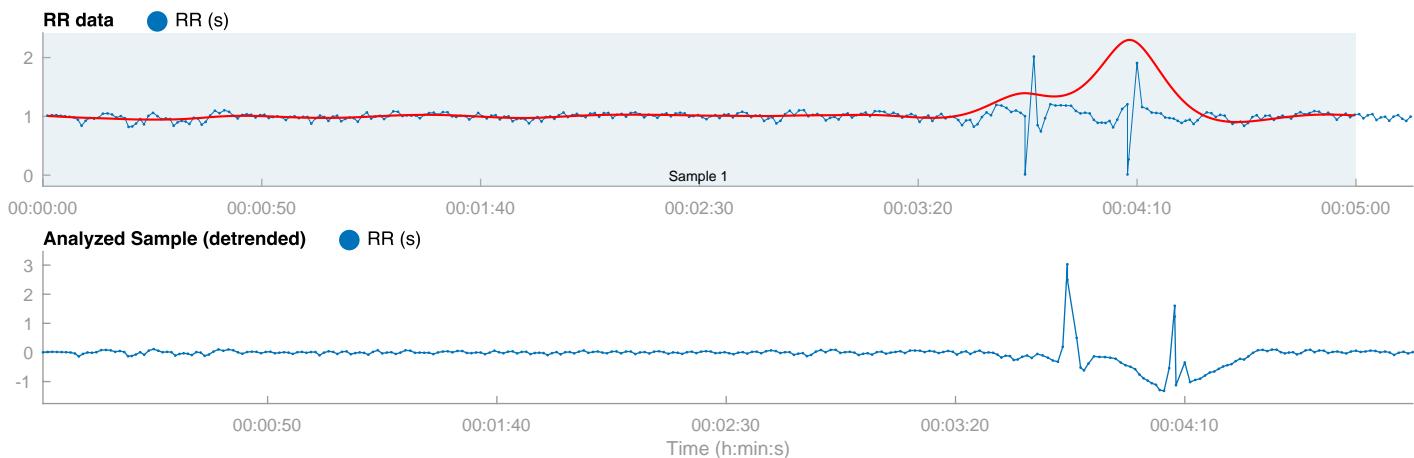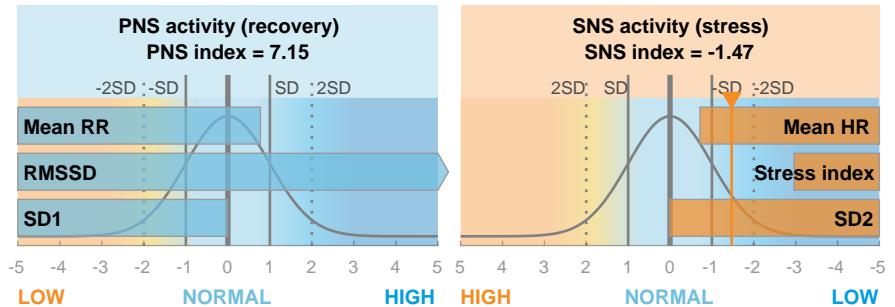# HRV Results (sample 1)

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: 00:05:13
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Time (h:min:s)

Autonomic nervous system (ANS)
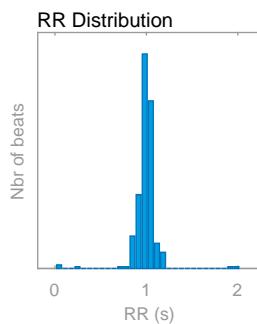
Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
996 ms	**298.2 ms**	**31.9 %**

PNS index = 7.15

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
60 bpm	**2.0**	**68.1 %**

SNS index = -1.47

PNS activity (recovery)
PNS index = 7.15

-2SD -SD SD 2SD
Mean RR
RMSSD
SD1

-5 -4 -3 -2 -1 0 1 2 3 4 5
LOW   NORMAL   HIGH

SNS activity (stress)
SNS index = -1.47

2SD SD -SD -2SD
Mean HR
Stress index
SD2

5 4 3 2 1 0 -1 -2 -3 -4 -5
HIGH   NORMAL   LOW
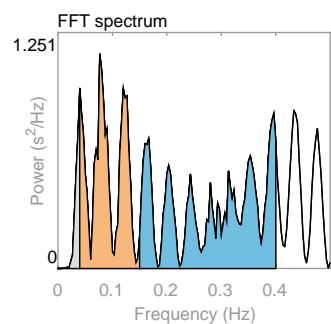
Time-domain results

Variable	Units	Value
Mean RR*	(ms)	996
Mean HR*	(bpm)	60
Min HR*	(bpm)	47
Max HR*	(bpm)	84
SDNN	(ms)	351.5
RMSSD	(ms)	298.2
NN50	(beats)	138
pNN50	(%)	46.00
HRV triang.ind.		12.54
TINN	(ms)	2934.0
Stress index		2.0

RR Distribution

Nbr of beats

0   1   2
RR (s)
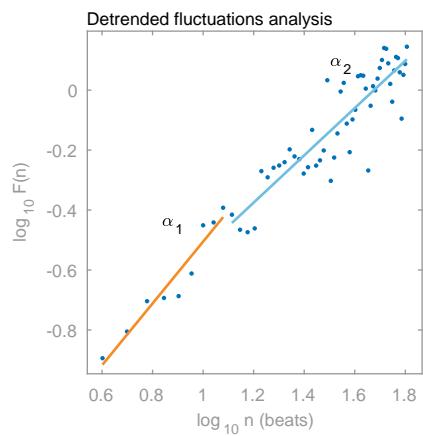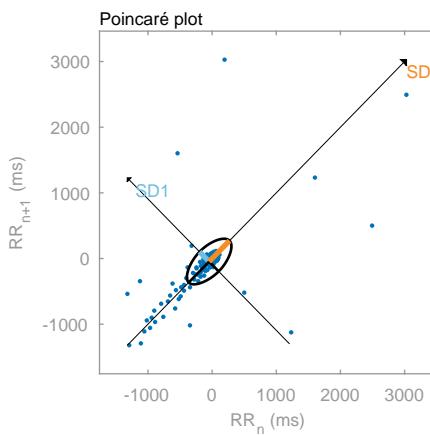
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.077	0.397
Power	(ms^2)	7039	55922	84063
Power	(log)	8.859	10.932	11.339
Power	(%)	4.77	37.87	56.92
Power	(n.u.)		39.76	59.77

Total power	(ms^2)	147677		
Total power	(log)	11.903		
LF/HF ratio		0.665		
RESP	(Hz)	-		

FFT spectrum

1.251

Power (s^2/Hz)

0
0   0.1   0.2   0.3   0.4
Frequency (Hz)

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	211.2
SD2	(ms)	450.9
SD2/SD1		2.135
Approximate entropy (ApEn)		0.395
Sample entropy (SampEn)		0.321
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.031
DFA alpha2		0.788

Poincaré plot

SD2
SD1

3000
2000
1000
0
-1000

RR$_{n+1}$ (ms)

-1000   0   1000   2000   3000
RR$_n$ (ms)

Detrended fluctuations analysis

α_2
α_1

0
-0.2
-0.4
-0.6
-0.8

log$_{10}$ F(n)

0.6 0.8 1.0 1.2 1.4 1.6 1.8
log$_{10}$ n (beats)

*Results are calculated from non-detrended RR data