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: 00:03:19 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_morishita_flow_ultra.csv **Sample (sample 1)** Start time: 00:00:01 Sample length: 00:03:19 Beats corrected: 0 (0.00 %)
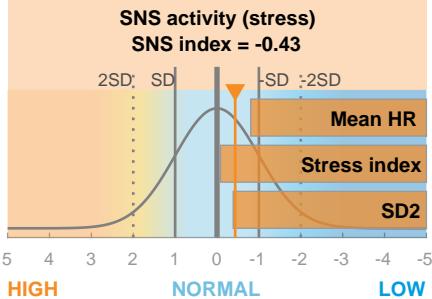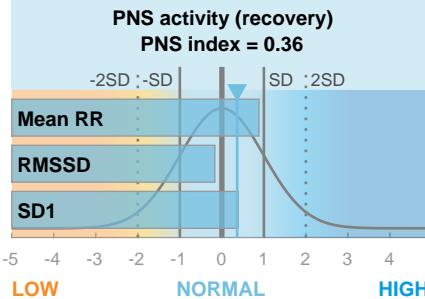
RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
1005 ms	**39.5 ms**	**38.2 %**

PNS index = 0.36
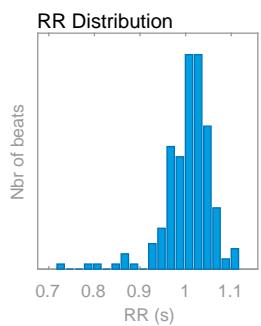
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
60 bpm	**9.4**	**61.8 %**

SNS index = -0.43

PNS activity (recovery)
PNS index = 0.36

SNS activity (stress)
SNS index = -0.43

Time-domain results
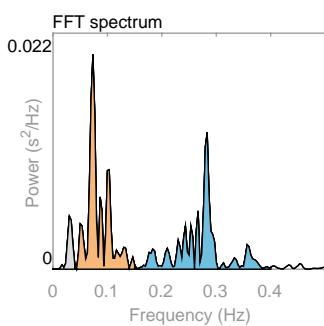
Variable	Units	Value
Mean RR*	(ms)	1005
Mean HR*	(bpm)	60
Min HR*	(bpm)	54
Max HR*	(bpm)	70
SDNN	(ms)	39.4
RMSSD	(ms)	39.5
NN50	(beats)	34
pNN50	(%)	17.35
HRV triang.ind.		8.57
TINN	(ms)	226.0
Stress index		9.4

RR Distribution

Frequency-domain results
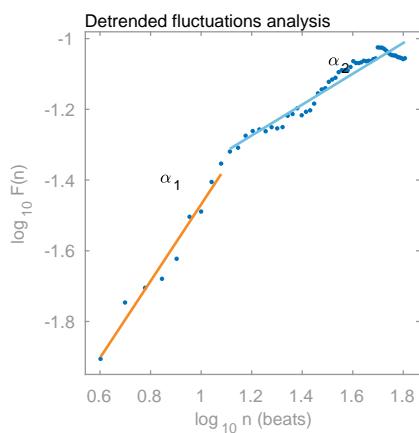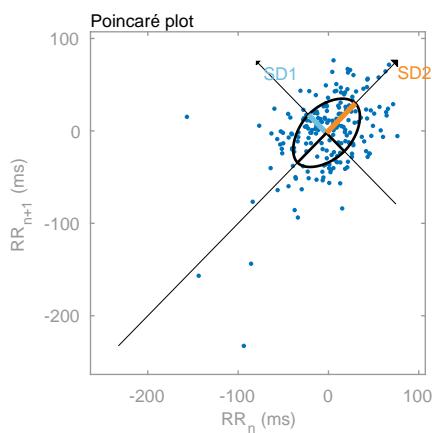
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.073	0.283
Power	(ms^2)	53	437	385
Power	(log)	3.971	6.079	5.954
Power	(%)	6.06	49.90	44.02
Power	(n.u.)		53.12	46.86

Total power	(ms^2)	875		
Total power	(log)	6.774		
LF/HF ratio		1.133		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	28.0
SD2	(ms)	45.3
SD2/SD1		1.618
Approximate entropy (ApEn)		0.989
Sample entropy (SampEn)		1.814
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.085
DFA alpha2		0.437

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data