

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

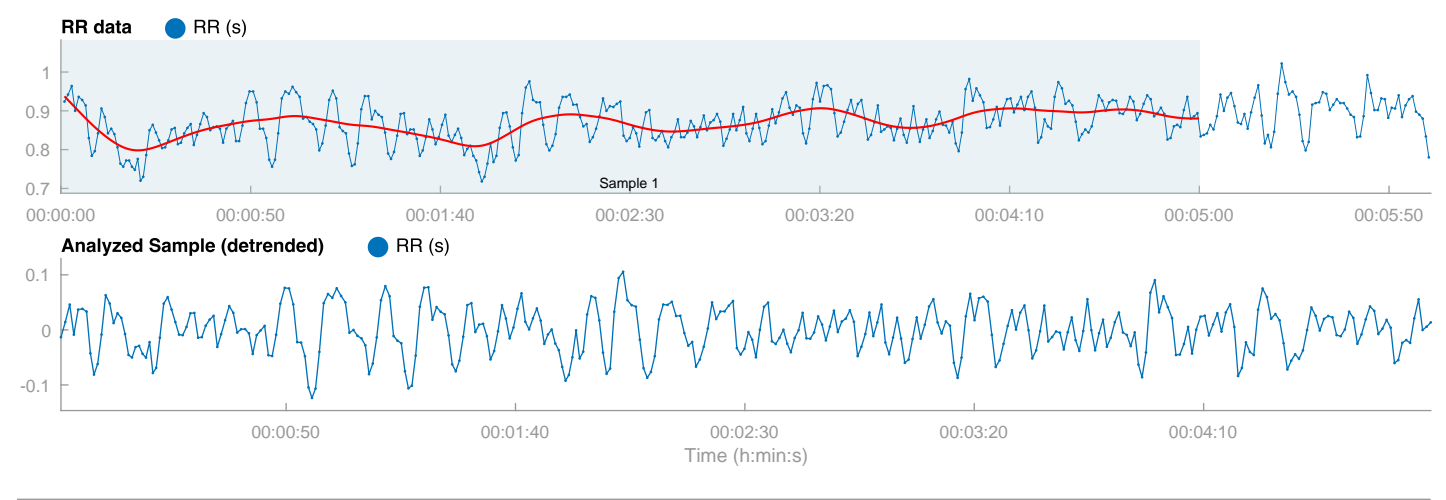
Mon, Nov 24 2025, 00:00:00

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
866 ms

RMSSD
35.3 ms

SD1
31.9 %

PNS index = -0.45

Sympathetic nervous system (SNS)

Mean HR
69 bpm

Stress index
10.3

SD2
68.1 %

SNS index = 0.39

PNS activity (recovery)

PNS index = -0.45

Mean RR
RMSSD
SD1

LOW
NORMAL
HIGH

SNS activity (stress)

SNS index = 0.39

Mean HR
Stress index
SD2

HIGH
NORMAL
LOW

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 |

RR Distribution

Nbr of beats
RR (s)

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) | - | | |

FFT spectrum

Power (s²/Hz)
Frequency (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 |

Poincaré plot

RR_{n+1} (ms)
RR_n (ms)

Detrended fluctuations analysis

log₁₀ F(n)
log₁₀ n (beats)

*Results are calculated from non-detrended RR data

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