# 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: 00:06:11
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors
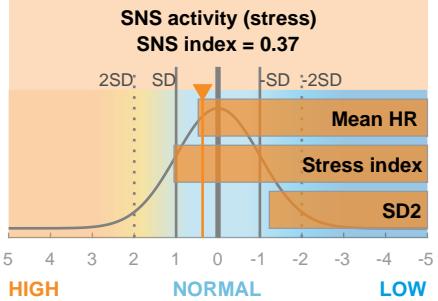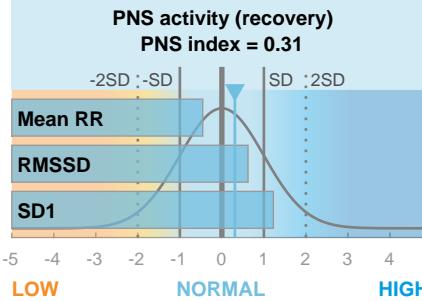
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:02:48
Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
885 ms	**51.3 ms**	**51.6 %**

PNS index = 0.31
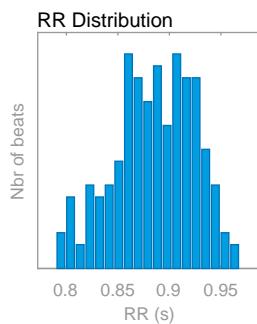
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
68 bpm	**12.4**	**48.4 %**

SNS index = 0.37

PNS activity (recovery)
PNS index = 0.31

SNS activity (stress)
SNS index = 0.37
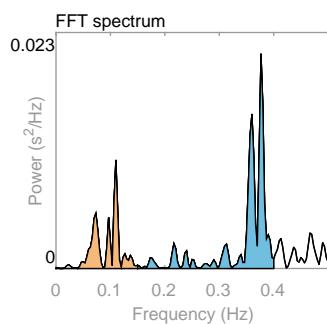
Time-domain results

Variable	Units	Value
Mean RR*	(ms)	885
Mean HR*	(bpm)	68
Min HR*	(bpm)	64
Max HR*	(bpm)	72
SDNN	(ms)	35.2
RMSSD	(ms)	51.3
NN50	(beats)	82
pNN50	(%)	43.62
HRV triang.ind.		10.50
TINN	(ms)	151.0
Stress index		12.4

RR Distribution
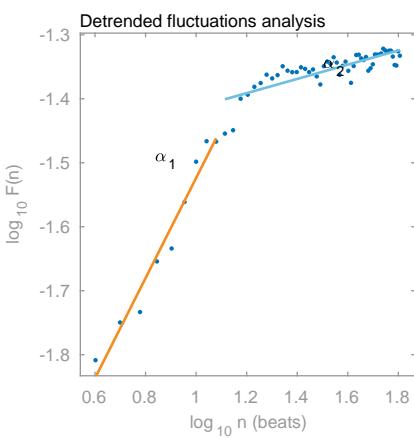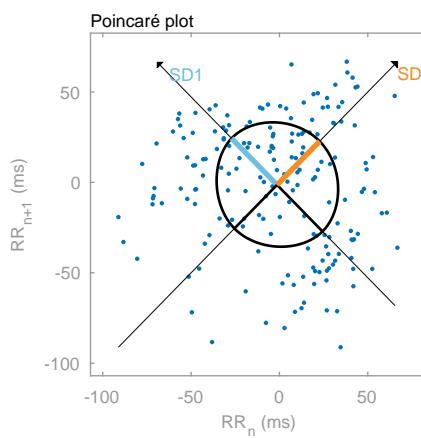
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.023	0.110	0.377
Power	(ms^2)	4	228	531
Power	(log)	1.418	5.430	6.275
Power	(%)	0.54	29.85	69.47
Power	(n.u.)		30.02	69.85

Total power	(ms^2)	765		
Total power	(log)	6.639		
LF/HF ratio		0.430		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	36.4
SD2	(ms)	34.1
SD2/SD1		0.937
Approximate entropy (ApEn)		0.908
Sample entropy (SampEn)		2.029
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.782
DFA alpha2		0.111

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data