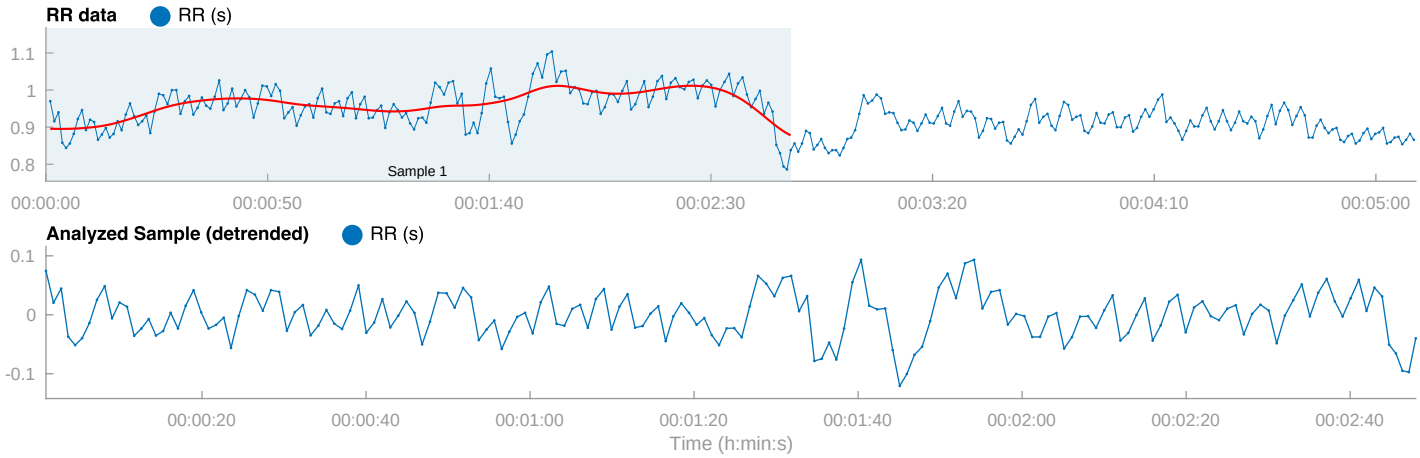
HRV Results (sample 1)

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: 00:05:09
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_mitsuhashi_boredom.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:02:48
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

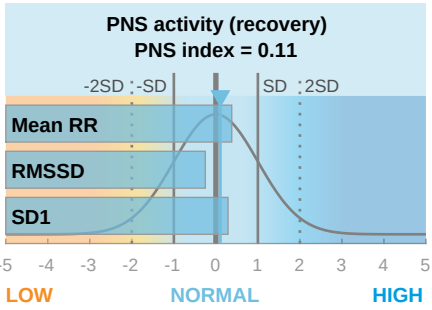
Mean RR	RMSSD	SD1
960 ms	**38.2 ms**	**36.6 %**

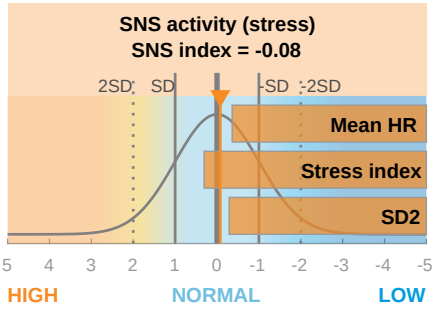
PNS index = 0.11

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
62 bpm	**10.5**	**63.4 %**

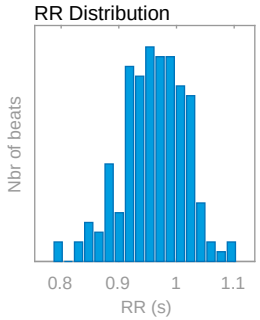
SNS index = -0.08





Time-domain results

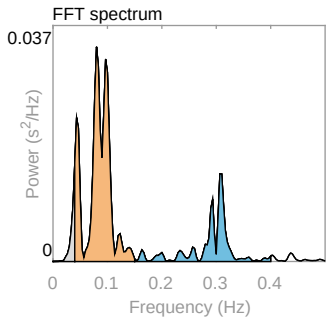
Variable	Units	Value
Mean RR*	(ms)	960
Mean HR*	(bpm)	62
Min HR*	(bpm)	56
Max HR*	(bpm)	75
SDNN	(ms)	38.5
RMSSD	(ms)	38.2
NN50	(beats)	37
pNN50	(%)	21.26
HRV triang.ind.		10.29
TINN	(ms)	182.0
Stress index		10.5



Frequency-domain results

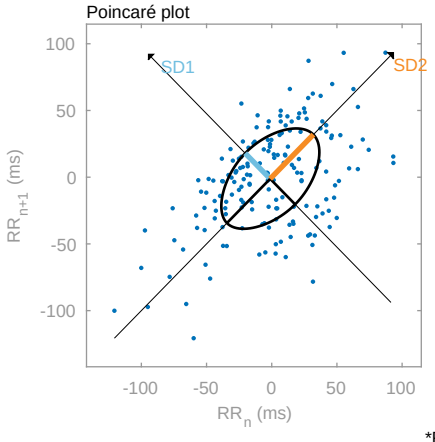
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.080	0.307
Power	(ms^2)	86	1207	415
Power	(log)	4.453	7.096	6.028
Power	(%)	5.03	70.65	24.27
Power	(n.u.)		74.39	25.56

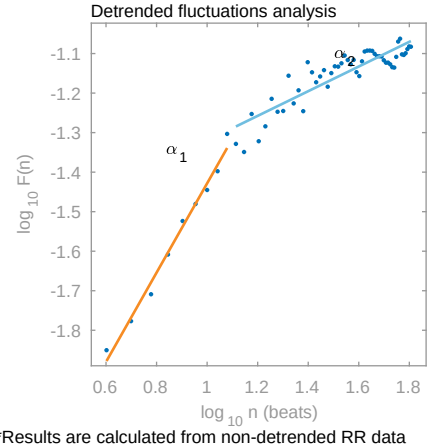
Total power	(ms^2)	1709		
Total power	(log)	7.443		
LF/HF ratio		2.911		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	27.1
SD2	(ms)	46.9
SD2/SD1		1.730
Approximate entropy (ApEn)		0.886
Sample entropy (SampEn)		2.064
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.129
DFA alpha2		0.312





*Results are calculated from non-detrended RR data