HRV Results (sample 1)

Male / 52 years	**Thu, Dec 18 2025, 00:00:00**	
180 cm / 78.0 kg (BMI=24.1 kg/m^2)	Measurement length: 00:07:08	**Sample (sample 1)**
HR max: 168 bpm	Number of samples: 1	Start time: 00:00:01
HR rest: 60 bpm	Beat correction: none	Sample length: 00:05:00
	Trend removal: Smoothn priors	Beats corrected: 0 (0.00 %)
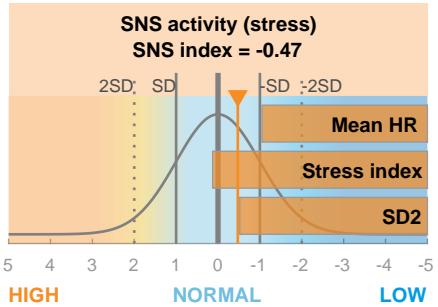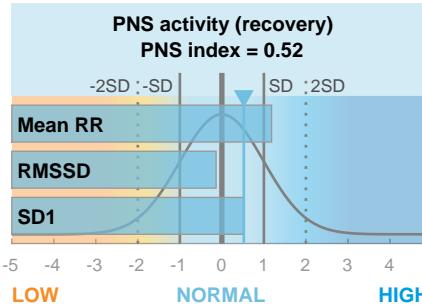
RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
1033 ms	**39.9 ms**	**40.3 %**

PNS index = 0.52
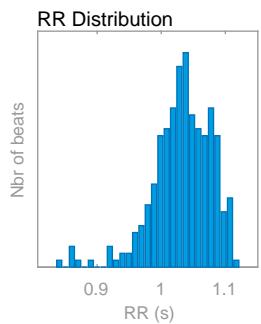
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
58 bpm	**10.0**	**59.7 %**

SNS index = -0.47

PNS activity (recovery)
PNS index = 0.52

SNS activity (stress)
SNS index = -0.47

Time-domain results
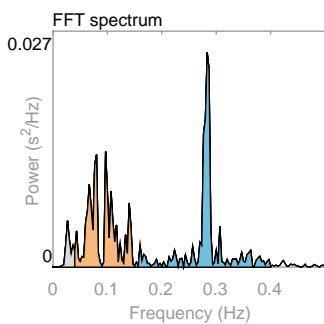
Variable	Units	Value
Mean RR*	(ms)	1033
Mean HR*	(bpm)	58
Min HR*	(bpm)	55
Max HR*	(bpm)	67
SDNN	(ms)	35.7
RMSSD	(ms)	39.9
NN50	(beats)	68
pNN50	(%)	23.53
HRV triang.ind.		7.84
TINN	(ms)	175.0
Stress index		10.0

RR Distribution

Frequency-domain results
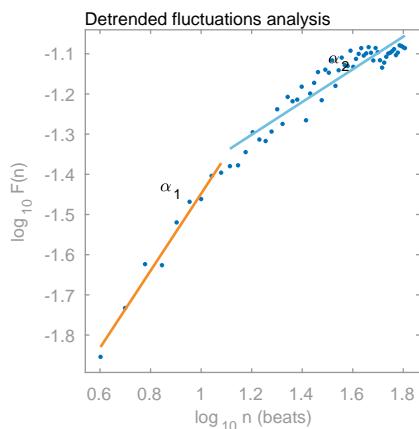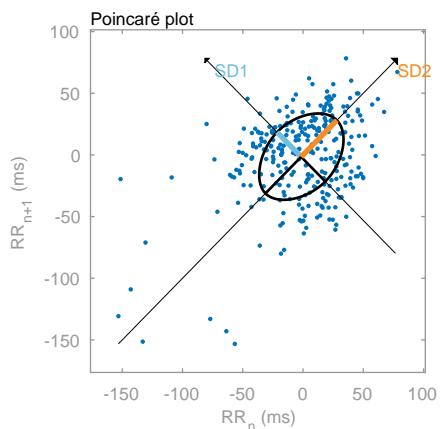
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.097	0.283
Power	(ms^2)	55	458	475
Power	(log)	4.010	6.127	6.164
Power	(%)	5.58	46.33	48.07
Power	(n.u.)		49.07	50.92

Total power	(ms^2)	989		
Total power	(log)	6.896		
LF/HF ratio		0.964		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	28.3
SD2	(ms)	41.9
SD2/SD1		1.482
Approximate entropy (ApEn)		1.172
Sample entropy (SampEn)		1.996
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.959
DFA alpha2		0.407

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data