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: 00:07:09 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 %)
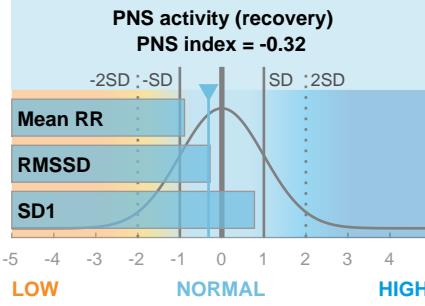
rr_interval_ko_flow.csv

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)
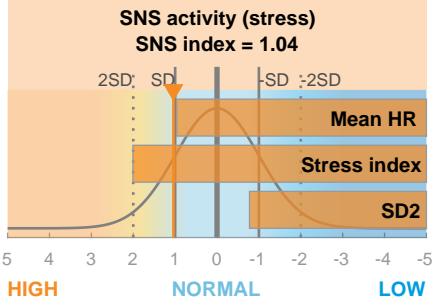
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
846 ms	**37.8 ms**	**44.4 %**

PNS index = -0.32
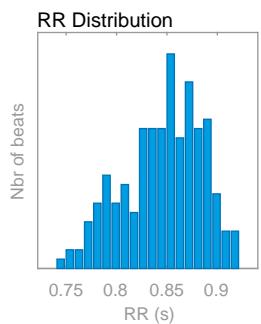
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
71 bpm	**14.9**	**55.6 %**

SNS index = 1.04

PNS activity (recovery)
PNS index = -0.32

SNS activity (stress)
SNS index = 1.04

Time-domain results
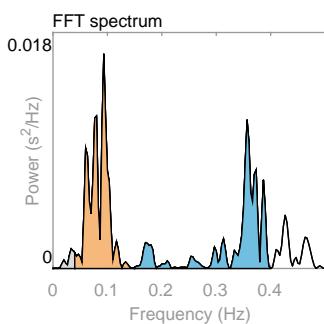
Variable	Units	Value
Mean RR*	(ms)	846
Mean HR*	(bpm)	71
Min HR*	(bpm)	66
Max HR*	(bpm)	79
SDNN	(ms)	30.5
RMSSD	(ms)	37.8
NN50	(beats)	42
pNN50	(%)	21.32
HRV triang.ind.		8.61
TINN	(ms)	137.0
Stress index		14.9

RR Distribution

Frequency-domain results
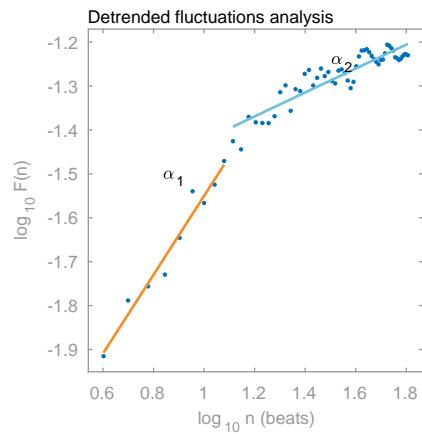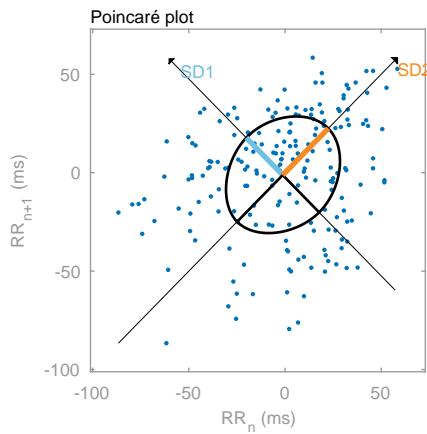
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.093	0.357
Power	(ms^2)	21	442	390
Power	(log)	3.021	6.092	5.965
Power	(%)	2.41	51.87	45.72
Power	(n.u.)		53.15	46.85

Total power	(ms^2)	852		
Total power	(log)	6.748		
LF/HF ratio		1.135		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	26.8
SD2	(ms)	33.5
SD2/SD1		1.251
Approximate entropy (ApEn)		0.884
Sample entropy (SampEn)		1.906
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.897
DFA alpha2		0.272

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data

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