

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: 00:06:07
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

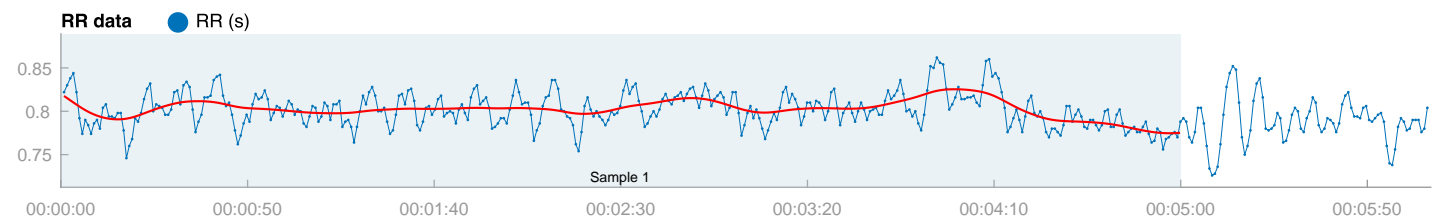
Sample (sample 1)

Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)

rr_interval_hayato_rest.csv

RR data

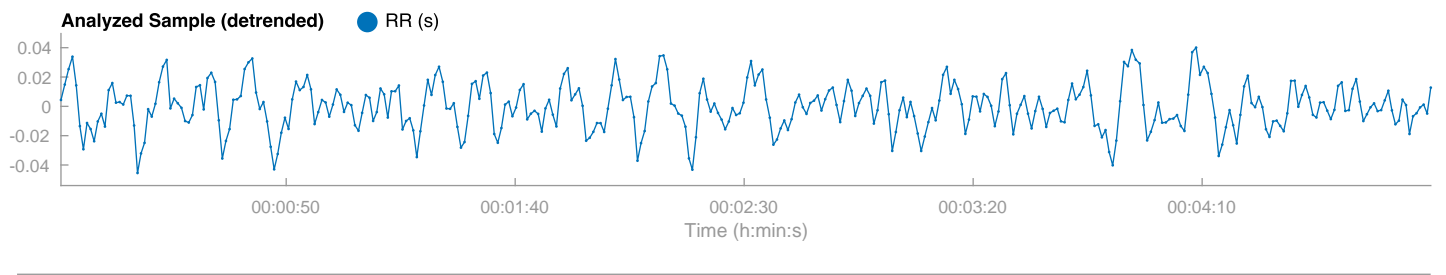
● RR (s)



Sample 1

Analyzed Sample (detrended)

● RR (s)



Time (h:min:s)

Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
802 ms

RMSSD
12.7 ms

SD1
30.8 %

PNS index = -1.36

Sympathetic nervous system (SNS)

Mean HR
75 bpm

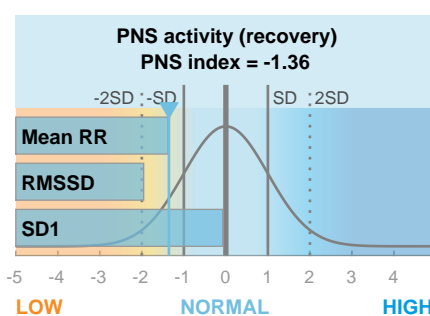
Stress index
19.9

SD2
69.2 %

SNS index = 2.24

PNS activity (recovery)

PNS index = -1.36



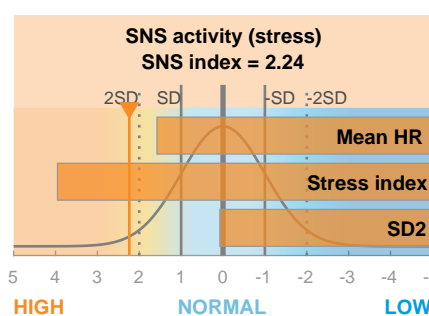
LOW

NORMAL

HIGH

SNS activity (stress)

SNS index = 2.24



HIGH

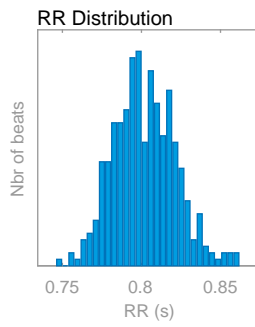
NORMAL

LOW

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	802
Mean HR*	(bpm)	75
Min HR*	(bpm)	70
Max HR*	(bpm)	78
SDNN	(ms)	15.6
RMSSD	(ms)	12.7
NN50	(beats)	0
pNN50	(%)	0.00
HRV triang.ind.		4.67
TINN	(ms)	72.0
Stress index		19.9

RR Distribution

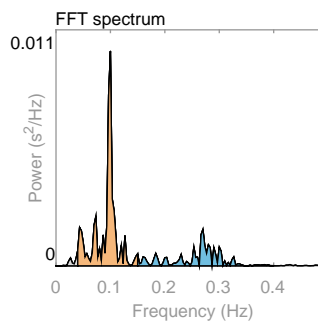


RR (s)

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	0.100	0.270
Power	(ms ²)	5	156	65
Power	(log)	1.643	5.052	4.177
Power	(%)	2.28	68.98	28.73
Power	(n.u.)		70.59	29.41
Total power	(ms ²)	227		
Total power	(log)	5.424		
LF/HF ratio		2.401		
RESP	(Hz)	-		

FFT spectrum

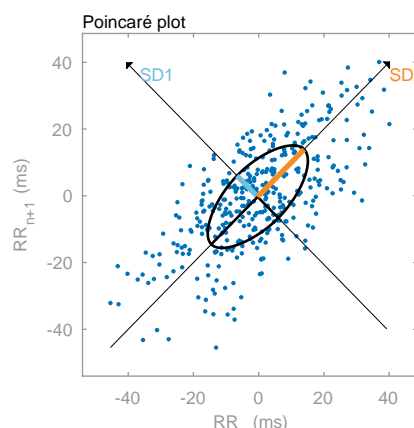


Frequency (Hz)

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	9.0
SD2	(ms)	20.1
SD2/SD1		2.246
Approximate entropy (ApEn)		1.211
Sample entropy (SampEn)		1.888
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.282
DFA alpha2		0.268

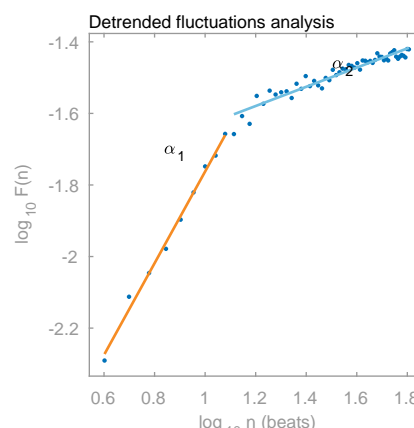
Poincaré plot



RR_n (ms)

RR_{n+1} (ms)

Detrended fluctuations analysis




log₁₀ F(n)

log₁₀ n (beats)

*Results are calculated from non-detrended RR data

2025/12/29 15:28:24

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