HRV Results (sample 1)

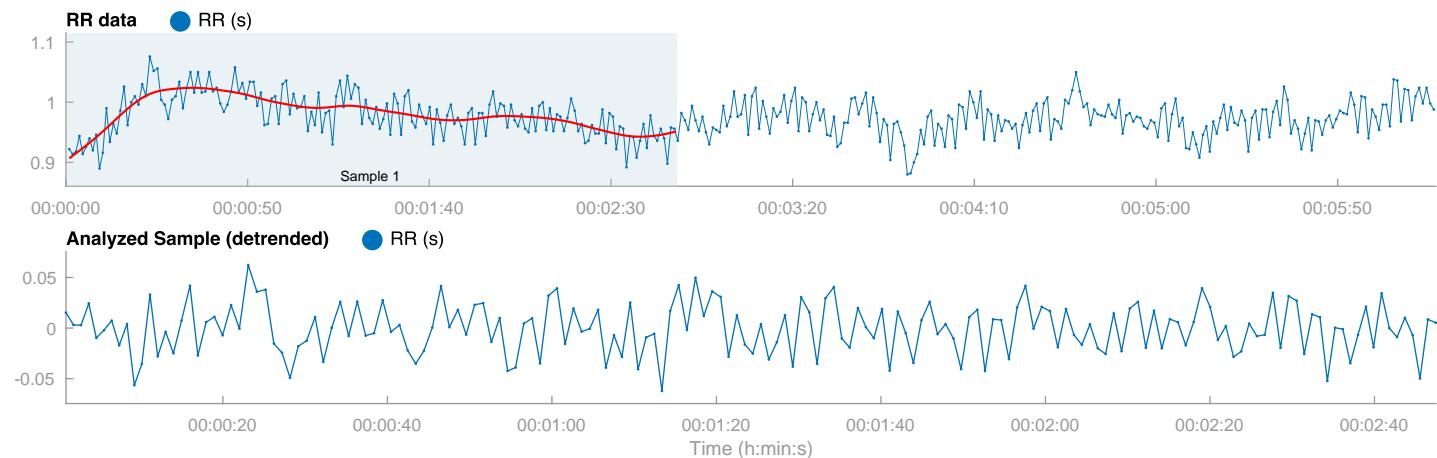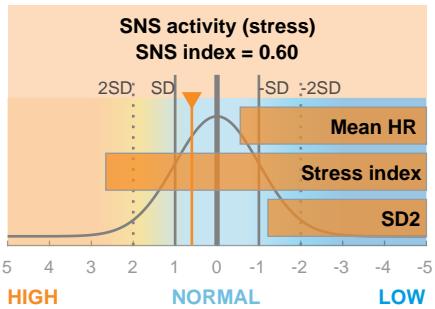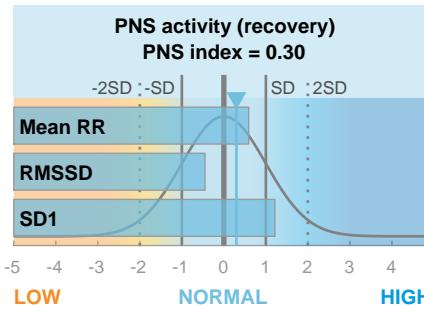|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Thu, Dec 18 2025, 00:00:00** Measurement length: 00:06:17 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_miyake_overload.csv **Sample (sample 1)** Start time: 00:00:01 Sample length: 00:02:48 Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
979 ms	**35.3 ms**	**51.5 %**

PNS index = 0.30
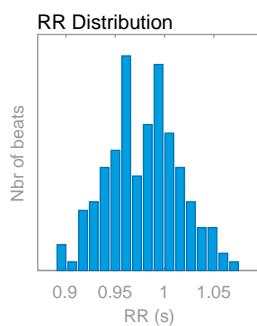
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
61 bpm	**16.5**	**48.5 %**

SNS index = 0.60

PNS activity (recovery)
PNS index = 0.30

SNS activity (stress)
SNS index = 0.60

Time-domain results
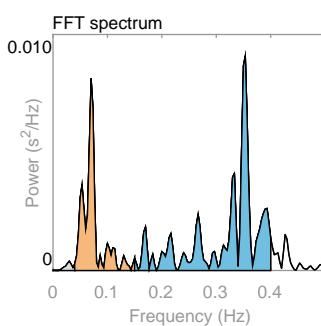
Variable	Units	Value
Mean RR*	(ms)	979
Mean HR*	(bpm)	61
Min HR*	(bpm)	57
Max HR*	(bpm)	65
SDNN	(ms)	24.2
RMSSD	(ms)	35.3
NN50	(beats)	34
pNN50	(%)	20.00
HRV triang.ind.		7.77
TINN	(ms)	112.0
Stress index		16.5

RR Distribution

Frequency-domain results
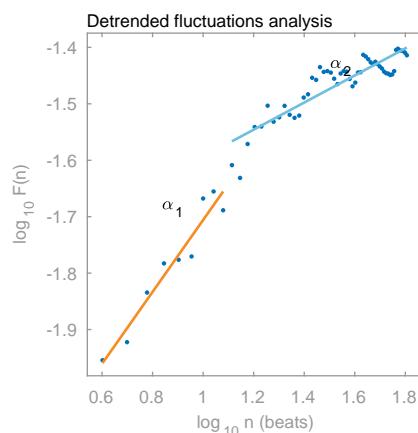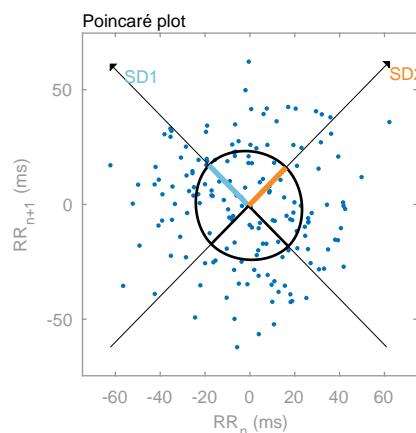
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.070	0.353
Power	(ms^2)	6	168	354
Power	(log)	1.754	5.125	5.869
Power	(%)	1.09	31.78	66.87
Power	(n.u.)		32.13	67.61

Total power	(ms^2)	529		
Total power	(log)	6.271		
LF/HF ratio		0.475		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	25.0
SD2	(ms)	23.6
SD2/SD1		0.943
Approximate entropy (ApEn)		0.739
Sample entropy (SampEn)		1.979
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.637
DFA alpha2		0.240

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data