

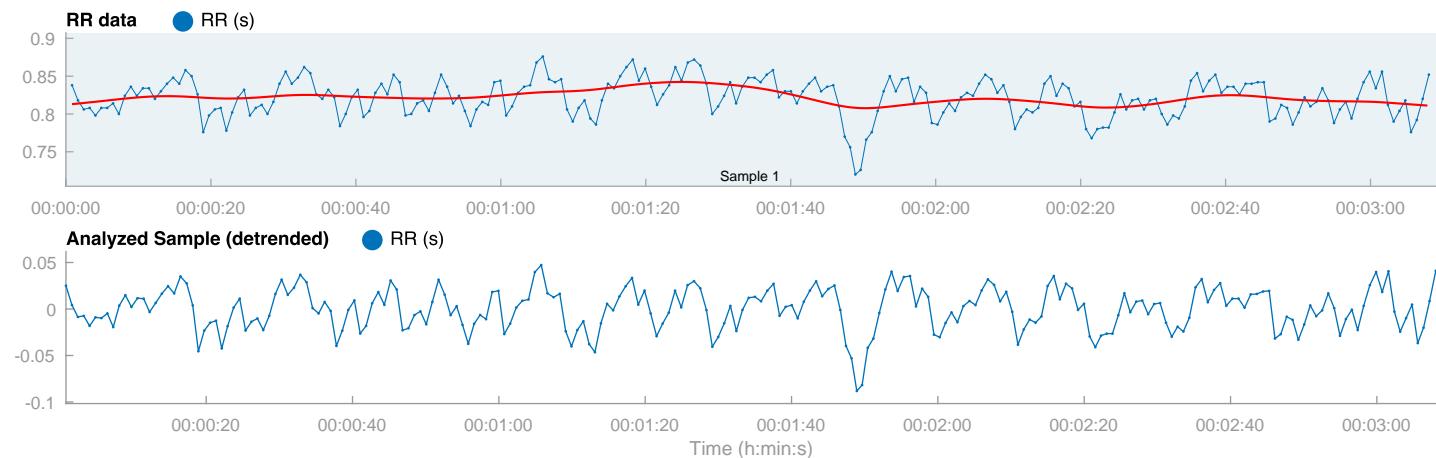
# HRV Results (sample 1)

Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
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

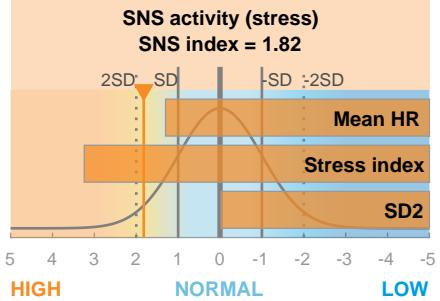
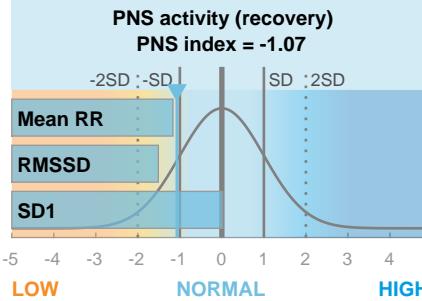
rr\_interval\_hayato\_flow\_ultra.csv

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	RMSD	SD1
821 ms	19.3 ms	32.3 %
<b>PNS index = -1.07</b>		

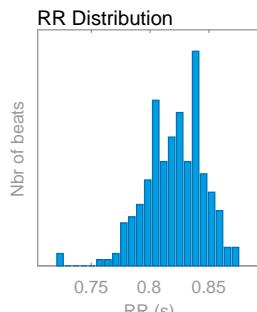


## Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
73 bpm	18.1	67.7 %
<b>SNS index = 1.82</b>		

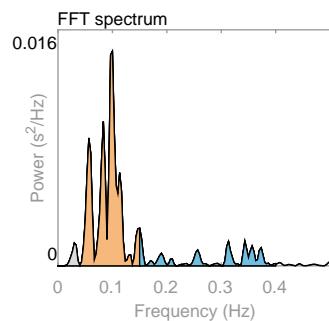
## Time-domain results

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



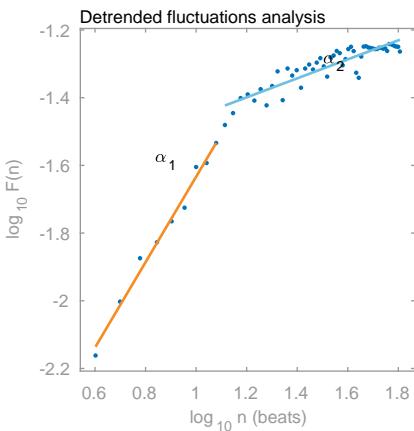
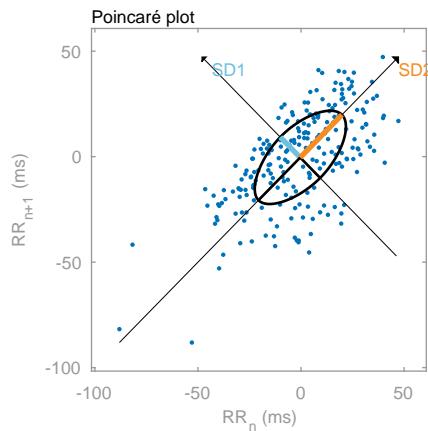
## Frequency-domain results

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 <sup>2</sup> )	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
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Total power	(ms <sup>2</sup> )	593		
Total power	(log)	6.385		
LF/HF ratio		4.297		
RESP	(Hz)	-		



## 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)		1.262
DFA alpha1		0.281



\*Results are calculated from non-detrended RR data