HRV Results (sample 1)

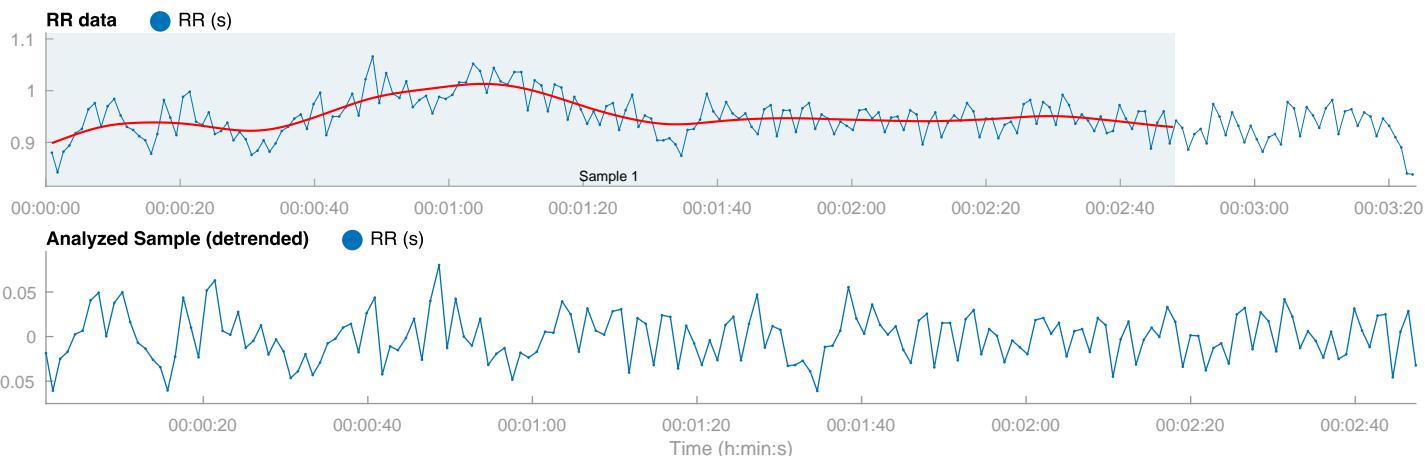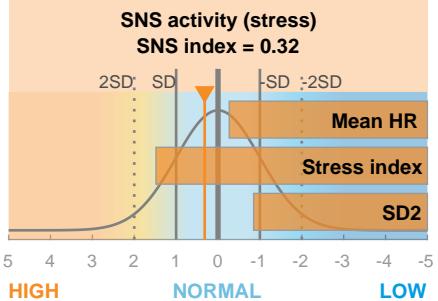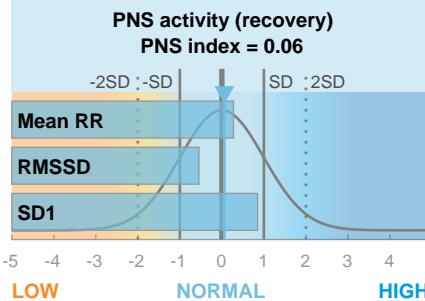|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Thu, Dec 18 2025, 00:00:00** Measurement length: 00:03:24 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_miyake_flow_ultra.csv **Sample (sample 1)** Start time: 00:00:01 Sample 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
951 ms	**33.8 ms**	**45.6 %**

PNS index = 0.06
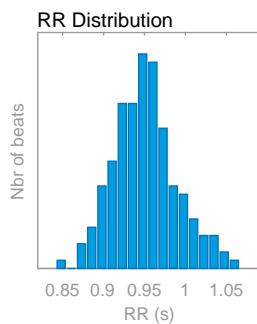
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
63 bpm	**13.5**	**54.4 %**

SNS index = 0.32

PNS activity (recovery)
PNS index = 0.06

SNS activity (stress)
SNS index = 0.32

Time-domain results
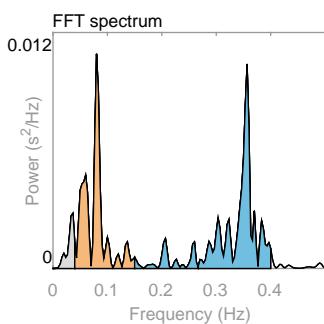
Variable	Units	Value
Mean RR*	(ms)	951
Mean HR*	(bpm)	63
Min HR*	(bpm)	58
Max HR*	(bpm)	69
SDNN	(ms)	26.4
RMSSD	(ms)	33.8
NN50	(beats)	22
pNN50	(%)	12.57
HRV triang.ind.		8.80
TINN	(ms)	130.0
Stress index		13.5

RR Distribution

Frequency-domain results
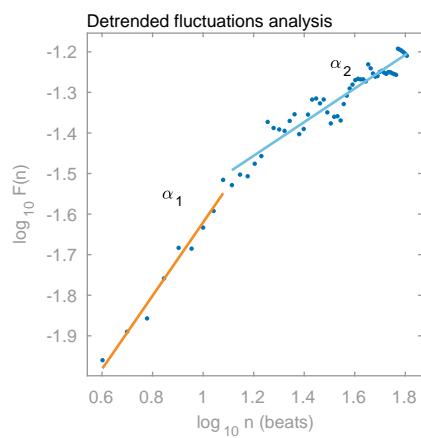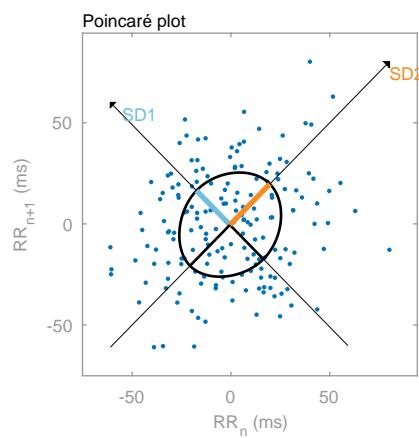
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.080	0.357
Power	(ms^2)	36	242	322
Power	(log)	3.584	5.487	5.775
Power	(%)	5.99	40.20	53.64
Power	(n.u.)		42.77	57.06

Total power	(ms^2)	601		
Total power	(log)	6.398		
LF/HF ratio		0.749		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	24.0
SD2	(ms)	28.6
SD2/SD1		1.193
Approximate entropy (ApEn)		0.755
Sample entropy (SampEn)		2.126
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.904
DFA alpha2		0.415

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data