HRV Results (sample 1)

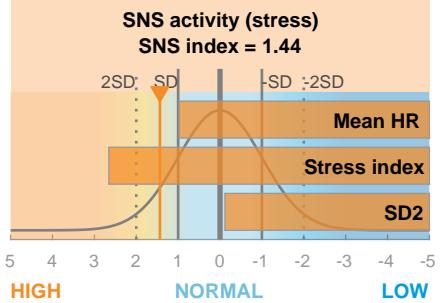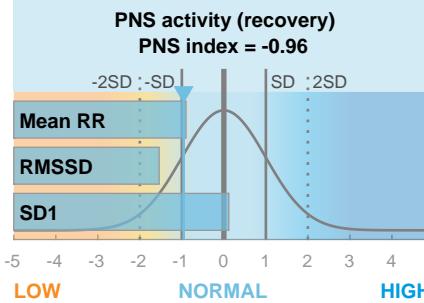|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Mon, Dec 29 2025, 00:00:00** Measurement length: 00:06:07 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_hayato_overload.csv **Sample (sample 1)** Start time: 00:00:01 Sample length: 00:03:09 Beats corrected: 0 (0.00 %)

RR data ● RR (s)
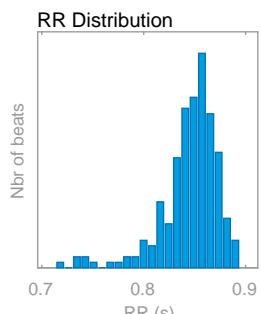

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
845 ms	**18.9 ms**	**33.9 %**

PNS index = -0.96

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
71 bpm	**16.5**	**66.1 %**

SNS index = 1.44

PNS activity (recovery)
PNS index = -0.96

SNS activity (stress)
SNS index = 1.44
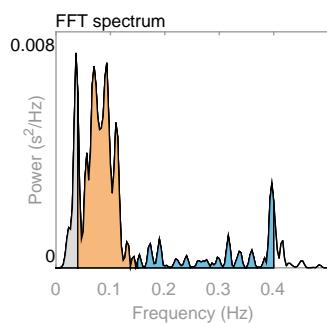
Time-domain results

Variable	Units	Value
Mean RR*	(ms)	845
Mean HR*	(bpm)	71
Min HR*	(bpm)	68
Max HR*	(bpm)	82
SDNN	(ms)	20.7
RMSSD	(ms)	18.9
NN50	(beats)	3
pNN50	(%)	1.35
HRV triang.ind.		5.31
TINN	(ms)	102.0
Stress index		16.5

RR Distribution
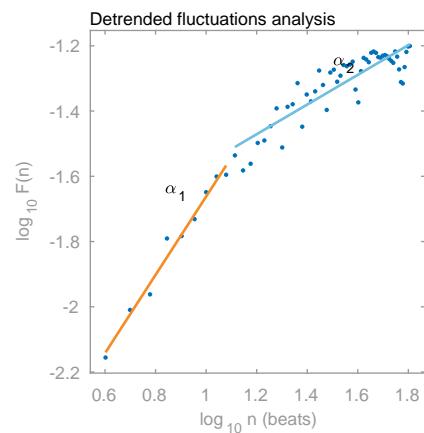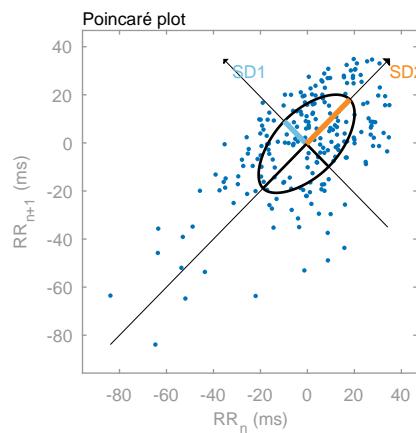
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.093	0.397
Power	(ms^2)	74	363	86
Power	(log)	4.306	5.895	4.449
Power	(%)	14.12	69.17	16.28
Power	(n.u.)		80.54	18.96

Total power	(ms^2)	525		
Total power	(log)	6.264		
LF/HF ratio		4.248		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	13.4
SD2	(ms)	26.1
SD2/SD1		1.951
Approximate entropy (ApEn)		1.065
Sample entropy (SampEn)		1.833
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.200
DFA alpha2		0.455

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data