

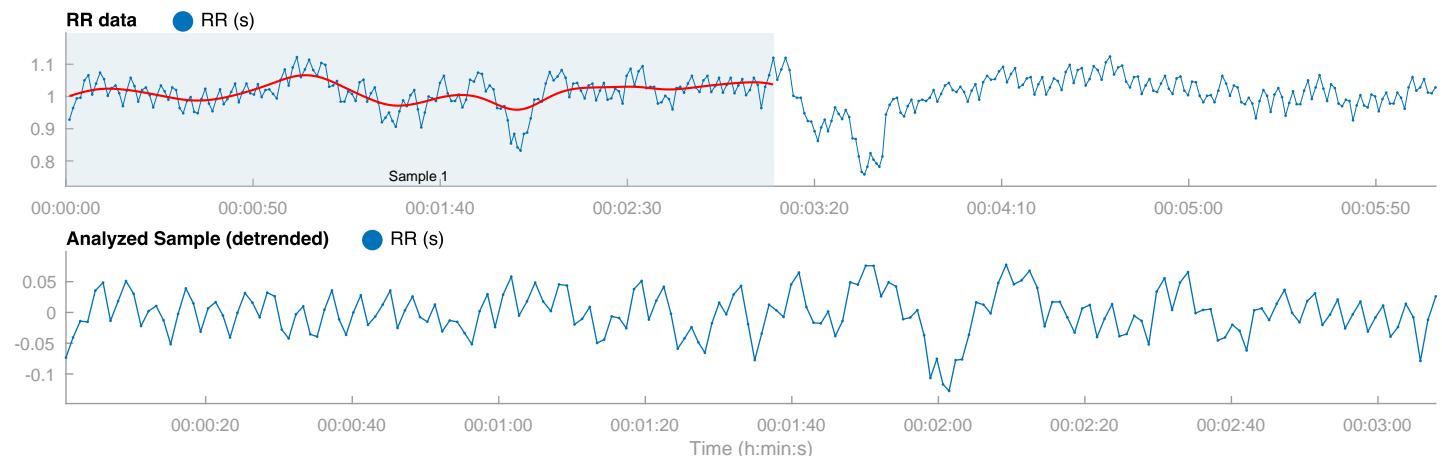
# HRV Results (sample 1)

Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Mon, Dec 29 2025, 00:00:00  
Measurement length: 00:06:06  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

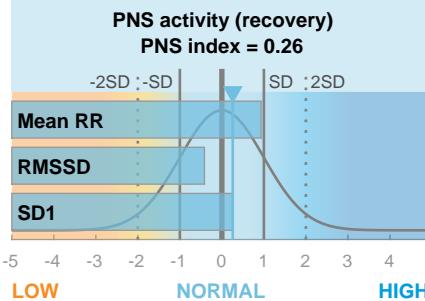
Sample (sample 1)  
Start time: 00:00:01  
Sample length: 00:03:09  
Beats corrected: 0 (0.00 %)

rr\_interval\_chika\_rest.csv



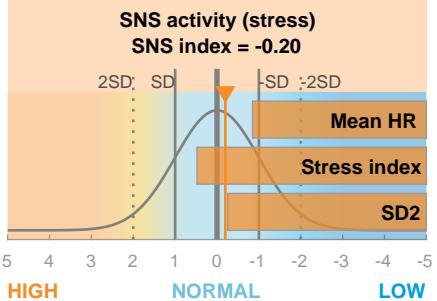
## Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
<b>1010 ms</b>	<b>35.8 ms</b>	<b>36.1 %</b>
<b>PNS index = 0.26</b>		



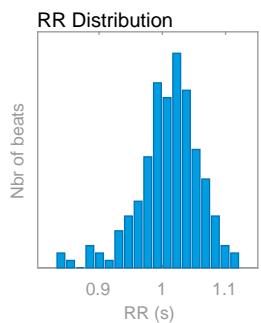
## Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
<b>59 bpm</b>	<b>10.9</b>	<b>63.9 %</b>
<b>SNS index = -0.20</b>		



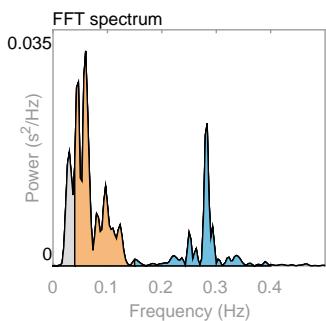
## Time-domain results

Variable	Units	Value
Mean RR*	(ms)	1010
Mean HR*	(bpm)	59
Min HR*	(bpm)	55
Max HR*	(bpm)	70
SDNN	(ms)	36.6
RMSSD	(ms)	35.8
NN50	(beats)	35
pNN50	(%)	18.92
HRV triang.ind.		9.30
TINN	(ms)	179.0
Stress index		10.9



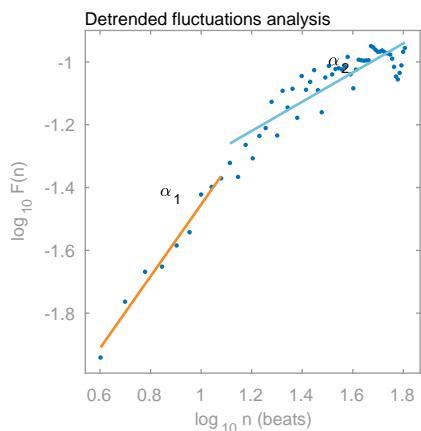
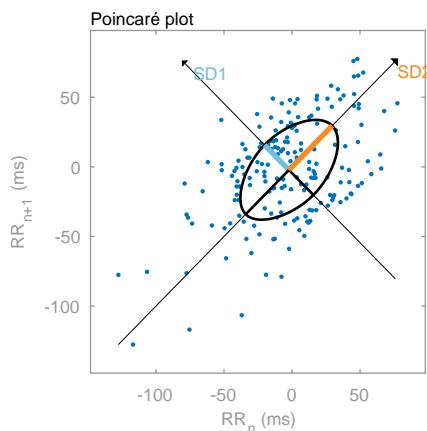
## Frequency-domain results

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	0.060	0.283
Power	(ms <sup>2</sup> )	257	1010	409
Power	(log)	5.548	6.918	6.013
Power	(%)	15.32	60.28	24.40
Power	(n.u.)		71.18	28.81
-----				
Total power	(ms <sup>2</sup> )	1676		
Total power	(log)	7.424		
LF/HF ratio		2.471		
RESP	(Hz)	-		



## Nonlinear results

Variable	Units	Value
<b>Poincaré plot</b>		
SD1	(ms)	25.4
SD2	(ms)	44.9
SD2/SD1		1.772
Approximate entropy (ApEn)		0.861
Sample entropy (SampEn)		1.746
Detrended fluctuations analysis (DFA)		1.144
DFA alpha1		0.465



\*Results are calculated from non-detrended RR data