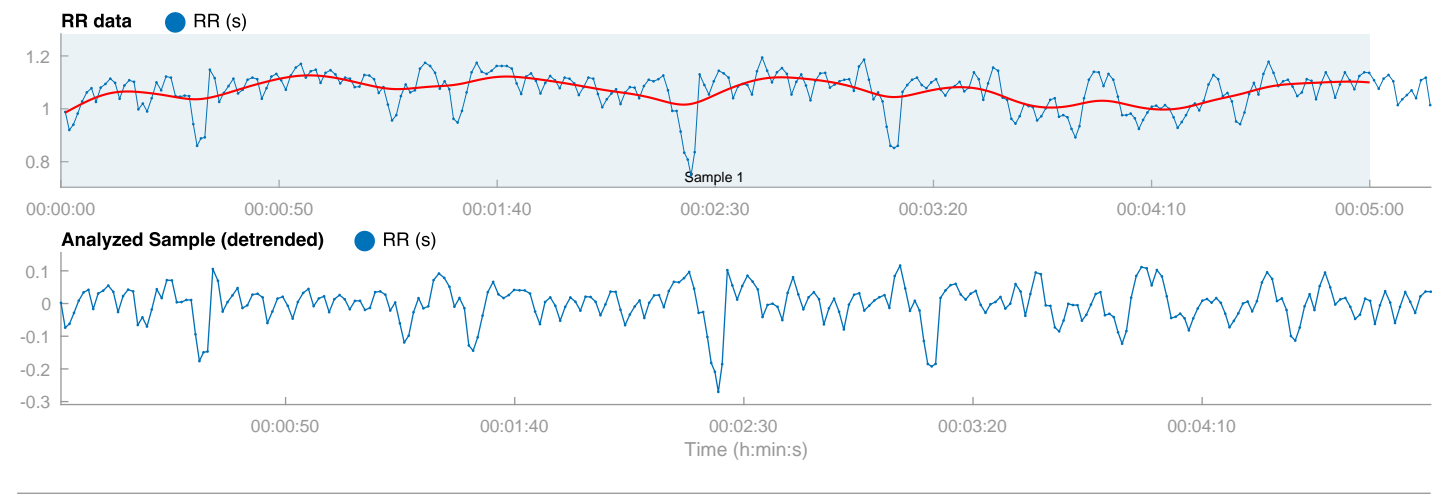


HRV Results (sample 1)

Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00
Measurement length: 00:05:14
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_morishita_boredom.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
1063 ms

RMSSD
49.7 ms

SD1
31.6 %

PNS index = 0.81

Sympathetic nervous system (SNS)

Mean HR
56 bpm

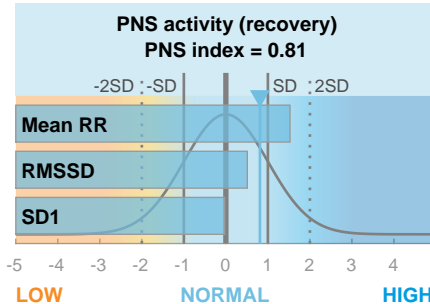
Stress index
7.0

SD2
68.4 %

SNS index = -0.94

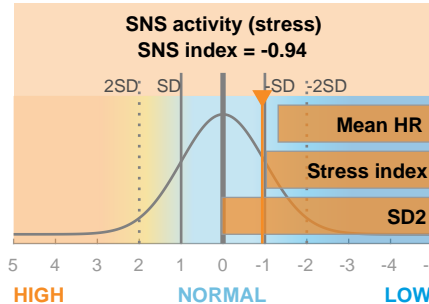
PNS activity (recovery)

PNS index = 0.81



SNS activity (stress)

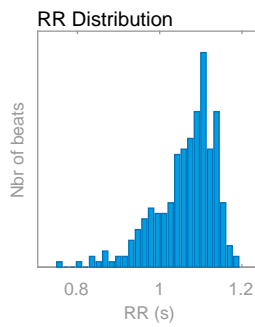
SNS index = -0.94



Time-domain results

Variable	Units	Value
Mean RR*	(ms)	1063
Mean HR*	(bpm)	56
Min HR*	(bpm)	52
Max HR*	(bpm)	72
SDNN	(ms)	59.2
RMSSD	(ms)	49.7
NN50	(beats)	71
pNN50	(%)	25.27
HRV triang.ind.		12.26
TINN	(ms)	295.0
Stress index		7.0

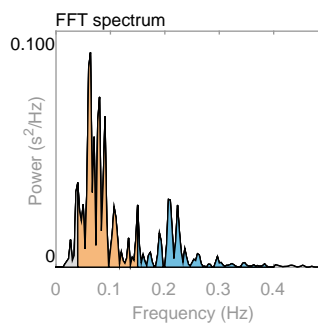
RR Distribution



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	0.063	0.207
Power	(ms ²)	257	2712	978
Power	(log)	5.550	7.905	6.885
Power	(%)	6.52	68.71	24.77
Power	(n.u.)		73.50	26.50
Total power	(ms ²)	3947		
Total power	(log)	8.281		
LF/HF ratio		2.774		
RESP	(Hz)	-		

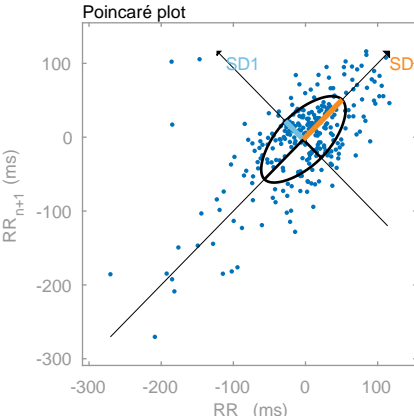
FFT spectrum



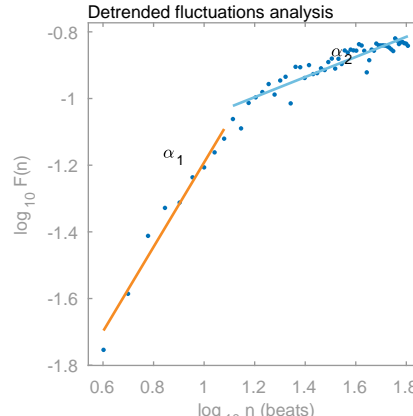
Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	35.2
SD2	(ms)	76.2
SD2/SD1		2.166
Approximate entropy (ApEn)		1.050
Sample entropy (SampEn)		1.509
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.267
DFA alpha2		0.302

Poincaré plot



Detrended fluctuations analysis



*Results are calculated from non-detrended RR data