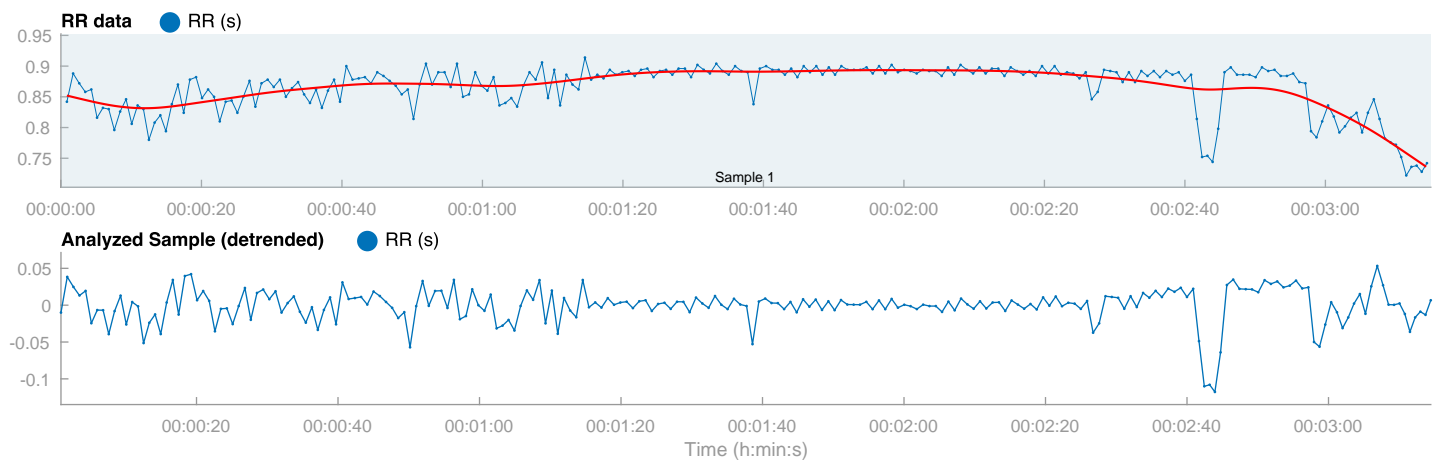


HRV Results (sample 1)

Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00  
Measurement length: 00:03:15  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_yamamoto\_flow\_ultra.csv  
**Sample (sample 1)**  
Start time: 00:00:01  
Sample length: 00:03:15  
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR  
864 ms

RMSSD  
24.2 ms

SD1  
37.8 %

PNS index = -0.68

Sympathetic nervous system (SNS)

Mean HR  
69 bpm

Stress index  
15.6

SD2  
62.2 %

SNS index = 1.14

PNS activity (recovery)

PNS index = -0.68

SNS activity (stress)

SNS index = 1.14

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	864
Mean HR*	(bpm)	69
Min HR*	(bpm)	67
Max HR*	(bpm)	82
SDNN	(ms)	23.3
RMSSD	(ms)	24.2
NN50	(beats)	14
pNN50	(%)	6.25
HRV triang.ind.		4.25
TINN	(ms)	124.0
Stress index		15.6

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)	0.030	0.080	0.150
Power	(ms <sup>2</sup> )	4	67	55
Power	(log)	1.451	4.200	4.009
Power	(%)	3.38	52.77	43.59
Power	(n.u.)		54.61	45.11
Total power	(ms <sup>2</sup> )	126		
Total power	(log)	4.839		
LF/HF ratio		1.211		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	17.1
SD2	(ms)	28.1
SD2/SD1		1.642
Approximate entropy (ApEn)		0.764
Sample entropy (SampEn)		0.948
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.138
DFA alpha2		0.097

Poincaré plot

Detrended fluctuations analysis

\*Results are calculated from non-detrended RR data