

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

Mon, Dec 29 2025, 00:00:00

Measurement length: 00:03:10
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_mio_flow_ultra.csv

Sample (sample 1)

Start time: 00:00:01
Sample length: 00:03:09
Beats corrected: 0 (0.00 %)

RR data

● RR (s)

Analyzed Sample (detrended)

● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR 872 ms
RMSSD 34.7 ms
SD1 46.4 %

PNS index = -0.26

Sympathetic nervous system (SNS)

Mean HR 69 bpm
Stress index 16.0
SD2 53.6 %

SNS index = 1.05

PNS activity (recovery)

PNS index = -0.26

SNS activity (stress)

SNS index = 1.05

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	872
Mean HR*	(bpm)	69
Min HR*	(bpm)	65
Max HR*	(bpm)	77
SDNN	(ms)	26.7
RMSSD	(ms)	34.7
NN50	(beats)	26
pNN50	(%)	12.09
HRV triang.ind.		7.71
TINN	(ms)	120.0
Stress index		16.0

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)	0.033	0.090	0.373
Power	(ms ²)	10	127	333
Power	(log)	2.269	4.846	5.807
Power	(%)	2.06	27.10	70.83
Power	(n.u.)		27.67	72.32
Total power	(ms ²)	470		
Total power	(log)	6.152		
LF/HF ratio		0.383		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	24.6
SD2	(ms)	28.4
SD2/SD1		1.157
Approximate entropy (ApEn)		0.896
Sample entropy (SampEn)		1.813
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.898
DFA alpha2		0.294

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data

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