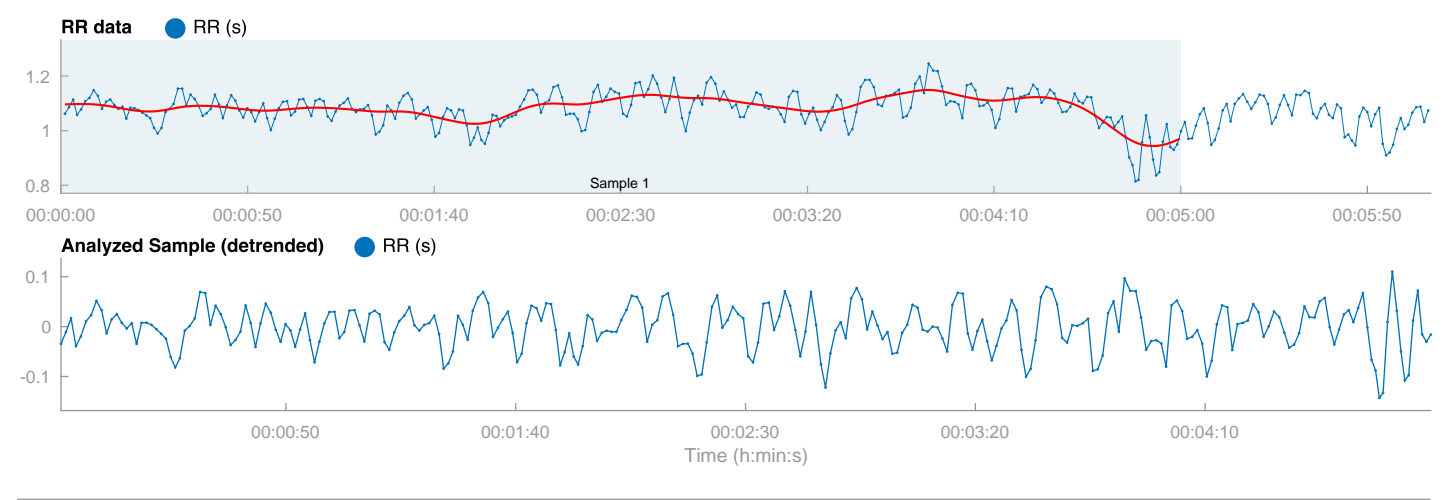


HRV Results (sample 1)

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: 00:06:07
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_morishita_rest.csv
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
1080 ms	42.0 ms	35.2 %

PNS index = 0.72

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
56 bpm	8.9	64.8 %

SNS index = -0.73

PNS activity (recovery)
PNS index = 0.72

SNS activity (stress)
SNS index = -0.73

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	1080
Mean HR*	(bpm)	56
Min HR*	(bpm)	50
Max HR*	(bpm)	69
SDNN	(ms)	44.1
RMSSD	(ms)	42.0
NN50	(beats)	66
pNN50	(%)	23.91
HRV triang.ind.		11.54
TINN	(ms)	204.0
Stress index		8.9

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)	0.037	0.070	0.183
Power	(ms ²)	143	1101	709
Power	(log)	4.963	7.004	6.563
Power	(%)	7.32	56.39	36.29
Power	(n.u.)		60.84	39.16

Total power	(ms ²)	1953		
Total power	(log)	7.577		
LF/HF ratio		1.554		
RESP	(Hz)	-		

RR Distribution

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	29.7
SD2	(ms)	54.9
SD2/SD1		1.845
Approximate entropy (ApEn)		1.065
Sample entropy (SampEn)		1.832
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.983
DFA alpha2		0.221

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data