

HRV Results (sample 1)

Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Mon, Dec 29 2025, 00:00:00

Measurement length: 00:07:07  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

Sample (sample 1)

Start time: 00:00:01  
Sample length: 00:03:09  
Beats corrected: 0 (0.00 %)

rr\_interval\_chika\_flow.csv

RR data

● RR (s)

Analyzed Sample (detrended)

● RR (s)

Time (h:min:s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR  
989 ms

RMSSD  
30.8 ms

SD1  
41.9 %

PNS index = 0.10

Sympathetic nervous system (SNS)

Mean HR  
61 bpm

Stress index  
13.9

SD2  
58.1 %

SNS index = 0.28

PNS activity (recovery)

PNS index = 0.10

SNS activity (stress)

SNS index = 0.28

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	989
Mean HR*	(bpm)	61
Min HR*	(bpm)	57
Max HR*	(bpm)	66
SDNN	(ms)	26.4
RMSSD	(ms)	30.8
NN50	(beats)	15
pNN50	(%)	7.89
HRV triang.ind.		7.07
TINN	(ms)	134.0
Stress index		13.9

RR Distribution

Frequency-domain results

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	21.8
SD2	(ms)	30.3
SD2/SD1		1.388
Approximate entropy (ApEn)		0.818
Sample entropy (SampEn)		1.986
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.077
DFA alpha2		0.264

Poincaré plot

Detrended fluctuations analysis

\*Results are calculated from non-detrended RR data