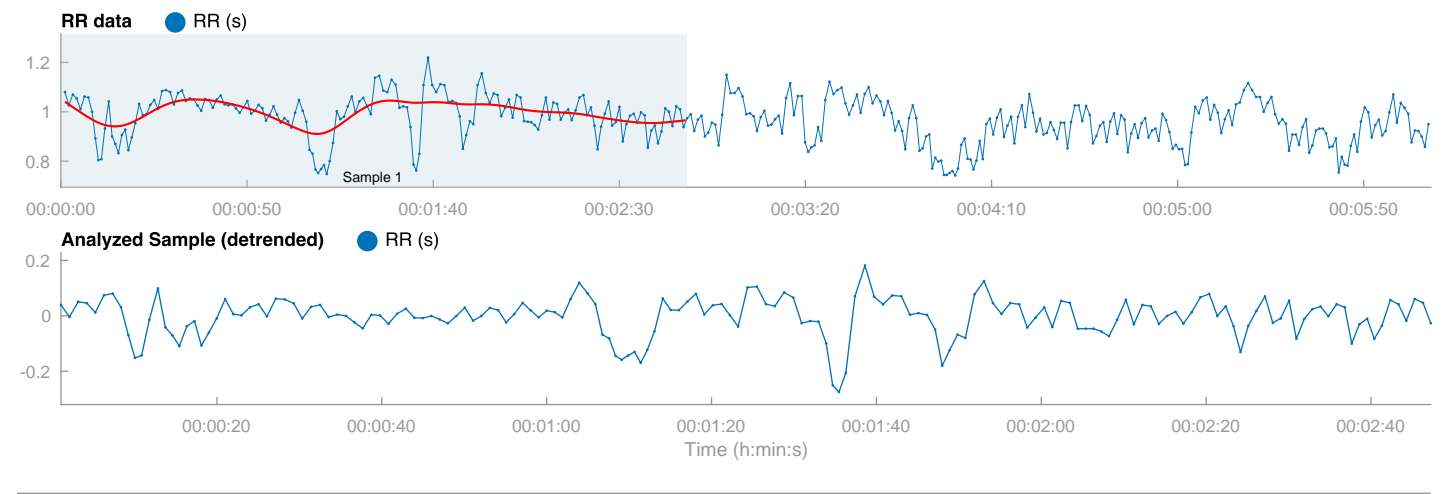


HRV Results (sample 1)

Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00
Measurement length: 00:06:08
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_ohashi_rest.csv
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:02:48
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
990 ms

RMSSD
61.9 ms

SD1
33.1 %

PNS index = 0.83

Sympathetic nervous system (SNS)

Mean HR
61 bpm

Stress index
6.3

SD2
66.9 %

SNS index = -0.80

PNS activity (recovery)

PNS index = 0.83

SNS activity (stress)

SNS index = -0.80

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	990
Mean HR*	(bpm)	61
Min HR*	(bpm)	53
Max HR*	(bpm)	79
SDNN	(ms)	69.7
RMSSD	(ms)	61.9
NN50	(beats)	64
pNN50	(%)	38.10
HRV triang.ind.		11.27
TINN	(ms)	342.0
Stress index		6.3

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	0.150
Power	(ms ²)	610	4671	1600
Power	(log)	6.414	8.449	7.377
Power	(%)	8.87	67.88	23.24
Power	(n.u.)		74.48	25.50
Total power	(ms ²)	6882		
Total power	(log)	8.837		
LF/HF ratio		2.920		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	43.9
SD2	(ms)	88.5
SD2/SD1		2.018
Approximate entropy (ApEn)		0.801
Sample entropy (SampEn)		1.457
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.001
DFA alpha2		0.428

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data