

HRV Results (sample 1)

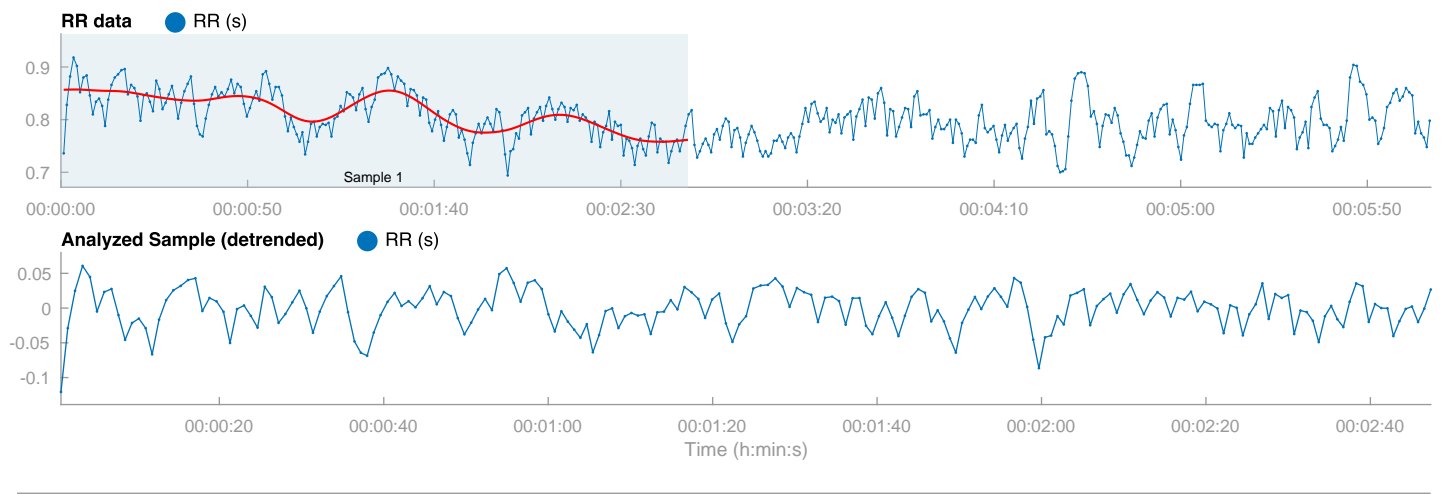
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:06:07
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:02:48
Beats corrected: 0 (0.00 %)

rr_interval_ko_rest.csv



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
812 ms

RMSSD
26.6 ms

SD1
35.9 %

PNS index = -0.87

Sympathetic nervous system (SNS)

Mean HR
74 bpm

Stress index
14.8

SD2
64.1 %

SNS index = 1.32

PNS activity (recovery)

PNS index = -0.87

Mean RR

RMSSD

SD1

LOW

NORMAL

HIGH

SNS activity (stress)

SNS index = 1.32

Mean HR

Stress index

SD2

HIGH

NORMAL

LOW

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	812
Mean HR*	(bpm)	74
Min HR*	(bpm)	68
Max HR*	(bpm)	81
SDNN	(ms)	27.9
RMSSD	(ms)	26.6
NN50	(beats)	9
pNN50	(%)	4.39
HRV triang.ind.		7.92
TINN	(ms)	145.0
Stress index		14.8

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)	0.027	0.070	0.303
Power	(ms ²)	119	302	223
Power	(log)	4.775	5.711	5.407
Power	(%)	18.41	46.95	34.62
Power	(n.u.)		57.55	42.43
Total power	(ms ²)	644		
Total power	(log)	6.467		
LF/HF ratio		1.356		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	18.9
SD2	(ms)	33.6
SD2/SD1		1.783
Approximate entropy (ApEn)		0.958
Sample entropy (SampEn)		1.716
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.972
DFA alpha2		0.516

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data