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: 00:07:07 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	**Sample (sample 1)** Start time: 00:00:01 Sample length: 00:02:48 Beats corrected: 0 (0.00 %)
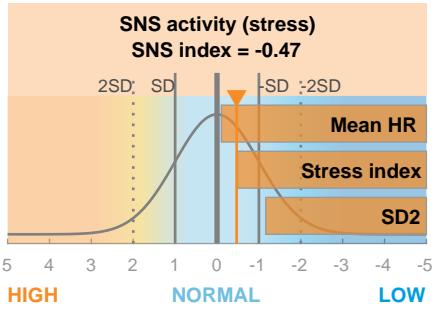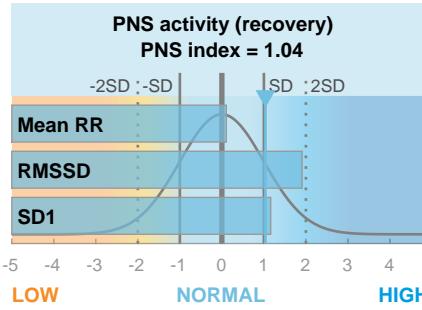
rr_interval_ohashi_flow.csv

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
935 ms	**70.6 ms**	**50.6 %**

PNS index = 1.04
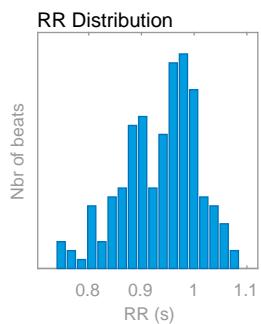
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
64 bpm	**8.4**	**49.4 %**

SNS index = -0.47

PNS activity (recovery)
PNS index = 1.04

Mean RR / RMSSD / SD1
LOW — NORMAL — HIGH

SNS activity (stress)
SNS index = -0.47

Mean HR / Stress index / SD2
HIGH — NORMAL — LOW
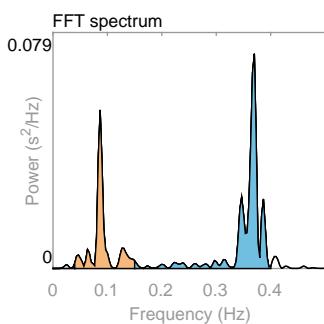
Time-domain results

Variable	Units	Value
Mean RR*	(ms)	935
Mean HR*	(bpm)	64
Min HR*	(bpm)	58
Max HR*	(bpm)	77
SDNN	(ms)	50.0
RMSSD	(ms)	70.6
NN50	(beats)	99
pNN50	(%)	55.62
HRV triang.ind.		9.42
TINN	(ms)	236.0
Stress index		8.4

RR Distribution
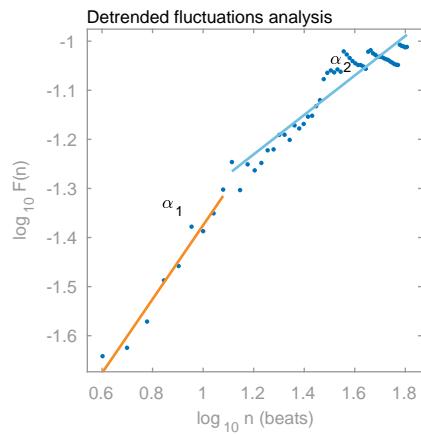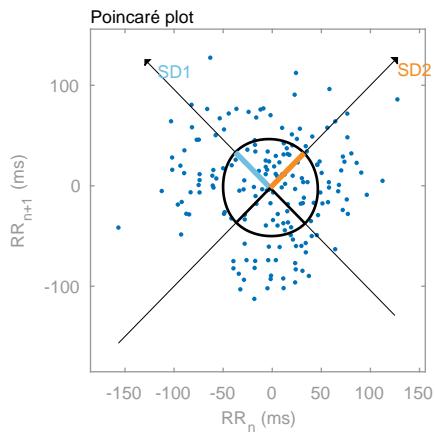
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.087	0.370
Power	(ms^2)	16	796	1560
Power	(log)	2.758	6.680	7.352
Power	(%)	0.66	33.55	65.74
Power	(n.u.)		33.77	66.18

Total power	(ms^2)	2373		
Total power	(log)	7.772		
LF/HF ratio		0.510		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	50.1
SD2	(ms)	48.9
SD2/SD1		0.976
Approximate entropy (ApEn)		0.814
Sample entropy (SampEn)		1.905
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.753
DFA alpha2		0.402

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data

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