

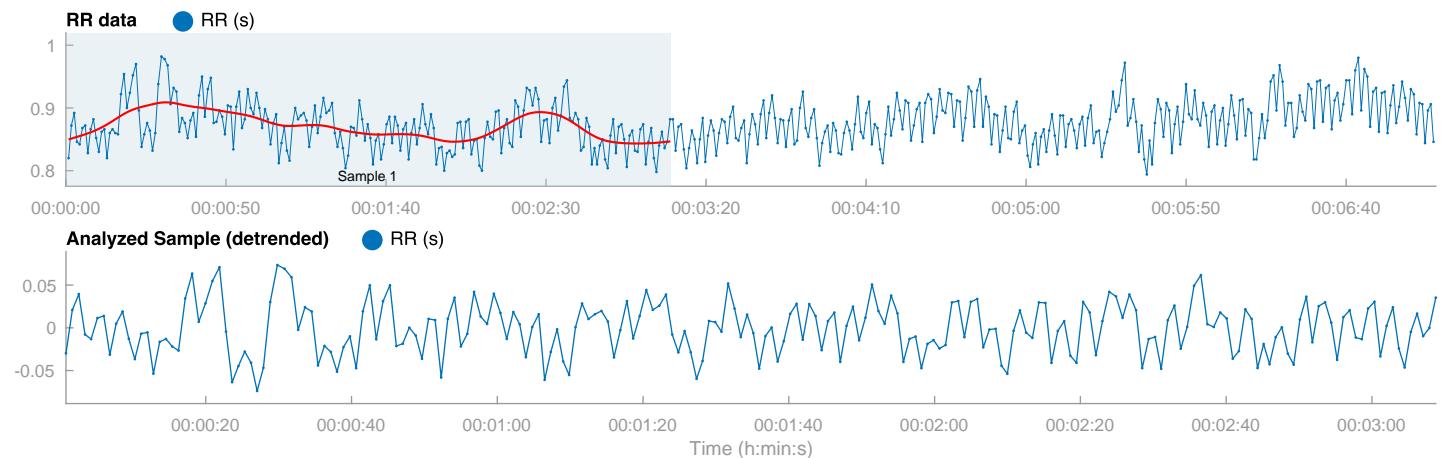
HRV Results (sample 1)

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: 00:07:08
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 %)

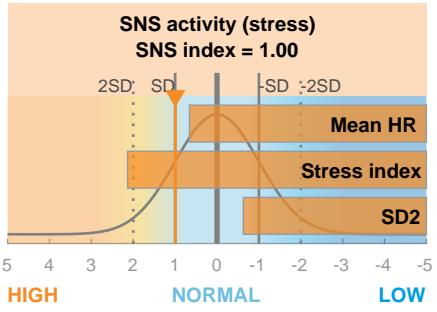
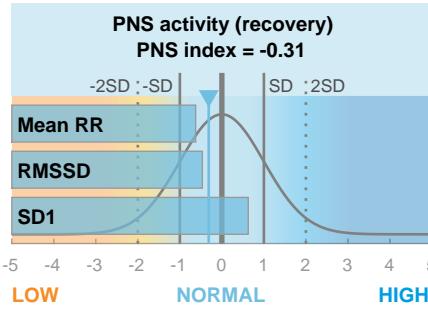
rr_interval_mio_flow.csv



Autonomic nervous system (ANS)

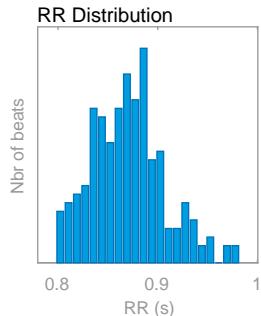
Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
870 ms	35.0 ms	42.0 %
PNS index = -0.31		

Sympathetic nervous system (SNS)		
Mean HR	Stress index	SD2
69 bpm	15.2	58.0 %
SNS index = 1.00		



Time-domain results

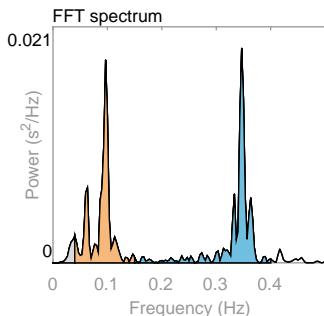
Variable	Units	Value
Mean RR*	(ms)	870
Mean HR*	(bpm)	69
Min HR*	(bpm)	63
Max HR*	(bpm)	73
SDNN	(ms)	29.9
RMSSD	(ms)	35.0
NN50	(beats)	33
pNN50	(%)	15.28
HRV triang.ind.		10.33
TINN	(ms)	133.0
Stress index		15.2



Frequency-domain results

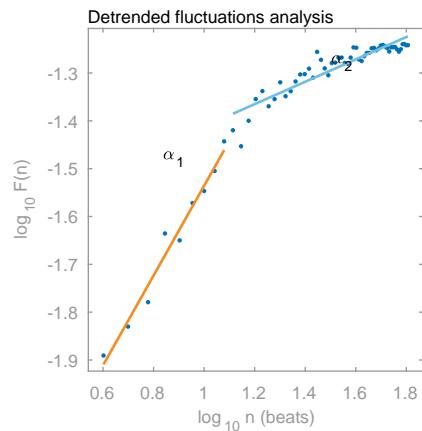
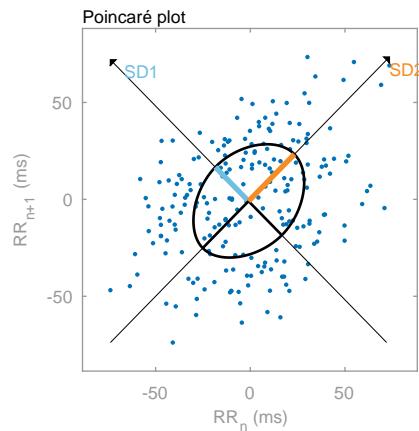
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.097	0.347
Power	(ms ²)	25	319	346
Power	(log)	3.214	5.766	5.847
Power	(%)	3.60	46.22	50.13
Power	(n.u.)		47.94	52.01

Total power	(ms ²)	691		
Total power	(log)	6.538		
LF/HF ratio		0.922		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	24.8
SD2	(ms)	34.2
SD2/SD1		1.379
Approximate entropy (ApEn)		0.924
Sample entropy (SampEn)		2.063
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.939
DFA alpha2		0.234



*Results are calculated from non-detrended RR data