HRV Results (sample 1)

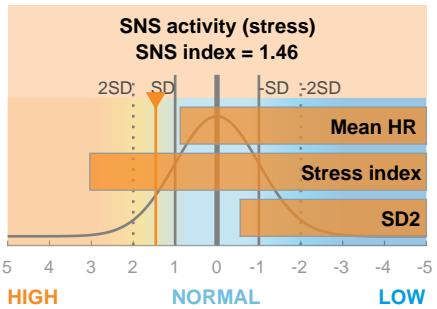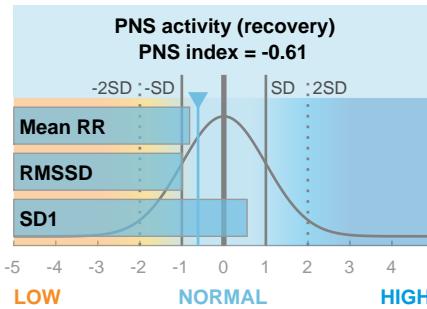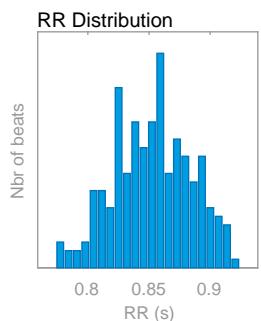|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Mon, Dec 29 2025, 00:00:00** Measurement length: 00:05:07 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	**Sample (sample 1)** Start time: 00:00:01 Sample length: 00:03:09 Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
853 ms	**27.2 ms**	**40.8 %**

PNS index = -0.61

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
70 bpm	**17.5**	**59.2 %**

SNS index = 1.46

PNS activity (recovery) PNS index = -0.61

SNS activity (stress) SNS index = 1.46
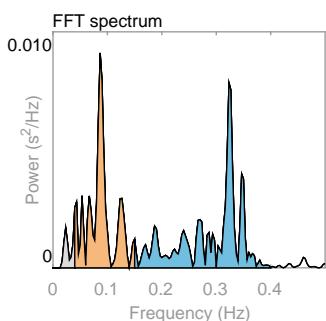
Time-domain results

Variable	Units	Value
Mean RR*	(ms)	853
Mean HR*	(bpm)	70
Min HR*	(bpm)	66
Max HR*	(bpm)	76
SDNN	(ms)	23.9
RMSSD	(ms)	27.2
NN50	(beats)	9
pNN50	(%)	4.09
HRV triang.ind.		8.19
TINN	(ms)	110.0
Stress index		17.5

RR Distribution
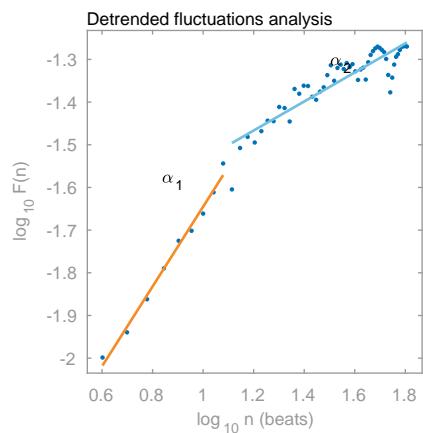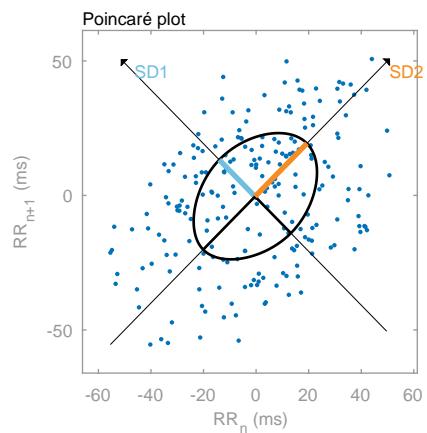
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.087	0.323
Power	(ms^2)	25	245	300
Power	(log)	3.206	5.499	5.704
Power	(%)	4.34	42.95	52.71
Power	(n.u.)		44.90	55.10

Total power	(ms^2)	569		
Total power	(log)	6.344		
LF/HF ratio		0.815		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	19.3
SD2	(ms)	27.9
SD2/SD1		1.448
Approximate entropy (ApEn)		0.886
Sample entropy (SampEn)		1.820
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.935
DFA alpha2		0.340

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data