

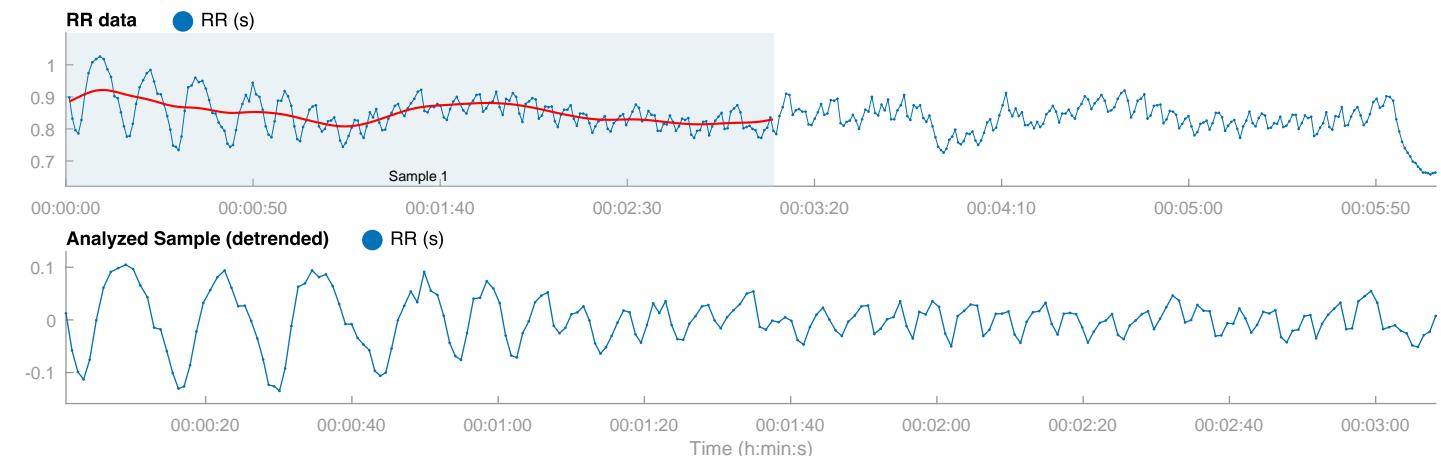
HRV Results (sample 1)

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

Mon, Dec 29 2025, 00:00:00
Measurement length: 00:06:06
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

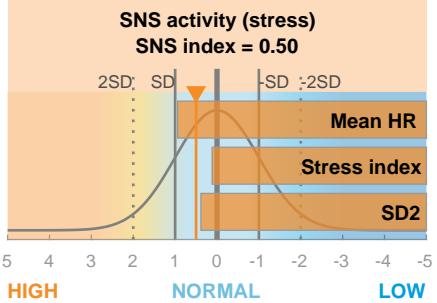
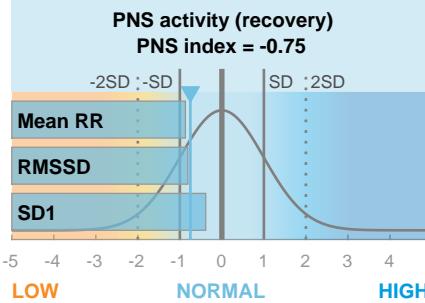
rr_interval_mio_rest.csv

Sample (sample 1)
Start time: 00:00:01
Sample length: 00:03:09
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
848 ms	29.8 ms	25.8 %
PNS index = -0.75		

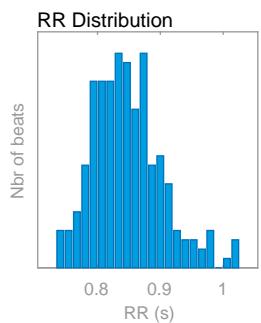


Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
71 bpm	10.0	74.2 %
SNS index = 0.50		

Time-domain results

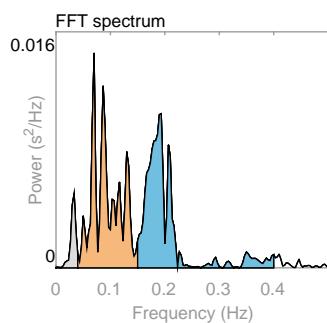
Variable	Units	Value
Mean RR*	(ms)	848
Mean HR*	(bpm)	71
Min HR*	(bpm)	59
Max HR*	(bpm)	79
SDNN	(ms)	45.4
RMSD	(ms)	29.8
NN50	(beats)	25
pNN50	(%)	11.31
HRV triang.ind.		11.10
TINN	(ms)	193.0
Stress index		10.0



Frequency-domain results

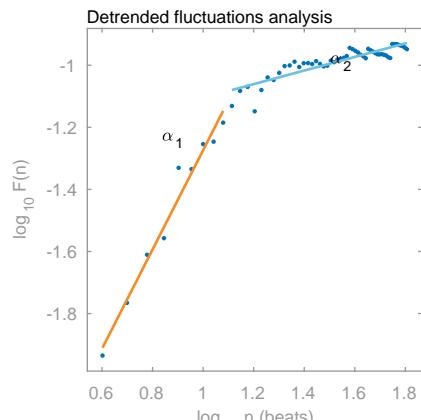
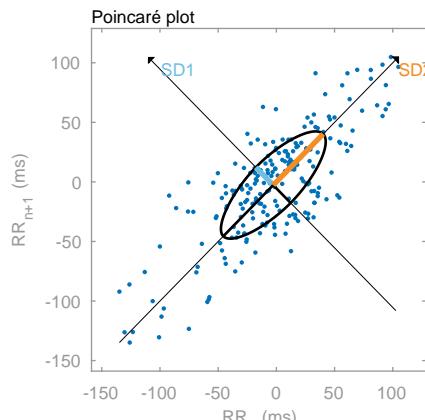
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.070	0.193
Power	(ms ²)	50	463	459
Power	(log)	3.913	6.138	6.129
Power	(%)	5.14	47.60	47.17
Power	(n.u.)		50.18	49.73

Total power	(ms ²)	973		
Total power	(log)	6.880		
LF/HF ratio		1.009		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	21.2
SD2	(ms)	60.7
SD2/SD1		2.870
Approximate entropy (ApEn)		0.897
Sample entropy (SampEn)		1.302
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.599
DFA alpha2		0.219



*Results are calculated from non-detrended RR data