

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

Mon, Dec 29 2025, 00:00:00

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

rr_interval_chika_overload.csv

Sample (sample 1)

Start time: 00:00:01
Sample length: 00:03:09
Beats corrected: 0 (0.00 %)

RR data

● RR (s)

Sample 1

Analyzed Sample (detrended)

● RR (s)

Time (h:min:s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
983 ms

RMSSD
44.3 ms

SD1
53.8 %

PNS index = 0.58

Sympathetic nervous system (SNS)

Mean HR
61 bpm

Stress index
10.1

SD2
46.2 %

SNS index = -0.44

PNS activity (recovery)

PNS index = 0.58

Mean RR

RMSSD

SD1

LOW

NORMAL

HIGH

SNS activity (stress)

SNS index = -0.44

Mean HR

Stress index

SD2

HIGH

NORMAL

LOW

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	983
Mean HR*	(bpm)	61
Min HR*	(bpm)	58
Max HR*	(bpm)	65
SDNN	(ms)	29.2
RMSSD	(ms)	44.3
NN50	(beats)	30
pNN50	(%)	15.71
HRV triang.ind.		7.11
TINN	(ms)	209.0
Stress index		10.1

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)	0.037	0.083	0.320
Power	(ms ²)	15	127	354
Power	(log)	2.726	4.843	5.870
Power	(%)	3.07	25.54	71.32
Power	(n.u.)		26.35	73.59
Total power	(ms ²)	497		
Total power	(log)	6.208		
LF/HF ratio		0.358		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	31.4
SD2	(ms)	26.9
SD2/SD1		0.858
Approximate entropy (ApEn)		0.990
Sample entropy (SampEn)		1.966
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.490
DFA alpha2		0.205

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data

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