

HRV Results (sample 1)

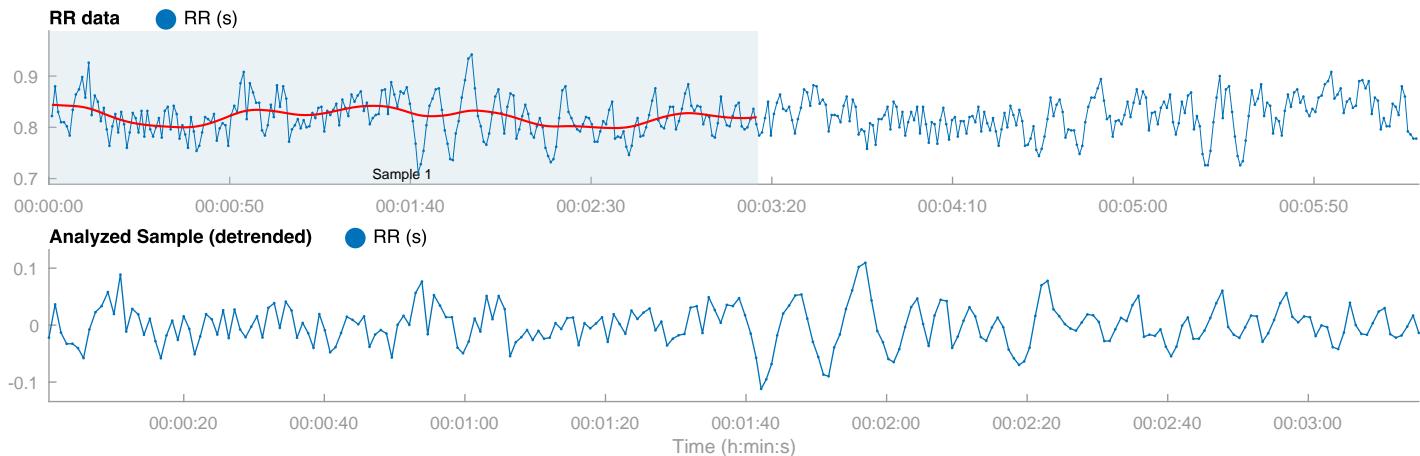
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00

Measurement length: 00:06:19
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

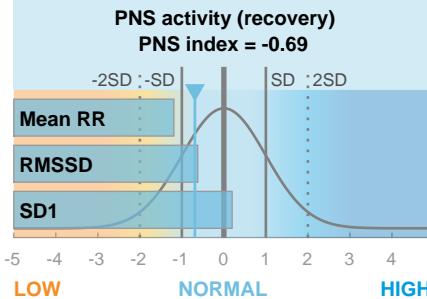
rr_interval_ishida_4_overload.csv

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



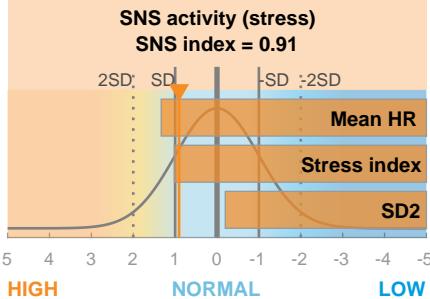
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
819 ms	32.7 ms	35.2 %
PNS index = -0.69		



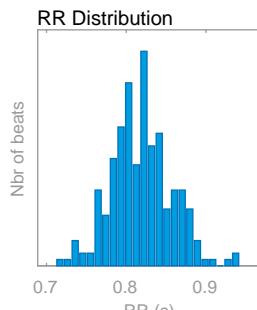
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
73 bpm	12.3	64.8 %
SNS index = 0.91		



Time-domain results

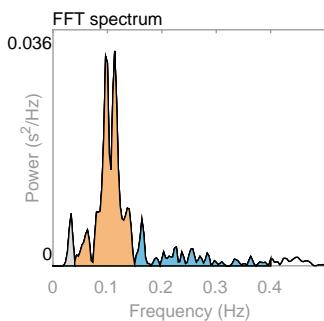
Variable	Units	Value
Mean RR*	(ms)	819
Mean HR*	(bpm)	73
Min HR*	(bpm)	67
Max HR*	(bpm)	80
SDNN	(ms)	34.3
RMSD	(ms)	32.7
NN50	(beats)	28
pNN50	(%)	11.76
HRV triang.ind.		8.85
TINN	(ms)	174.0
Stress index		12.3



Frequency-domain results

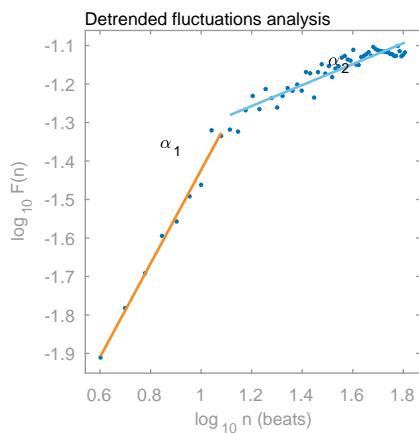
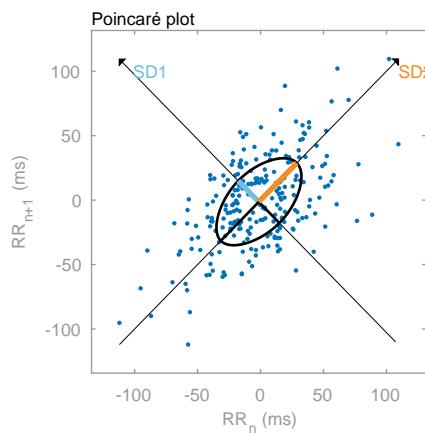
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.113	0.163
Power	(ms ²)	70	1147	261
Power	(log)	4.245	7.045	5.563
Power	(%)	4.72	77.59	17.62
Power	(n.u.)		81.43	18.50

Total power	(ms ²)	1478		
Total power	(log)	7.299		
LF/HF ratio		4.403		
RESP	(Hz)	-		



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)		1.216
DFA alpha1		0.272



*Results are calculated from non-detrended RR data