# 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

Thu, Dec 18 2025, 00:00:00
Measurement length: 00:07:11
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors
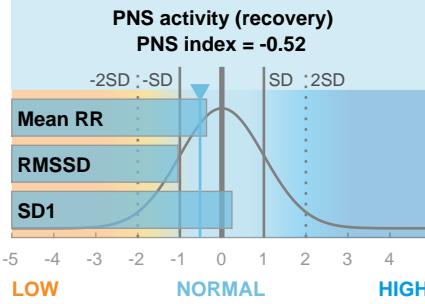
rr_interval_mitsuhashi_flow.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:02:48
Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)
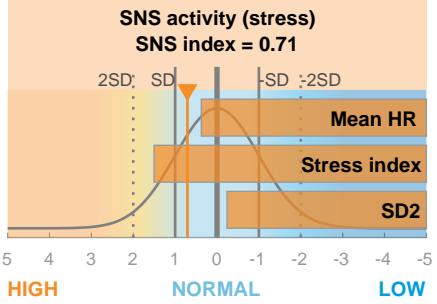
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
893 ms	**26.3 ms**	**35.8 %**

PNS index = -0.52
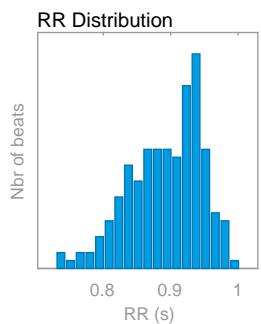
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
67 bpm	**13.6**	**64.2 %**

SNS index = 0.71

PNS activity (recovery)
PNS index = -0.52

SNS activity (stress)
SNS index = 0.71

Time-domain results
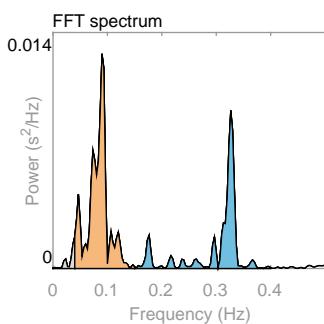
Variable	Units	Value
Mean RR*	(ms)	893
Mean HR*	(bpm)	67
Min HR*	(bpm)	62
Max HR*	(bpm)	79
SDNN	(ms)	27.1
RMSSD	(ms)	26.3
NN50	(beats)	7
pNN50	(%)	3.74
HRV triang.ind.		6.96
TINN	(ms)	129.0
Stress index		13.6

RR Distribution

Frequency-domain results
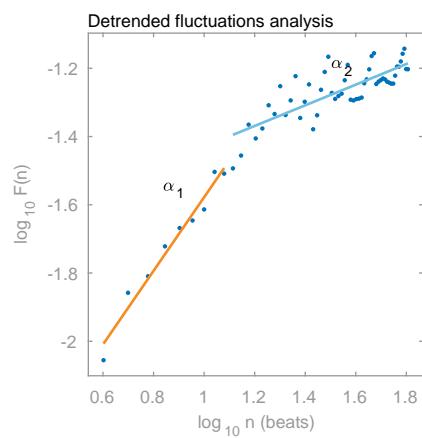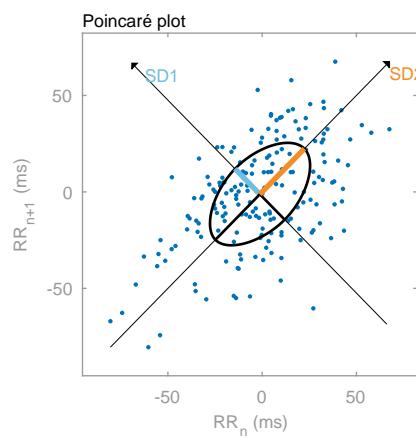
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.090	0.327
Power	(ms^2)	15	341	214
Power	(log)	2.713	5.831	5.366
Power	(%)	2.64	59.77	37.58
Power	(n.u.)		61.40	38.60

Total power	(ms^2)	570		
Total power	(log)	6.345		
LF/HF ratio		1.591		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	18.6
SD2	(ms)	33.4
SD2/SD1		1.791
Approximate entropy (ApEn)		0.910
Sample entropy (SampEn)		2.119
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.078
DFA alpha2		0.302

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data

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