

# HRV Results (sample 1)

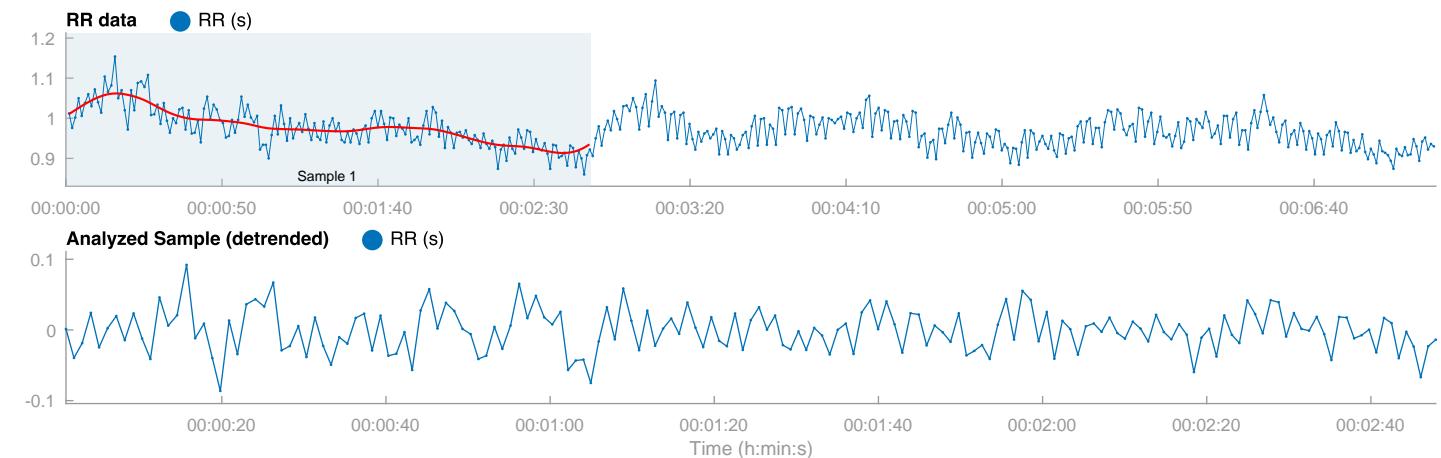
Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:07:19  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

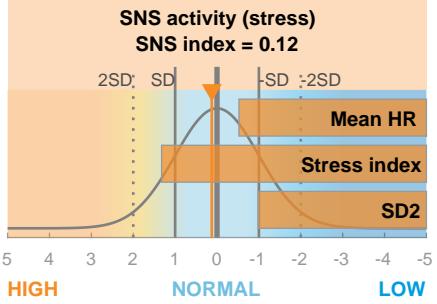
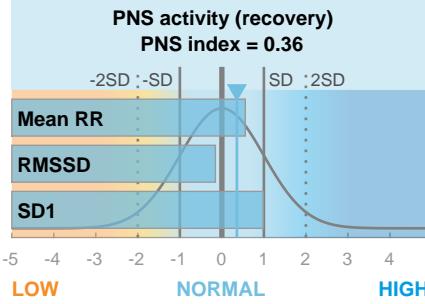
rr\_interval Miyake\_flow.csv

Sample (sample 1)  
Start time: 00:00:01  
Sample length: 00:02:48  
Beats corrected: 0 (0.00 %)



## Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
976 ms	39.7 ms	47.8 %
PNS index = 0.36		

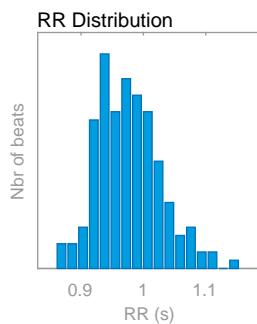


## Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
61 bpm	13.1	52.2 %
SNS index = 0.12		

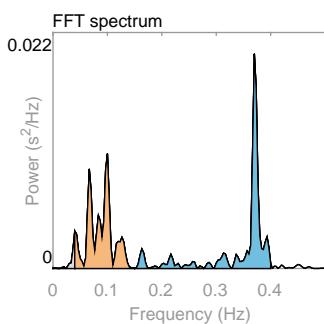
## Time-domain results

Variable	Units	Value
Mean RR*	(ms)	976
Mean HR*	(bpm)	61
Min HR*	(bpm)	55
Max HR*	(bpm)	67
SDNN	(ms)	29.4
RMSD	(ms)	39.7
NN50	(beats)	30
pNN50	(%)	17.54
HRV triang.ind.		8.19
TINN	(ms)	143.0
Stress index		13.1



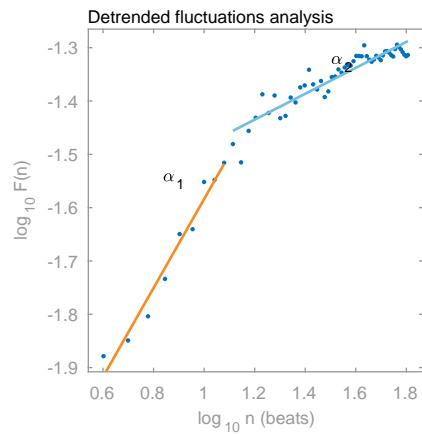
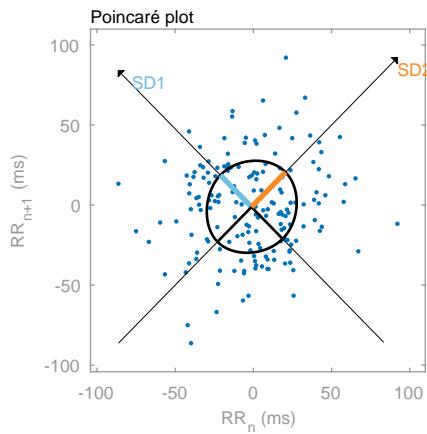
## Frequency-domain results

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	0.100	0.370
Power	(ms <sup>2</sup> )	17	333	350
Power	(log)	2.816	5.809	5.859
Power	(%)	2.39	47.55	50.00
Power	(n.u.)		48.72	51.23
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Total power	(ms <sup>2</sup> )	701		
Total power	(log)	6.552		
LF/HF ratio		0.951		
RESP	(Hz)	-		



## Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	28.1
SD2	(ms)	30.8
SD2/SD1		1.093
Approximate entropy (ApEn)		0.809
Sample entropy (SampEn)		2.100
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.834
DFA alpha2		0.243



\*Results are calculated from non-detrended RR data