

HRV Results (sample 1)

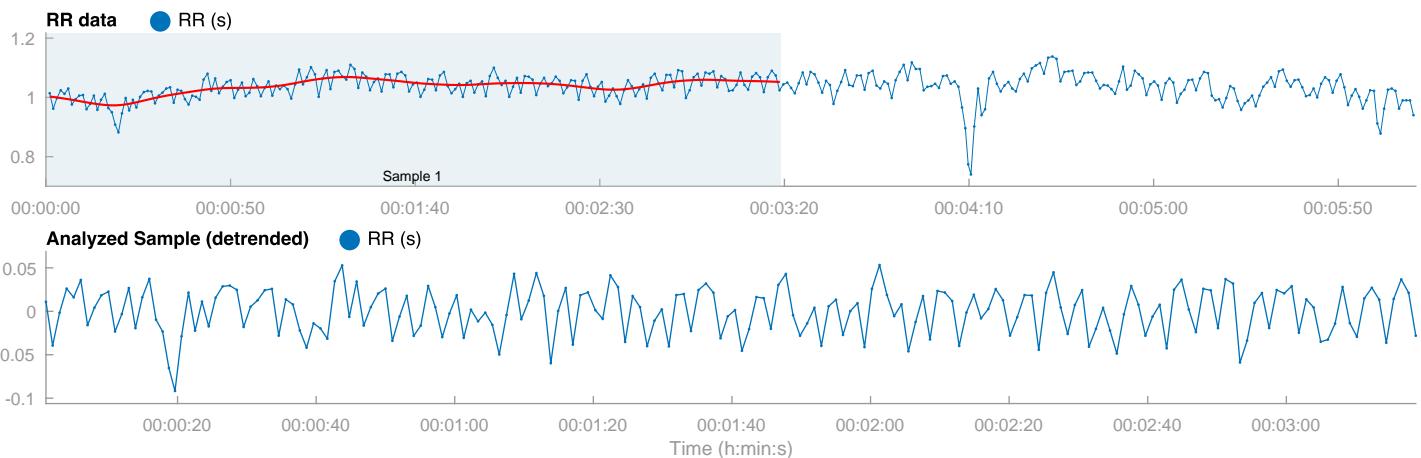
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:06:11
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_morishita_overload.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:03:19
Beats corrected: 0 (0.00 %)



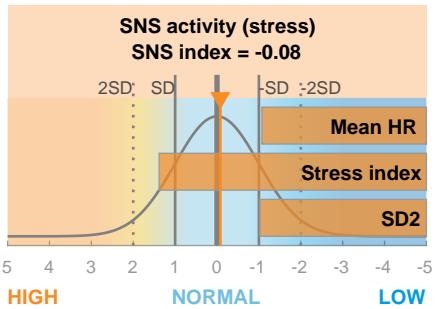
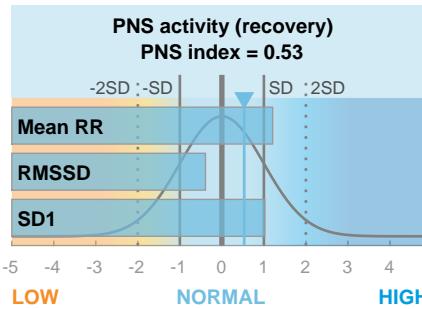
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
1035 ms	36.1 ms	48.3 %

PNS index = 0.53

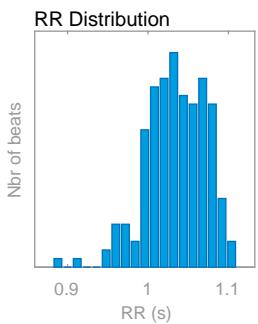
Sympathetic nervous system (SNS)		
Mean HR	Stress index	SD2
58 bpm	13.2	51.7 %

SNS index = -0.08



Time-domain results

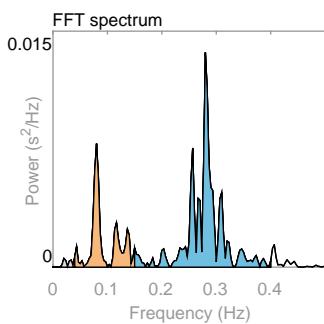
Variable	Units	Value
Mean RR*	(ms)	1035
Mean HR*	(bpm)	58
Min HR*	(bpm)	55
Max HR*	(bpm)	65
SDNN	(ms)	26.5
RMSD	(ms)	36.1
NN50	(beats)	34
pNN50	(%)	17.80
HRV triang.ind.		7.11
TINN	(ms)	122.0
Stress index		13.2



Frequency-domain results

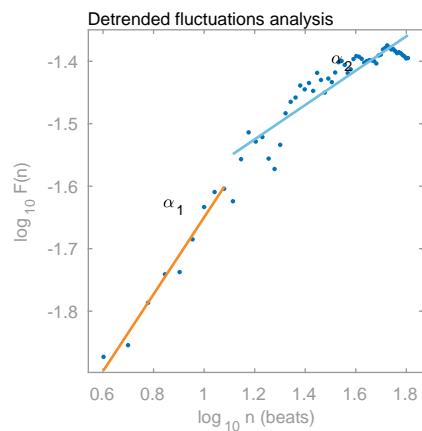
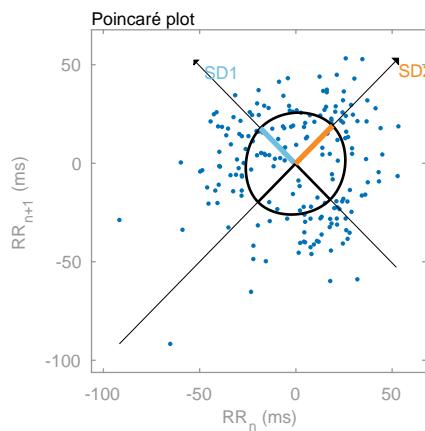
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.080	0.280
Power	(ms ²)	8	167	415
Power	(log)	2.128	5.115	6.029
Power	(%)	1.42	28.19	70.30
Power	(n.u.)		28.59	71.32

Total power	(ms ²)	591		
Total power	(log)	6.381		
LF/HF ratio		0.401		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	25.6
SD2	(ms)	27.4
SD2/SD1		1.069
Approximate entropy (ApEn)		0.870
Sample entropy (SampEn)		1.931
Detrended fluctuations analysis (DFA)		0.616
DFA alpha1		0.275



*Results are calculated from non-detrended RR data