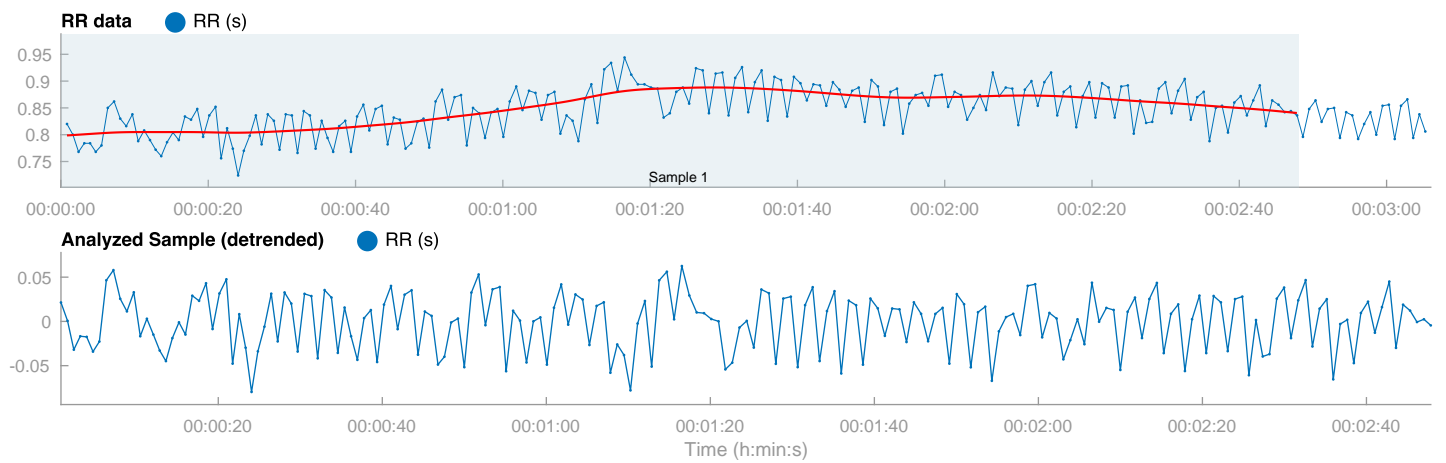


HRV Results (sample 1)

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: 00:03:06
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_ko_flow_ultra.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
848 ms

RMSSD
46.2 ms

SD1
51.6 %

PNS index = 0.00

Sympathetic nervous system (SNS)

Mean HR
71 bpm

Stress index
14.8

SD2
48.4 %

SNS index = 0.93

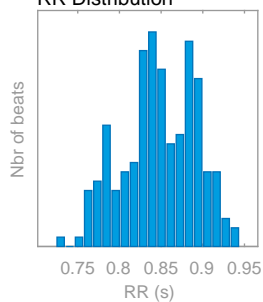
PNS activity (recovery)
PNS index = 0.00

SNS activity (stress)
SNS index = 0.93

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	848
Mean HR*	(bpm)	71
Min HR*	(bpm)	65
Max HR*	(bpm)	78
SDNN	(ms)	31.7
RMSSD	(ms)	46.2
NN50	(beats)	69
pNN50	(%)	35.03
HRV triang.ind.		8.25
TINN	(ms)	130.0
Stress index		14.8

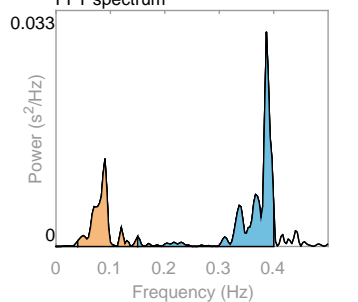
RR Distribution



Frequency-domain results

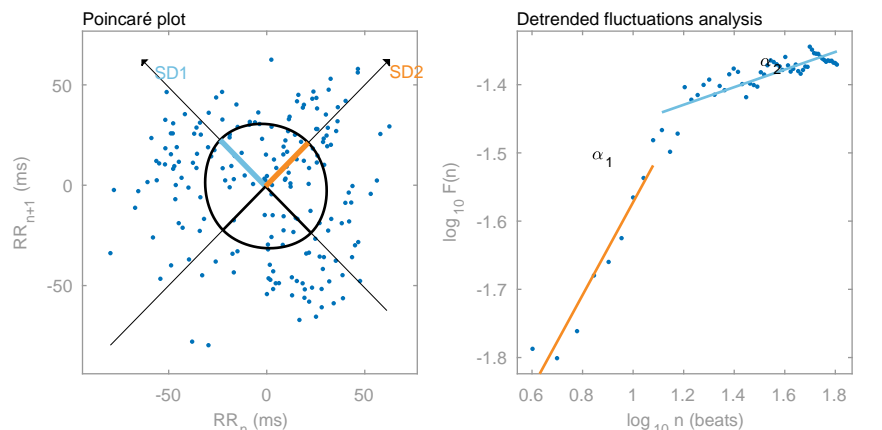
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.090	0.387
Power	(ms ²)	4	294	640
Power	(log)	1.479	5.683	6.462
Power	(%)	0.47	31.15	67.85
Power	(n.u.)		31.29	68.17
Total power	(ms ²)	944		
Total power	(log)	6.850		
LF/HF ratio		0.459		
RESP	(Hz)	-		

FFT spectrum



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	32.8
SD2	(ms)	30.8
SD2/SD1		0.939
Approximate entropy (ApEn)		0.863
Sample entropy (SampEn)		1.829
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.681
DFA alpha2		0.129



*Results are calculated from non-detrended RR data