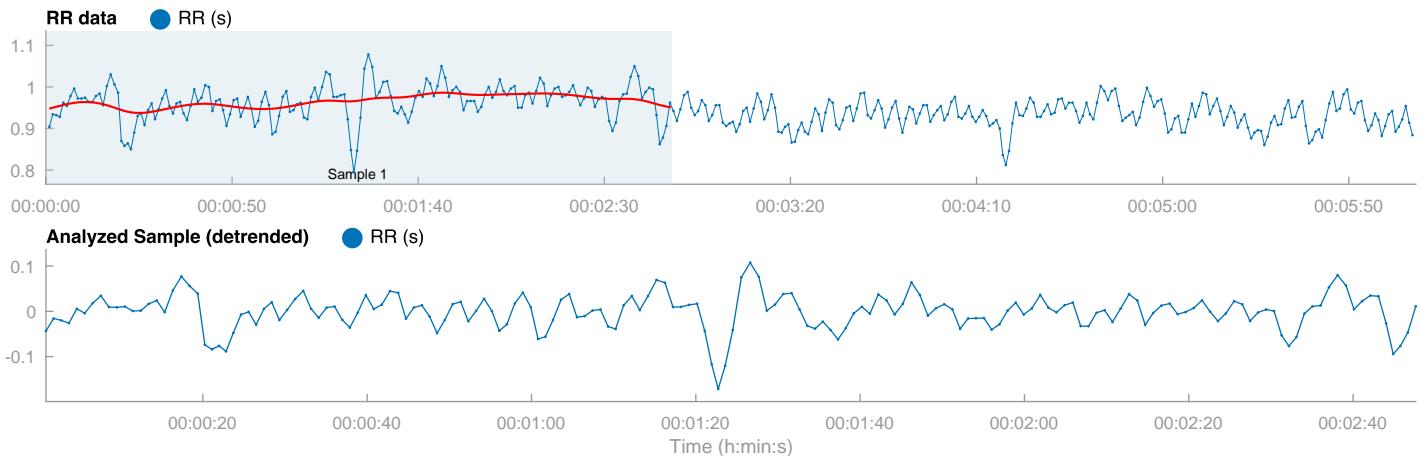


HRV Results (sample 1)

Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m ²) HR max: 168 bpm HR rest: 60 bpm	Thu, Dec 18 2025, 00:00:00 Measurement length: 00:06:08 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_mitsuhashi_rest.csv Sample (sample 1) Start time: 00:00:01 Sample length: 00:02:48 Beats corrected: 0 (0.00 %)
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Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

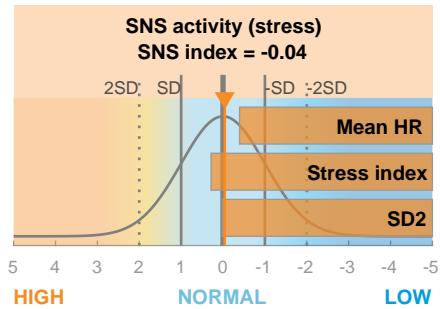
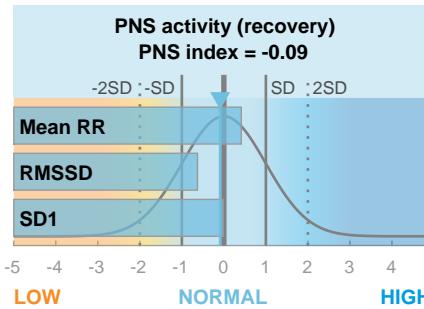
Mean RR	RMSD	SD1
963 ms	32.6 ms	31.7 %

PNS index = -0.09

Sympathetic nervous system (SNS)

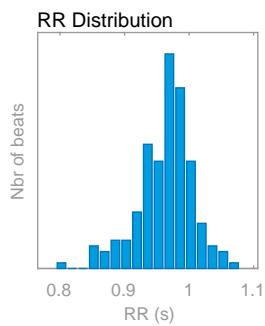
Mean HR	Stress index	SD2
62 bpm	10.4	68.3 %

SNS index = -0.04



Time-domain results

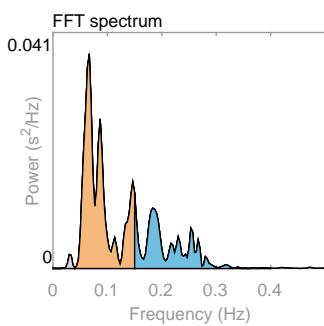
Variable	Units	Value
Mean RR*	(ms)	963
Mean HR*	(bpm)	62
Min HR*	(bpm)	58
Max HR*	(bpm)	69
SDNN	(ms)	38.7
RMSD	(ms)	32.6
NN50	(beats)	21
pNN50	(%)	12.14
HRV triang.ind.		7.57
TINN	(ms)	206.0
Stress index		10.4



Frequency-domain results

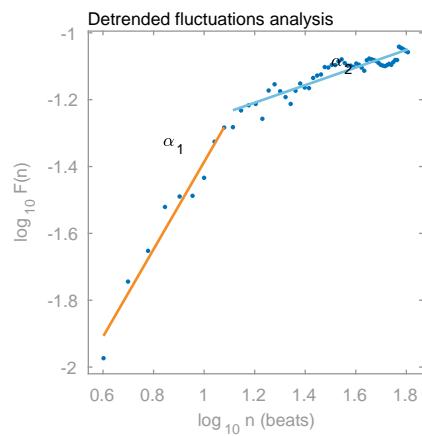
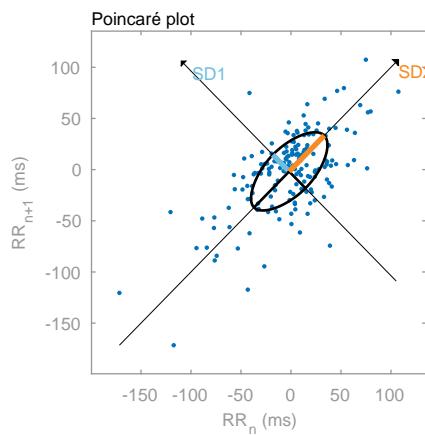
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.067	0.150
Power	(ms ²)	22	1314	610
Power	(log)	3.080	7.181	6.413
Power	(%)	1.12	67.54	31.34
Power	(n.u.)		68.30	31.70

Total power	(ms ²)	1946		
Total power	(log)	7.574		
LF/HF ratio		2.155		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	23.1
SD2	(ms)	49.7
SD2/SD1		2.151
Approximate entropy (ApEn)		0.906
Sample entropy (SampEn)		1.748
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.307
DFA alpha2		0.263



*Results are calculated from non-detrended RR data