

HRV Results (sample 1)

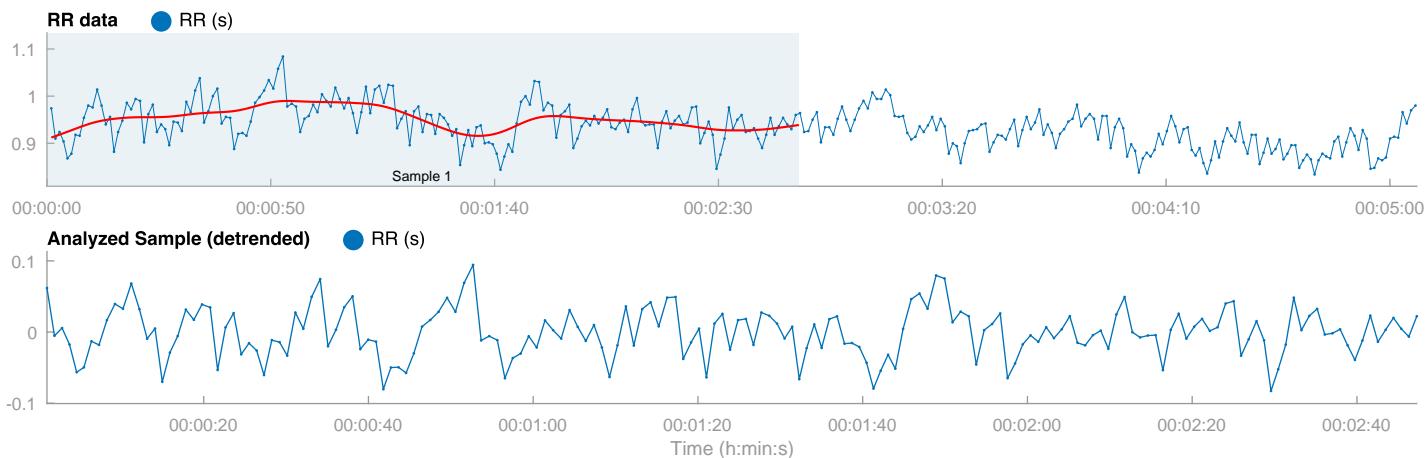
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:05:06
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

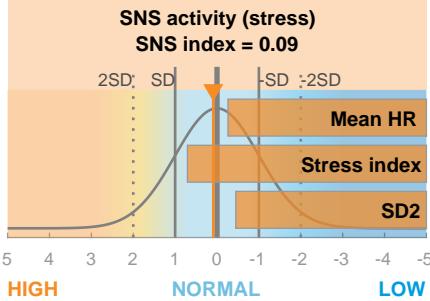
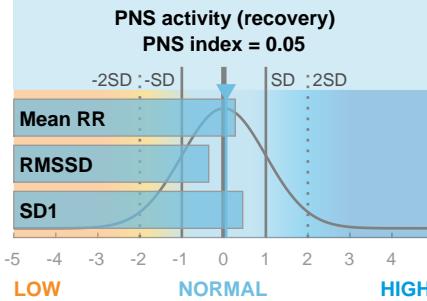
rr_interval_mitsuhashi_overload.csv

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	RMSD	SD1
950 ms	36.6 ms	39.2 %
PNS index = 0.05		

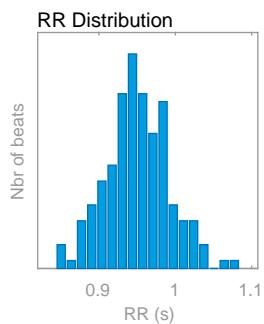


Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
63 bpm	11.5	60.8 %
SNS index = 0.09		

Time-domain results

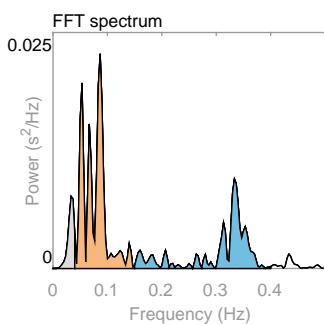
Variable	Units	Value
Mean RR*	(ms)	950
Mean HR*	(bpm)	63
Min HR*	(bpm)	58
Max HR*	(bpm)	69
SDNN	(ms)	34.0
RMSD	(ms)	36.6
NN50	(beats)	27
pNN50	(%)	15.43
HRV triang.ind.		7.65
TINN	(ms)	152.0
Stress index		11.5



Frequency-domain results

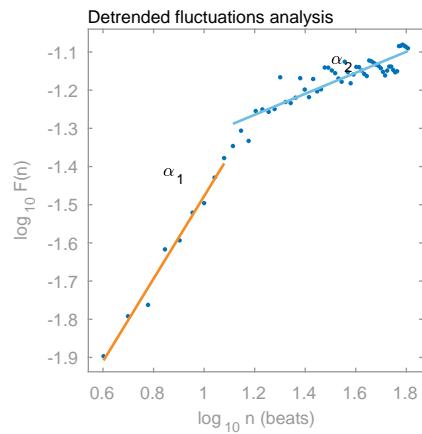
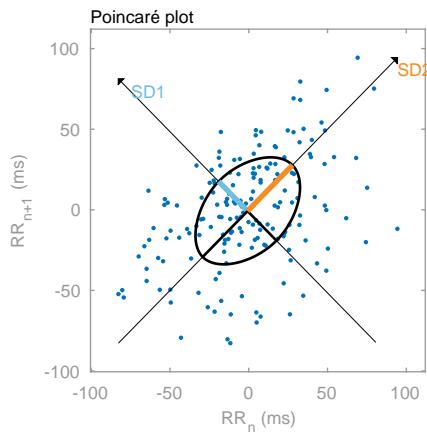
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.033	0.087	0.333
Power	(ms ²)	92	645	381
Power	(log)	4.521	6.469	5.942
Power	(%)	8.23	57.69	34.07
Power	(n.u.)		62.86	37.12

Total power	(ms ²)	1117		
Total power	(log)	7.019		
LF/HF ratio		1.694		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	25.9
SD2	(ms)	40.3
SD2/SD1		1.553
Approximate entropy (ApEn)		0.826
Sample entropy (SampEn)		1.908
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.081
DFA alpha2		0.275



*Results are calculated from non-detrended RR data