

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: 00:06:06
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

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
1010 ms

RMSSD
35.8 ms

SD1
36.1 %

PNS index = 0.26

Sympathetic nervous system (SNS)

Mean HR
59 bpm

Stress index
10.9

SD2
63.9 %

SNS index = -0.20

PNS activity (recovery)

PNS index = 0.26

Mean RR

RMSSD

SD1

LOW

NORMAL

HIGH

SNS activity (stress)

SNS index = -0.20

Mean HR

Stress index

SD2

HIGH

NORMAL

LOW

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

RR Distribution

RR (s)

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 ²)	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 ²)	1676		
Total power	(log)	7.424		
LF/HF ratio		2.471		
RESP	(Hz)	-		

FFT spectrum

Power (s²/Hz)

Frequency (Hz)

Nonlinear results

Variable	Units	Value
Poincaré plot		
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)		
DFA alpha1		1.144
DFA alpha2		0.465

Poincaré plot

RR_{n+1} (ms)

RR_n (ms)

Detrended fluctuations analysis

log₁₀ F(n)

log₁₀ n (beats)

*Results are calculated from non-detrended RR data

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