

HRV Results (sample 1)

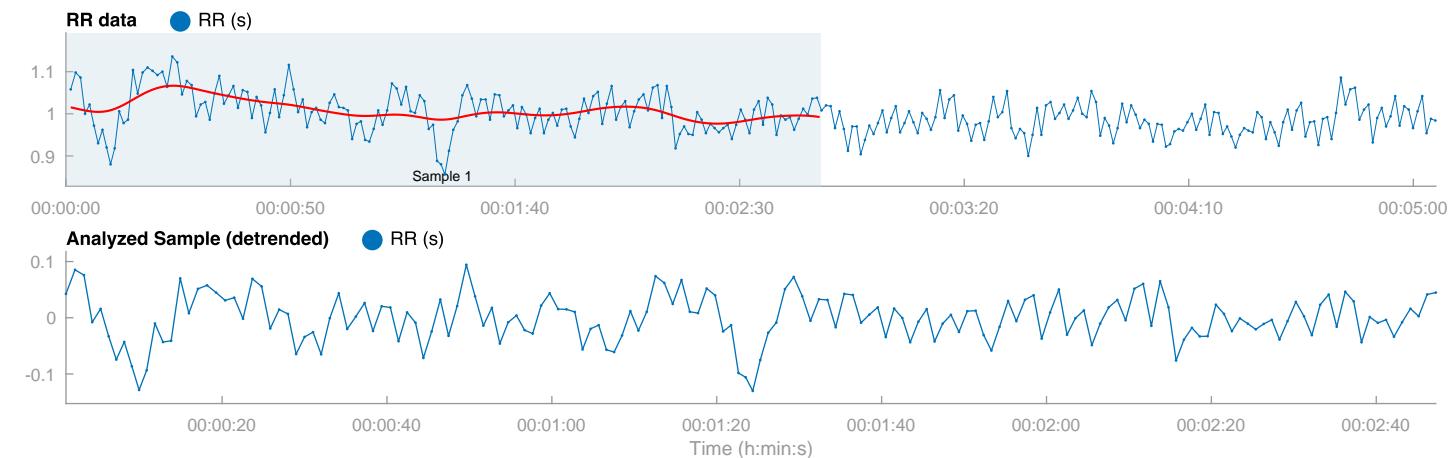
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

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

rr_interval_miyake_boredom.csv

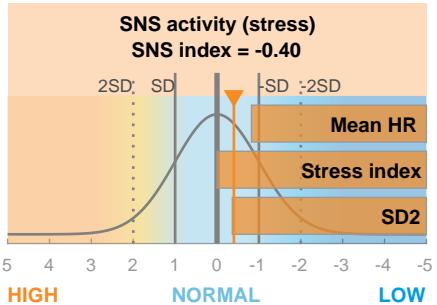
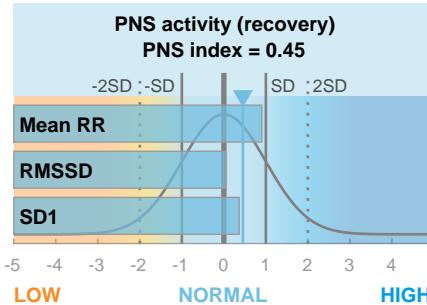
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:02:48
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

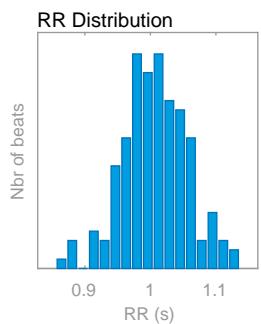
Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
1007 ms	42.7 ms	37.8 %

PNS index = 0.45



Time-domain results

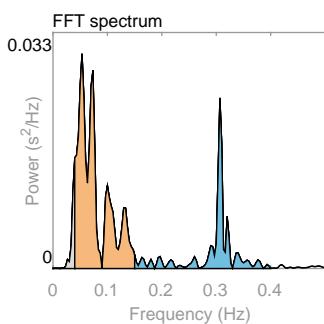
Variable	Units	Value
Mean RR*	(ms)	1007
Mean HR*	(bpm)	60
Min HR*	(bpm)	54
Max HR*	(bpm)	67
SDNN	(ms)	41.2
RMSD	(ms)	42.7
NN50	(beats)	42
pNN50	(%)	25.45
HRV triang.ind.		10.38
TINN	(ms)	187.0
Stress index		9.7



Frequency-domain results

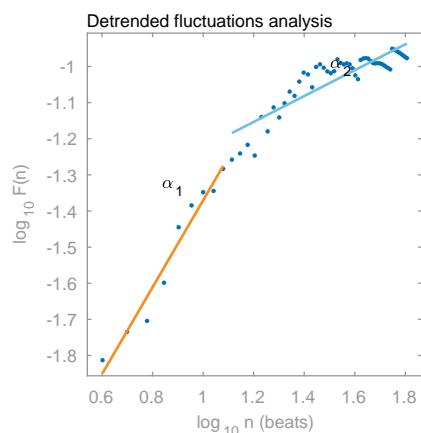
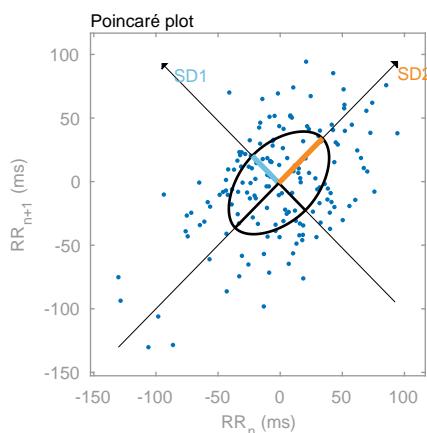
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.053	0.307
Power	(ms ²)	82	1176	436
Power	(log)	4.405	7.070	6.079
Power	(%)	4.83	69.41	25.76
Power	(n.u.)		72.93	27.07

Total power	(ms ²)	1694		
Total power	(log)	7.435		
LF/HF ratio		2.694		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	30.3
SD2	(ms)	49.7
SD2/SD1		1.644
Approximate entropy (ApEn)		0.806
Sample entropy (SampEn)		2.220
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.203
DFA alpha2		0.358



*Results are calculated from non-detrended RR data