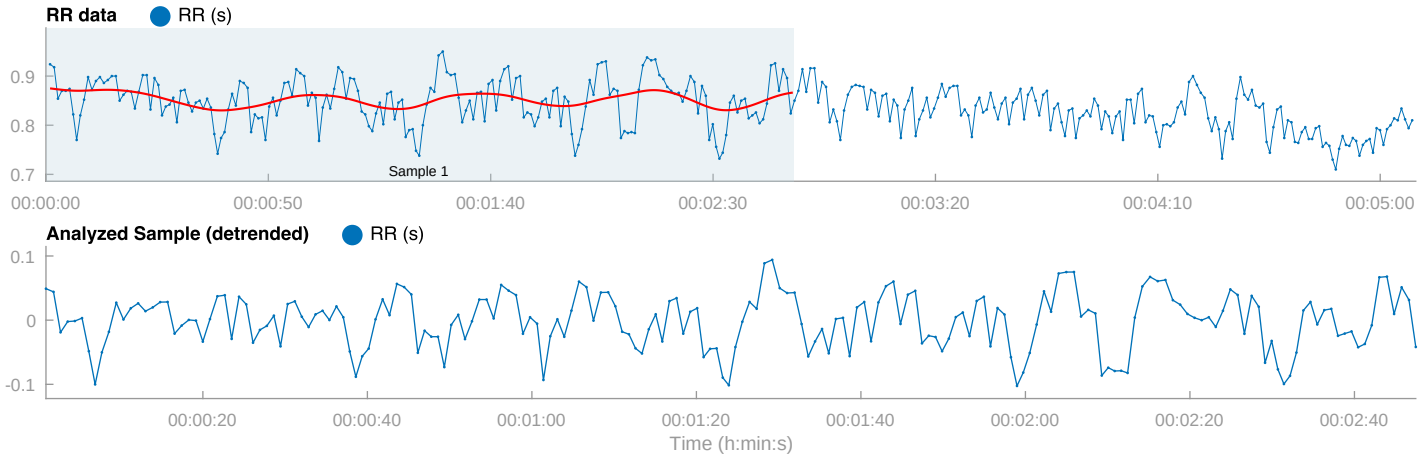
HRV Results (sample 1)

Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m ^{2})
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00
Measurement length: 00:05:08
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_ko_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)

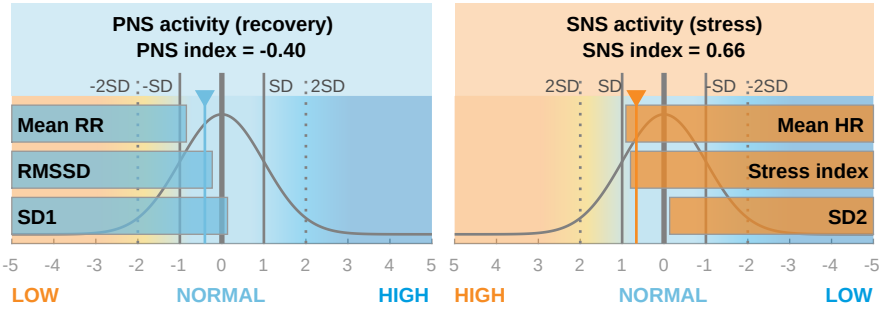
Mean RR	RMSSD	SD1
850 ms	**38.6 ms**	**34.2 %**

PNS index = -0.40

Sympathetic nervous system (SNS)

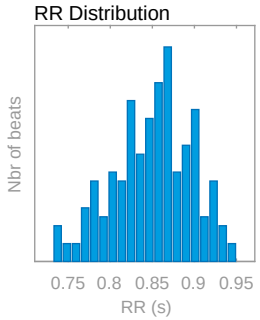
Mean HR	Stress index	SD2
71 bpm	**11.7**	**65.8 %**

SNS index = 0.66



Time-domain results

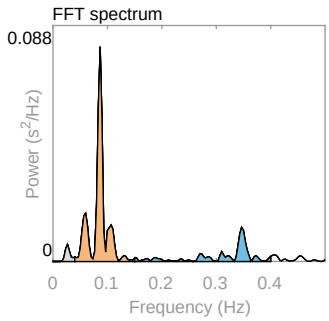
Variable	Units	Value
Mean RR*	(ms)	850
Mean HR*	(bpm)	71
Min HR*	(bpm)	65
Max HR*	(bpm)	79
SDNN	(ms)	42.0
RMSSD	(ms)	38.6
NN50	(beats)	44
pNN50	(%)	22.45
HRV triang.ind.		9.85
TINN	(ms)	186.0
Stress index		11.7



Frequency-domain results

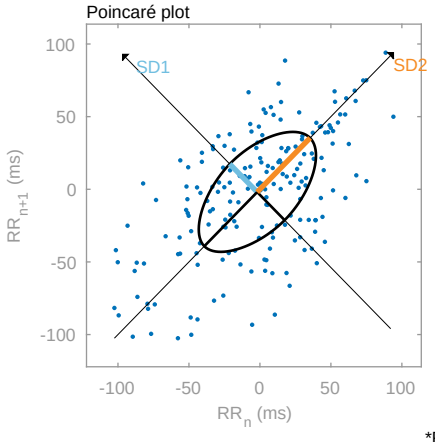
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.087	0.347
Power	(ms^2)	68	1247	389
Power	(log)	4.221	7.128	5.964
Power	(%)	3.99	73.08	22.81
Power	(n.u.)		76.12	23.76

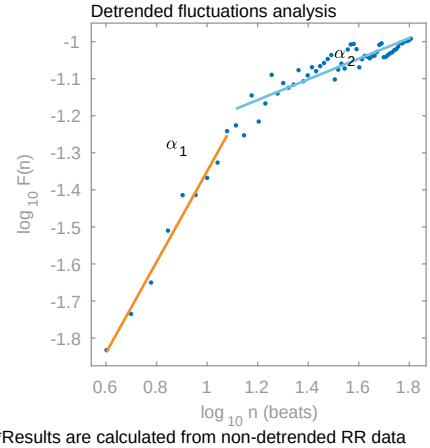
Total power	(ms^2)	1706		
Total power	(log)	7.442		
LF/HF ratio		3.203		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	27.3
SD2	(ms)	52.7
SD2/SD1		1.928
Approximate entropy (ApEn)		0.902
Sample entropy (SampEn)		1.753
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.225
DFA alpha2		0.278





*Results are calculated from non-detrended RR data