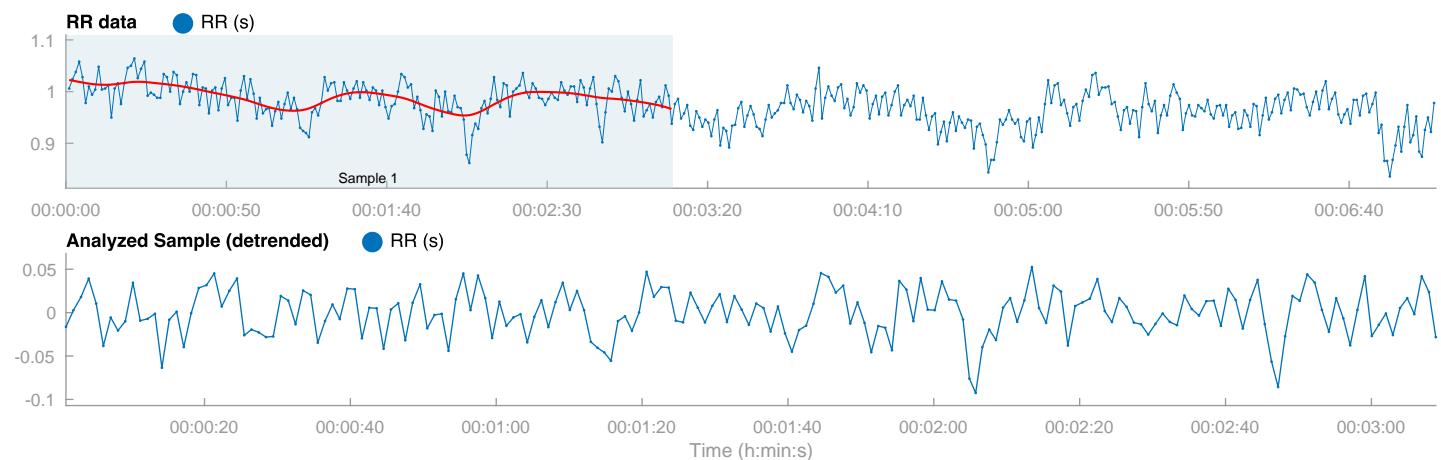


HRV Results (sample 1)

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

Mon, Dec 29 2025, 00:00:00
Measurement length: 00:07:07
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

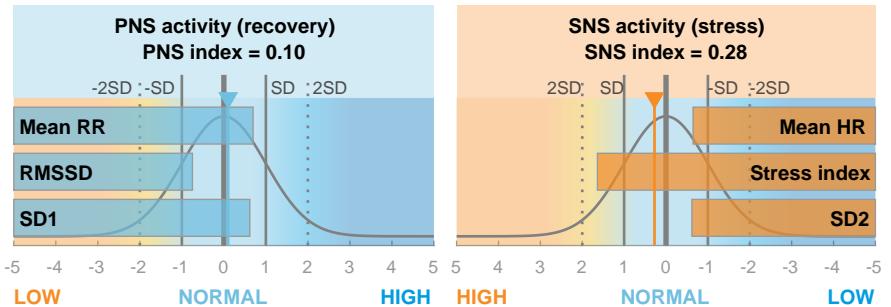
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:03:09
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

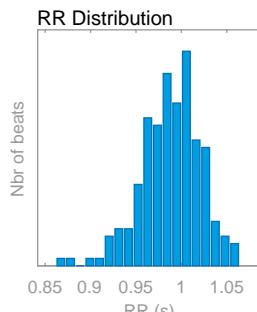
Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
989 ms	30.8 ms	41.9 %
PNS index = 0.10		

Sympathetic nervous system (SNS)		
Mean HR	Stress index	SD2
61 bpm	13.9	58.1 %
SNS index = 0.28		



Time-domain results

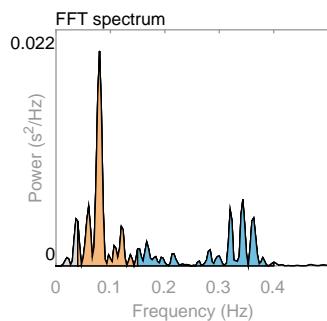
Variable	Units	Value
Mean RR*	(ms)	989
Mean HR*	(bpm)	61
Min HR*	(bpm)	57
Max HR*	(bpm)	66
SDNN	(ms)	26.4
RMSD	(ms)	30.8
NN50	(beats)	15
pNN50	(%)	7.89
HRV triang.ind.		7.07
TINN	(ms)	134.0
Stress index		13.9



Frequency-domain results

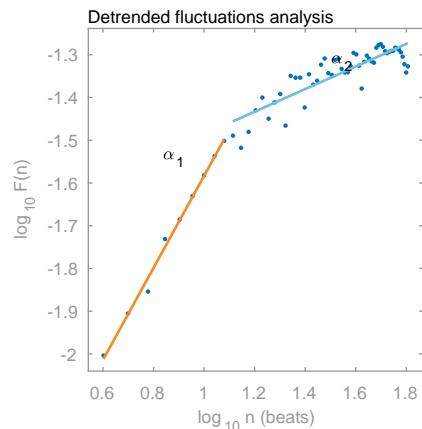
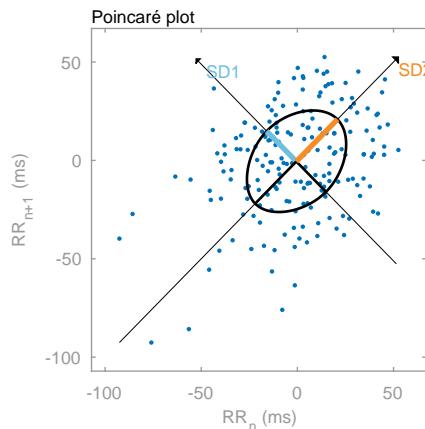
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.080	0.343
Power	(ms ²)	39	362	249
Power	(log)	3.671	5.892	5.517
Power	(%)	6.04	55.66	38.25
Power	(n.u.)		59.24	40.71

Total power	(ms ²)	650		
Total power	(log)	6.478		
LF/HF ratio		1.455		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	21.8
SD2	(ms)	30.3
SD2/SD1		1.388
Approximate entropy (ApEn)		0.818
Sample entropy (SampEn)		1.986
Detrended fluctuations analysis (DFA)		1.077
DFA alpha1		0.264



*Results are calculated from non-detrended RR data