

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

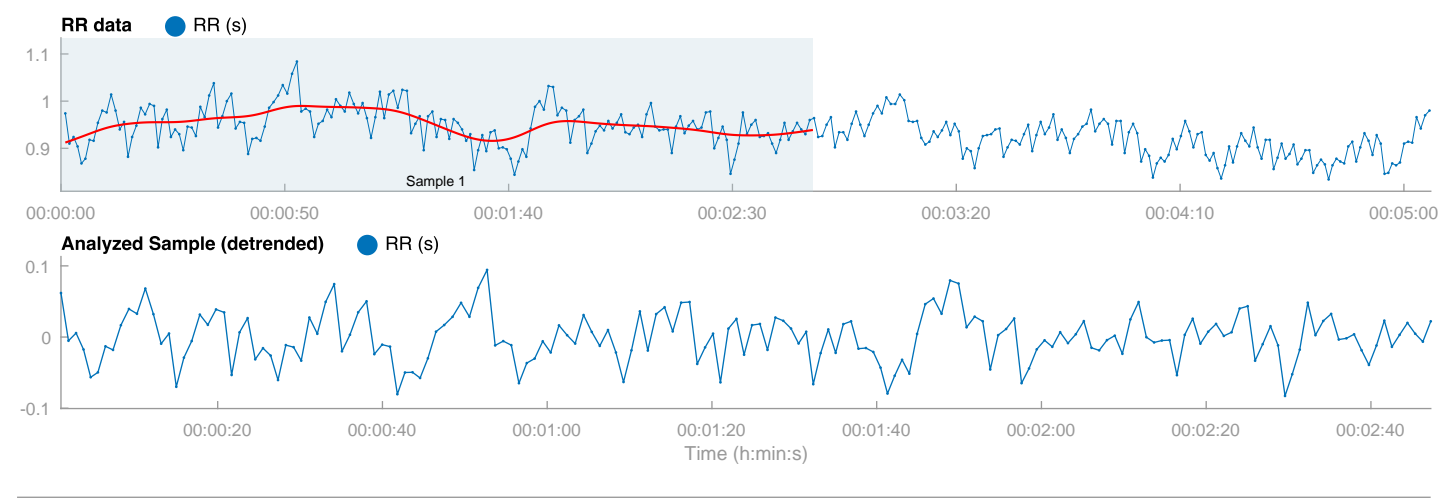
Thu, Dec 18 2025, 00:00:00

Measurement length: 00:05:06
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_mitsuhashi_overload.csv

Sample (sample 1)

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



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
950 ms

RMSSD
36.6 ms

SD1
39.2 %

PNS index = 0.05

Sympathetic nervous system (SNS)

Mean HR
63 bpm

Stress index
11.5

SD2
60.8 %

SNS index = 0.09

PNS activity (recovery)

PNS index = 0.05

SNS activity (stress)

SNS index = 0.09

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	950
Mean HR*	(bpm)	63
Min HR*	(bpm)	58
Max HR*	(bpm)	69
SDNN	(ms)	34.0
RMSSD	(ms)	36.6
NN50	(beats)	27
pNN50	(%)	15.43
HRV triang.ind.		7.65
TINN	(ms)	152.0
Stress index		11.5

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)	0.033	0.087	0.333
Power	(ms ²)	92	645	381
Power	(log)	4.521	6.469	5.942
Power	(%)	8.23	57.69	34.07
Power	(n.u.)		62.86	37.12
Total power	(ms ²)	1117		
Total power	(log)	7.019		
LF/HF ratio		1.694		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	25.9
SD2	(ms)	40.3
SD2/SD1		1.553
Approximate entropy (ApEn)		0.826
Sample entropy (SampEn)		1.908
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.081
DFA alpha2		0.275

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data