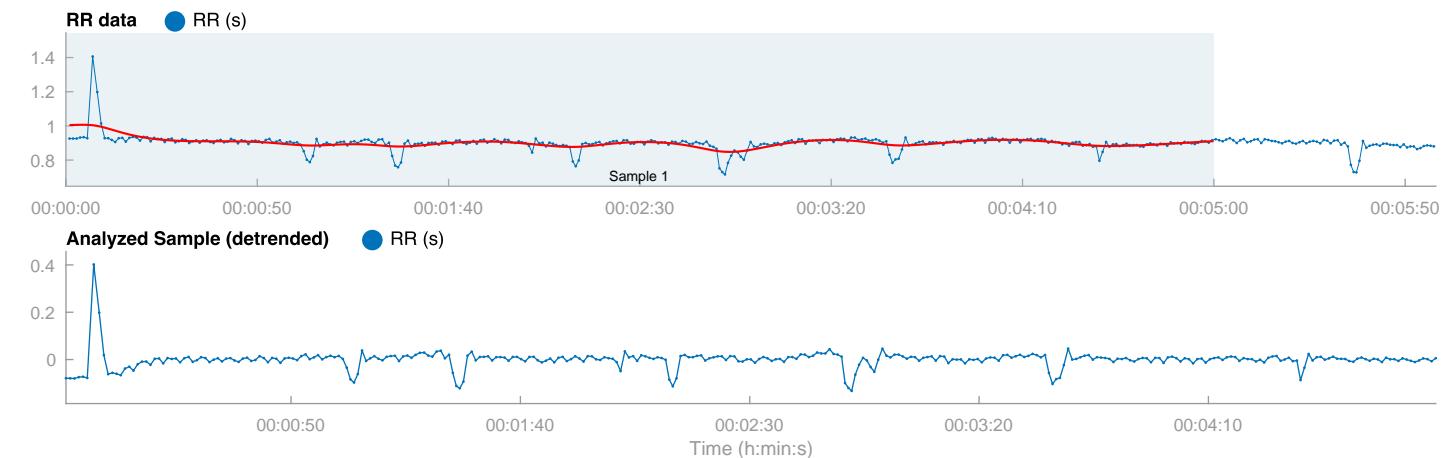


HRV Results (sample 1)

Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m ²) HR max: 168 bpm HR rest: 60 bpm	Thu, Dec 11 2025, 00:00:00 Measurement length: 00:05:58 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 %)
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Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

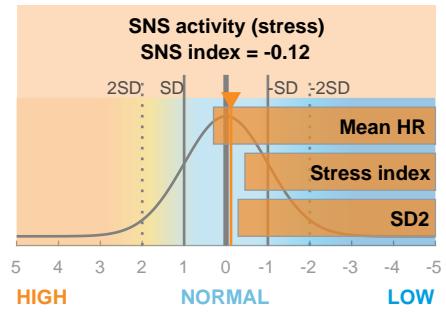
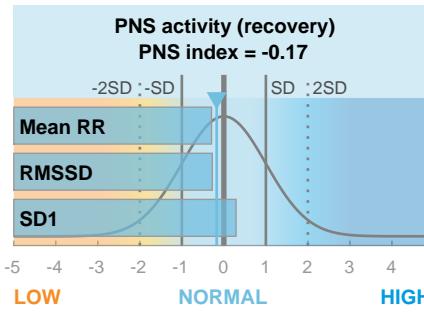
Mean RR	RMSD	SD1
900 ms	37.8 ms	36.6 %

PNS index = -0.17

Sympathetic nervous system (SNS)

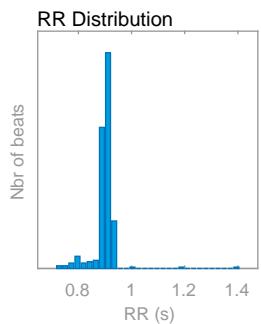
Mean HR	Stress index	SD2
67 bpm	8.5	63.4 %

SNS index = -0.12



Time-domain results

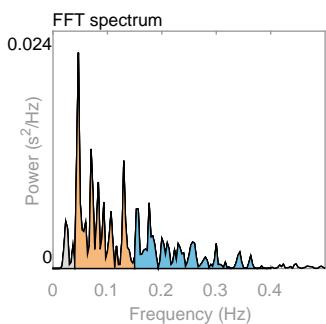
Variable	Units	Value
Mean RR*	(ms)	900
Mean HR*	(bpm)	67
Min HR*	(bpm)	55
Max HR*	(bpm)	79
SDNN	(ms)	37.9
RMSD	(ms)	37.8
NN50	(beats)	20
pNN50	(%)	6.02
HRV triang.ind.		3.70
TINN	(ms)	361.0
Stress index		8.5



Frequency-domain results

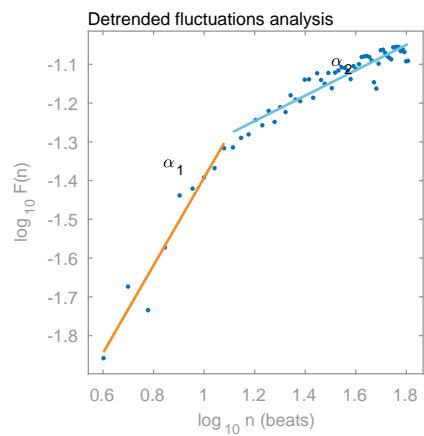
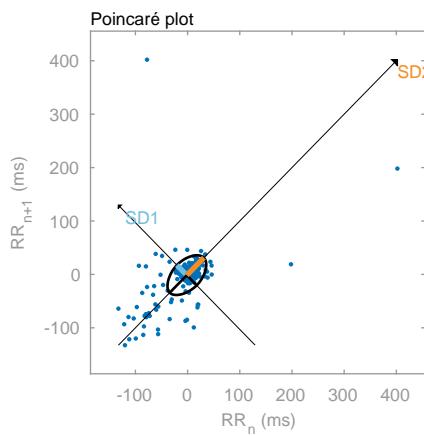
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.023	0.047	0.177
Power	(ms ²)	49	478	297
Power	(log)	3.886	6.169	5.692
Power	(%)	5.92	58.04	36.03
Power	(n.u.)		61.69	38.30

Total power	(ms ²)	823		
Total power	(log)	6.713		
LF/HF ratio		1.611		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	26.8
SD2	(ms)	46.3
SD2/SD1		1.729
Approximate entropy (ApEn)		0.772
Sample entropy (SampEn)		0.833
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.131
DFA alpha2		0.328



*Results are calculated from non-detrended RR data