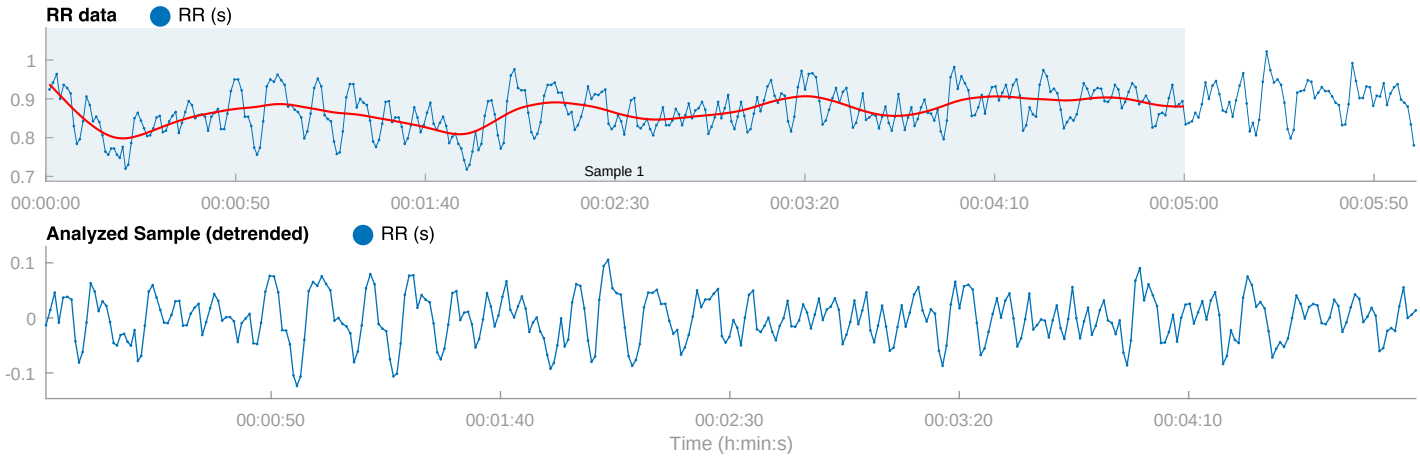
HRV Results (sample 1)

Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m ^{2})
HR max: 168 bpm
HR rest: 60 bpm

Mon, Nov 24 2025, 00:00:00
Measurement length: 00:06:01
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_ishida_0_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)

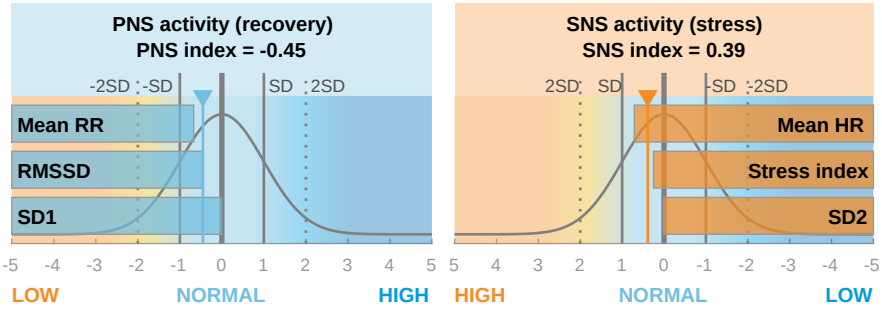
Mean RR	RMSSD	SD1
866 ms	**35.3 ms**	**31.9 %**

PNS index = -0.45

Sympathetic nervous system (SNS)

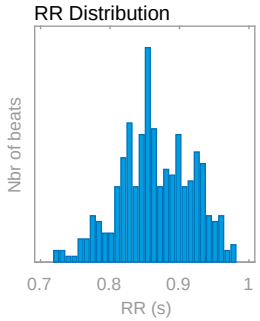
Mean HR	Stress index	SD2
69 bpm	**10.3**	**68.1 %**

SNS index = 0.39



Time-domain results

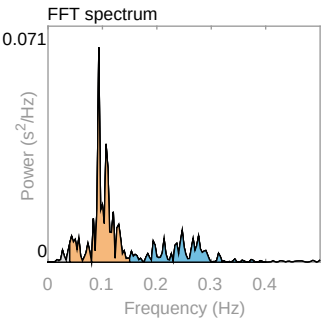
Variable	Units	Value
Mean RR*	(ms)	866
Mean HR*	(bpm)	69
Min HR*	(bpm)	63
Max HR*	(bpm)	81
SDNN	(ms)	41.6
RMSSD	(ms)	35.3
NN50	(beats)	55
pNN50	(%)	15.94
HRV triang.ind.		10.48
TINN	(ms)	200.0
Stress index		10.3



Frequency-domain results

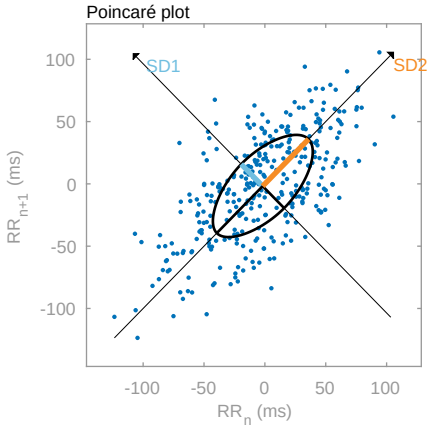
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.093	0.247
Power	(ms^2)	48	1098	482
Power	(log)	3.869	7.002	6.179
Power	(%)	2.94	67.44	29.61
Power	(n.u.)		69.49	30.51

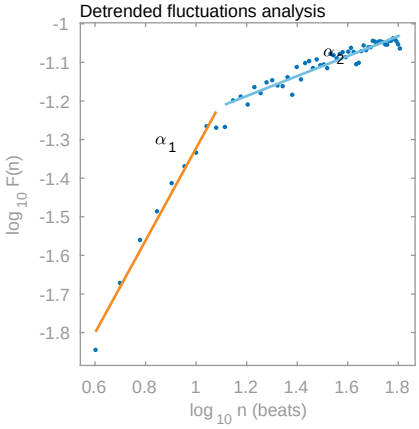
Total power	(ms^2)	1629		
Total power	(log)	7.395		
LF/HF ratio		2.278		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	25.0
SD2	(ms)	53.3
SD2/SD1		2.136
Approximate entropy (ApEn)		1.127
Sample entropy (SampEn)		1.635
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.197
DFA alpha2		0.259





*Results are calculated from non-detrended RR data