

# 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: 00:05:01  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_ishida\_1\_boredom.csv

Sample (sample 1)

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

RR data

● RR (s)

Analyzed Sample (detrended)

● RR (s)

## Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR  
841 ms

RMSSD  
31.7 ms

SD1  
32.9 %

PNS index = -0.65

Sympathetic nervous system (SNS)

Mean HR  
71 bpm

Stress index  
10.7

SD2  
67.1 %

SNS index = 0.57

PNS activity (recovery)

PNS index = -0.65

SNS activity (stress)

SNS index = 0.57

## Time-domain results

Variable	Units	Value
Mean RR*	(ms)	841
Mean HR*	(bpm)	71
Min HR*	(bpm)	62
Max HR*	(bpm)	79
SDNN	(ms)	36.0
RMSSD	(ms)	31.7
NN50	(beats)	39
pNN50	(%)	10.99
HRV triang.ind.		10.17
TINN	(ms)	190.0
Stress index		10.7

## 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)	0.037	0.077	0.167
Power	(ms <sup>2</sup> )	53	950	284
Power	(log)	3.965	6.856	5.649
Power	(%)	4.10	73.82	22.06
Power	(n.u.)		76.98	23.01
Total power	(ms <sup>2</sup> )	1287		
Total power	(log)	7.160		
LF/HF ratio		3.346		
RESP	(Hz)	-		

## Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	22.4
SD2	(ms)	45.7
SD2/SD1		2.038
Approximate entropy (ApEn)		1.176
Sample entropy (SampEn)		1.803
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.110
DFA alpha2		0.252

Poincaré plot

Detrended fluctuations analysis

\*Results are calculated from non-detrended RR data

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