

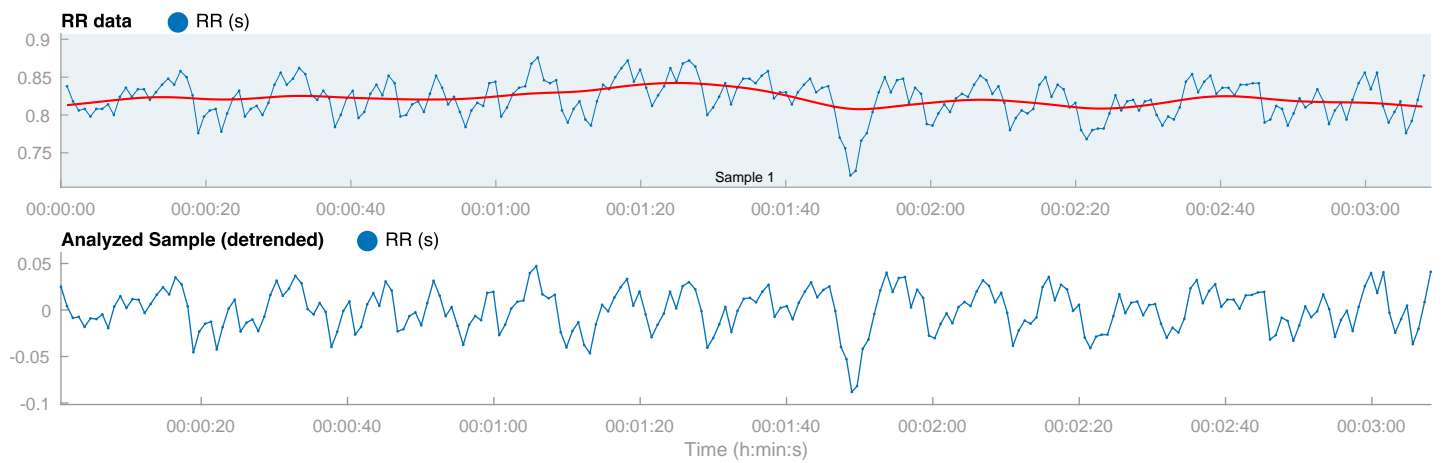
HRV Results (sample 1)

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: 00:03:09
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_hayato_flow_ultra.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
821 ms

RMSSD
19.3 ms

SD1
32.3 %

PNS index = -1.07

Sympathetic nervous system (SNS)

Mean HR
73 bpm

Stress index
18.1

SD2
67.7 %

SNS index = 1.82

PNS activity (recovery)

PNS index = -1.07

SNS activity (stress)

SNS index = 1.82

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	821
Mean HR*	(bpm)	73
Min HR*	(bpm)	70
Max HR*	(bpm)	80
SDNN	(ms)	22.5
RMSSD	(ms)	19.3
NN50	(beats)	1
pNN50	(%)	0.44
HRV triang.ind.		7.16
TINN	(ms)	113.0
Stress index		18.1

RR Distribution

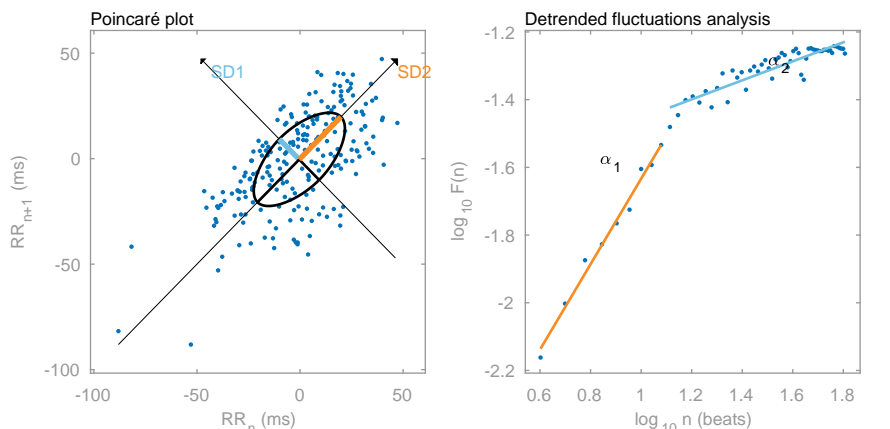
Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.100	0.150
Power	(ms ²)	18	466	109
Power	(log)	2.873	6.145	4.687
Power	(%)	2.98	78.68	18.31
Power	(n.u.)		81.10	18.87
Total power	(ms ²)	593		
Total power	(log)	6.385		
LF/HF ratio		4.297		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	13.7
SD2	(ms)	28.6
SD2/SD1		2.092
Approximate entropy (ApEn)		0.996
Sample entropy (SampEn)		1.719
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.262
DFA alpha2		0.281



*Results are calculated from non-detrended RR data