

HRV Results (sample 1)

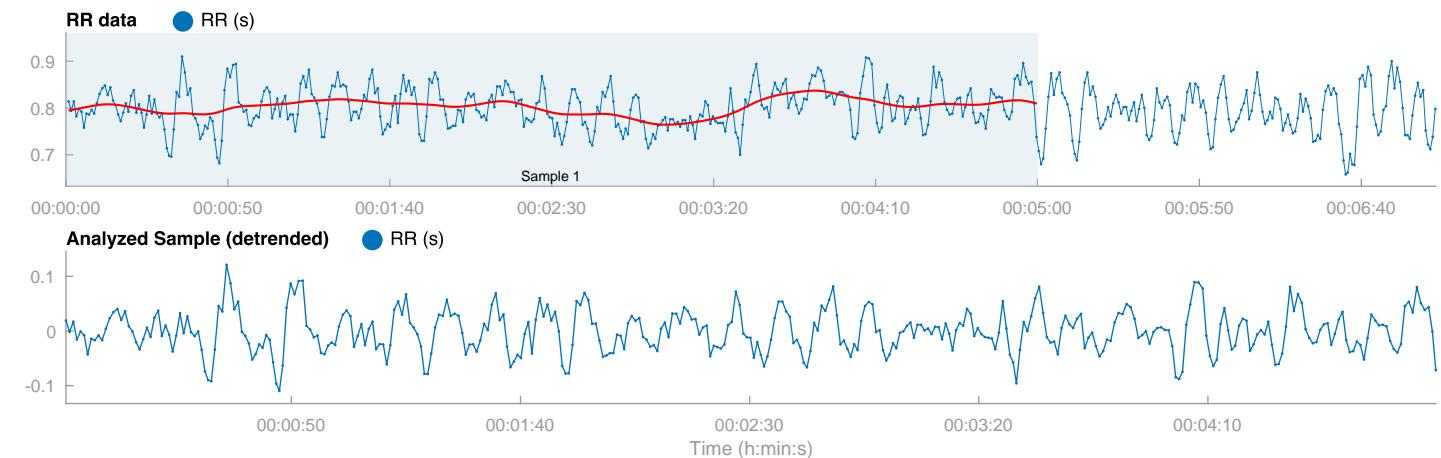
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00

Measurement length: 00:07:03
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

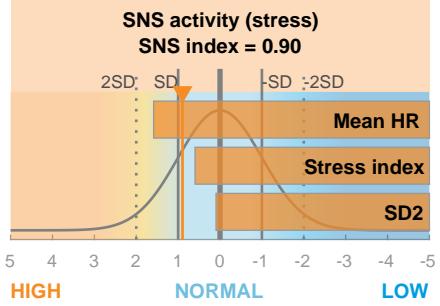
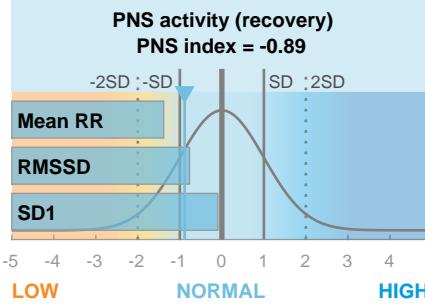
rr_interval_ishida_2_flow.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
801 ms	30.4 ms	30.5 %
PNS index = -0.89		

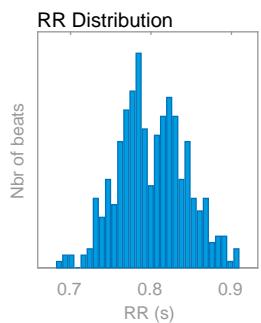


Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
75 bpm	11.2	69.5 %
SNS index = 0.90		

Time-domain results

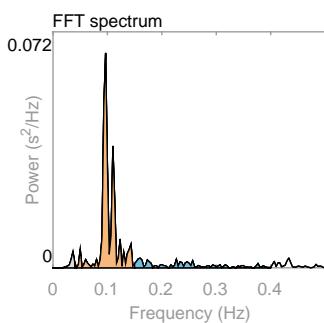
Variable	Units	Value
Mean RR*	(ms)	801
Mean HR*	(bpm)	75
Min HR*	(bpm)	68
Max HR*	(bpm)	83
SDNN	(ms)	38.0
RMSD	(ms)	30.4
NN50	(beats)	38
pNN50	(%)	10.19
HRV triang.ind.		11.69
TINN	(ms)	193.0
Stress index		11.2



Frequency-domain results

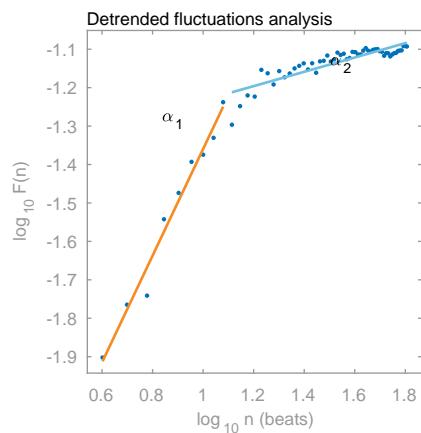
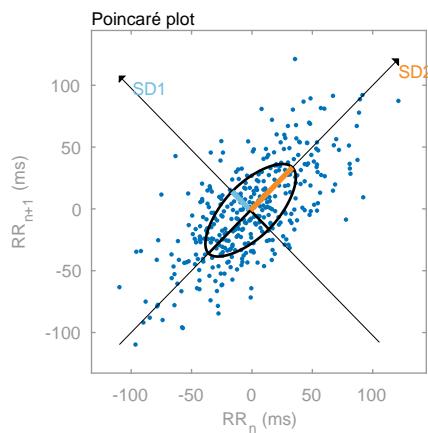
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.097	0.160
Power	(ms ²)	34	951	179
Power	(log)	3.520	6.857	5.187
Power	(%)	2.90	81.70	15.38
Power	(n.u.)		84.14	15.83

Total power	(ms ²)	1164		
Total power	(log)	7.059		
LF/HF ratio		5.314		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	21.6
SD2	(ms)	49.2
SD2/SD1		2.280
Approximate entropy (ApEn)		1.192
Sample entropy (SampEn)		1.789
Detrended fluctuations analysis (DFA)		1.388
DFA alpha1		0.186



*Results are calculated from non-detrended RR data