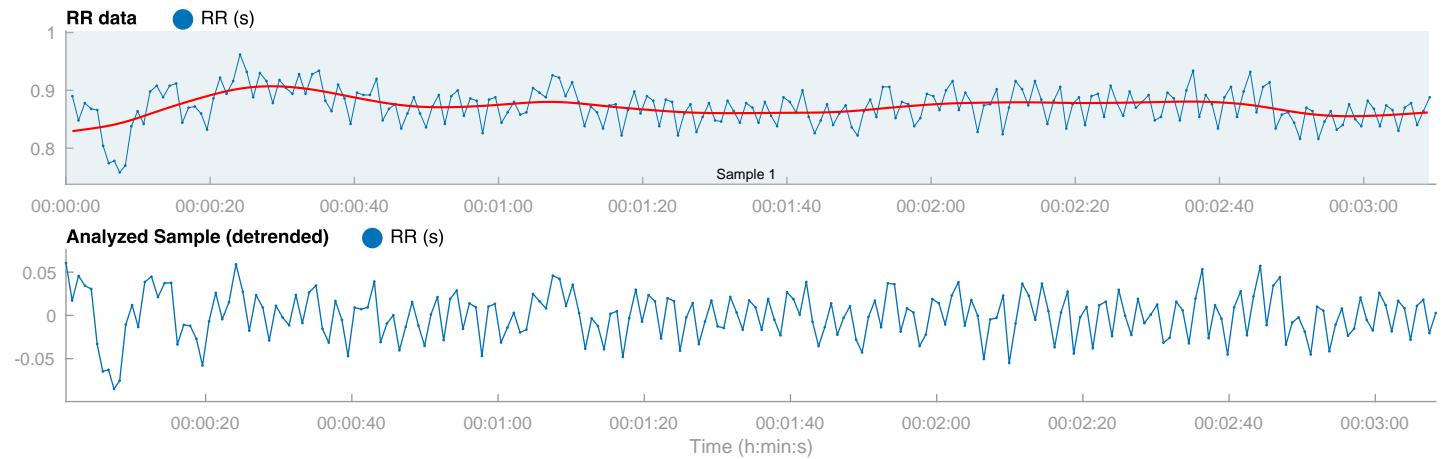


HRV Results (sample 1)

Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m ²) HR max: 168 bpm HR rest: 60 bpm	Mon, Dec 29 2025, 00:00:00 Measurement length: 00:03:10 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 %)
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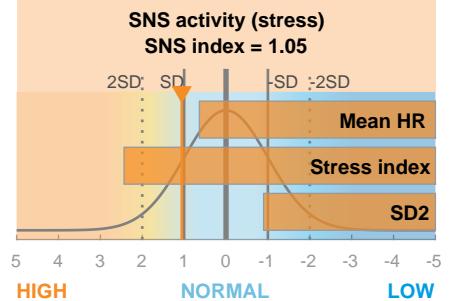
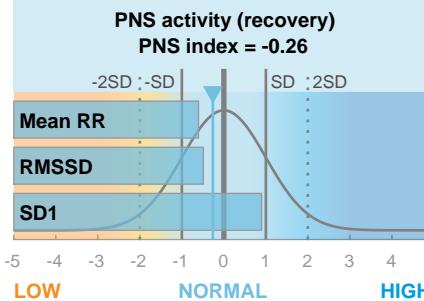
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
872 ms	34.7 ms	46.4 %

PNS index = -0.26

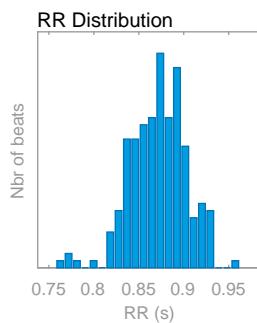
Sympathetic nervous system (SNS)		
Mean HR	Stress index	SD2
69 bpm	16.0	53.6 %

SNS index = 1.05



Time-domain results

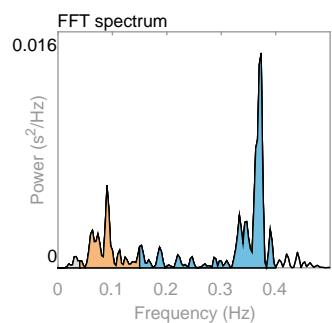
Variable	Units	Value
Mean RR*	(ms)	872
Mean HR*	(bpm)	69
Min HR*	(bpm)	65
Max HR*	(bpm)	77
SDNN	(ms)	26.7
RMSSD	(ms)	34.7
NN50	(beats)	26
pNN50	(%)	12.09
HRV triang.ind.		7.71
TINN	(ms)	120.0
Stress index		16.0



Frequency-domain results

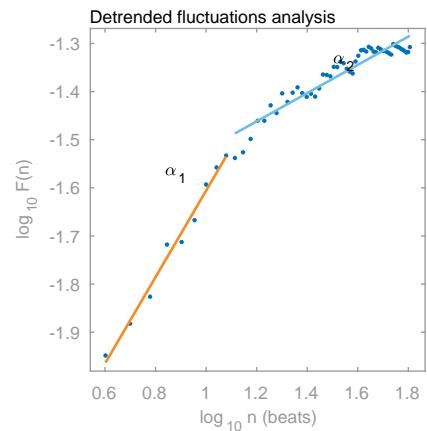
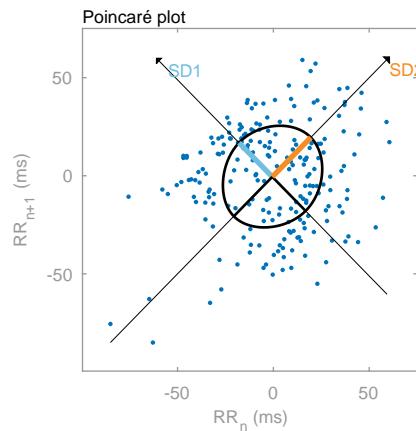
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.090	0.373
Power	(ms ²)	10	127	333
Power	(log)	2.269	4.846	5.807
Power	(%)	2.06	27.10	70.83
Power	(n.u.)		27.67	72.32

Total power	(ms ²)	470		
Total power	(log)	6.152		
LF/HF ratio		0.383		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	24.6
SD2	(ms)	28.4
SD2/SD1		1.157
Approximate entropy (ApEn)		0.896
Sample entropy (SampEn)		1.813
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.898
DFA alpha2		0.294



*Results are calculated from non-detrended RR data