

HRV Results (sample 1)

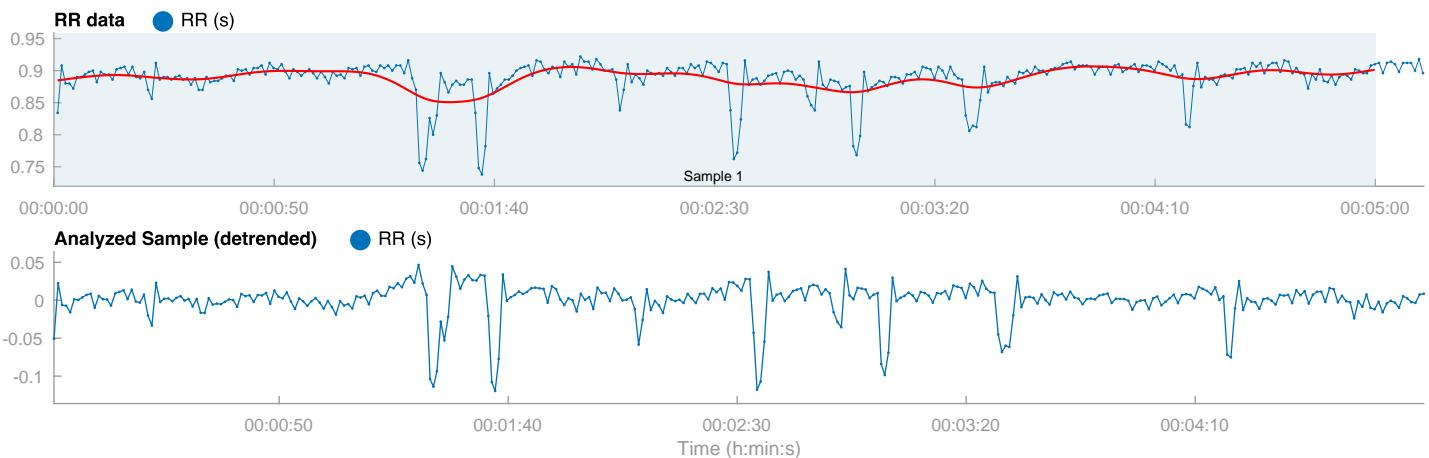
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00

Measurement length: 00:05:11
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

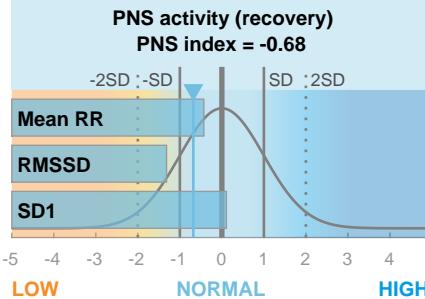
rr_interval_yamamoto_boredom.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)



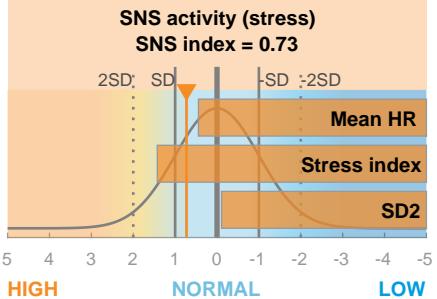
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)
Mean RR 887 ms RMSSD 22.3 ms SD1 33.7 %
PNS index = -0.68



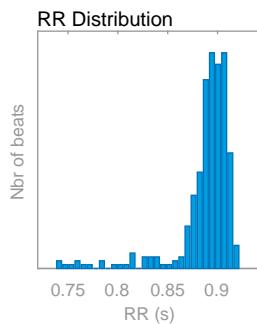
Sympathetic nervous system (SNS)

Mean HR 68 bpm Stress index 13.4 SD2 66.3 %
SNS index = 0.73



Time-domain results

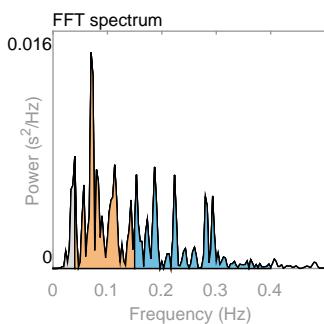
Variable	Units	Value
Mean RR*	(ms)	887
Mean HR*	(bpm)	68
Min HR*	(bpm)	66
Max HR*	(bpm)	77
SDNN	(ms)	24.6
RMSSD	(ms)	22.3
NN50	(beats)	19
pNN50	(%)	5.64
HRV triang.ind.		3.56
TINN	(ms)	119.0
Stress index		13.4



Frequency-domain results

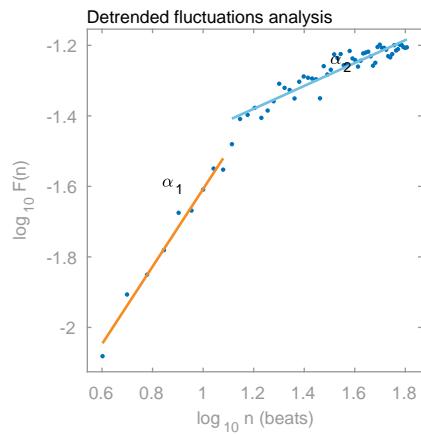
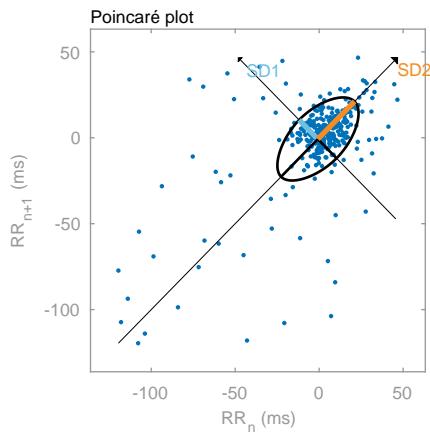
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.070	0.187
Power	(ms ²)	61	393	304
Power	(log)	4.112	5.973	5.716
Power	(%)	8.06	51.83	40.10
Power	(n.u.)		56.37	43.61

Total power	(ms ²)	758		
Total power	(log)	6.630		
LF/HF ratio		1.293		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	15.8
SD2	(ms)	31.0
SD2/SD1		1.965
Approximate entropy (ApEn)		0.912
Sample entropy (SampEn)		1.082
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.099
DFA alpha2		0.325



*Results are calculated from non-detrended RR data