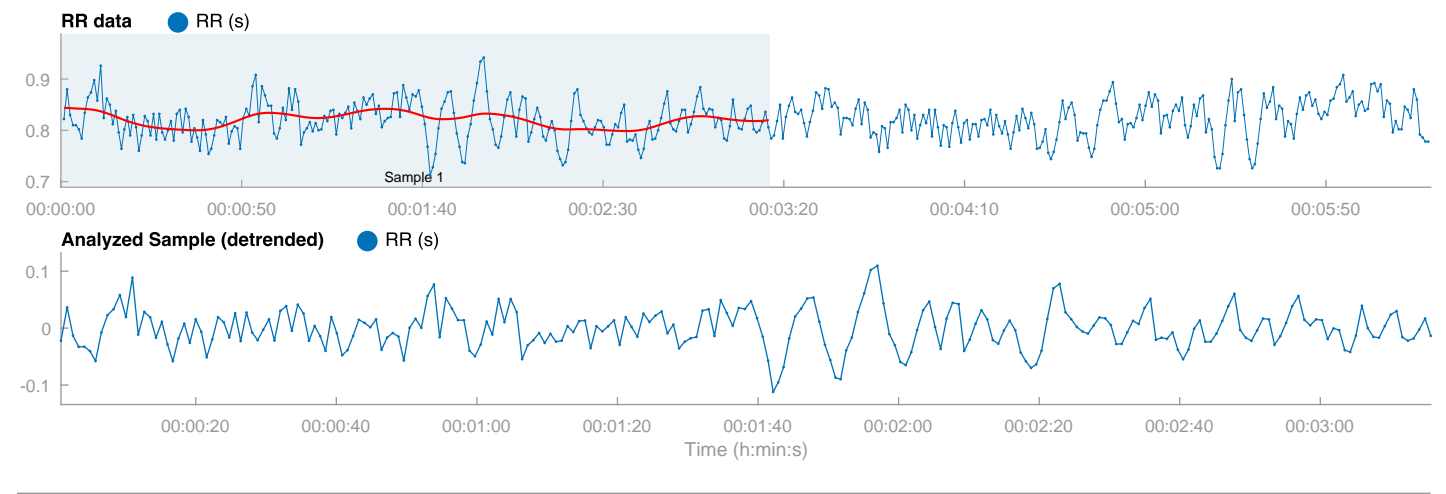


HRV Results (sample 1)

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

Thu, Dec 11 2025, 00:00:00
Measurement length: 00:06:19
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_ishida_4_overload.csv
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:03:16
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
819 ms

RMSSD
32.7 ms

SD1
35.2 %

PNS index = -0.69

Sympathetic nervous system (SNS)

Mean HR
73 bpm

Stress index
12.3

SD2
64.8 %

SNS index = 0.91

PNS activity (recovery)

PNS index = -0.69

Mean RR

RMSSD

SD1

LOW

NORMAL

HIGH

SNS activity (stress)

SNS index = 0.91

Mean HR

Stress index

SD2

HIGH

NORMAL

LOW

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	819
Mean HR*	(bpm)	73
Min HR*	(bpm)	67
Max HR*	(bpm)	80
SDNN	(ms)	34.3
RMSSD	(ms)	32.7
NN50	(beats)	28
pNN50	(%)	11.76
HRV triang.ind.		8.85
TINN	(ms)	174.0
Stress index		12.3

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	0.113	0.163
Power	(ms ²)	70	1147	261
Power	(log)	4.245	7.045	5.563
Power	(%)	4.72	77.59	17.62
Power	(n.u.)		81.43	18.50
Total power	(ms ²)	1478		
Total power	(log)	7.299		
LF/HF ratio		4.403		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	23.1
SD2	(ms)	42.7
SD2/SD1		1.844
Approximate entropy (ApEn)		1.021
Sample entropy (SampEn)		1.960
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.216
DFA alpha2		0.272

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data