

HRV Results (sample 1)

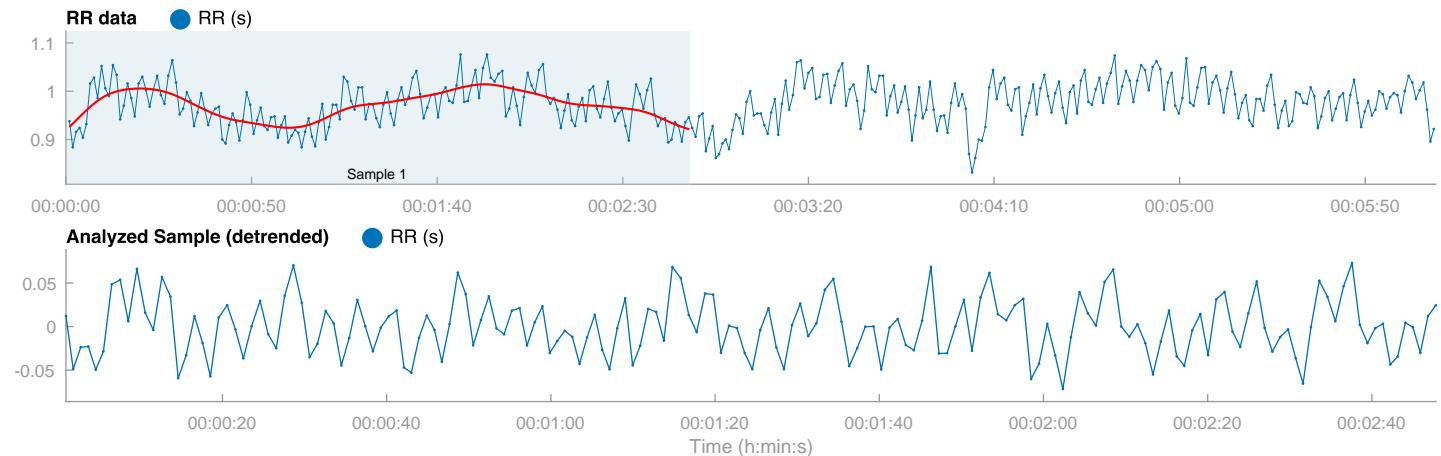
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:06:09
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_miyake_rest.csv

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



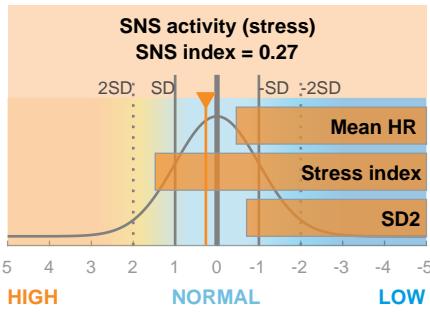
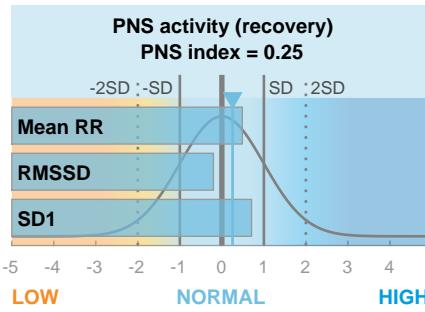
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
970 ms	39.0 ms	43.3 %

PNS index = 0.25

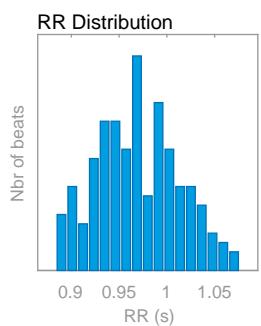
Sympathetic nervous system (SNS)		
Mean HR	Stress index	SD2
62 bpm	13.5	56.7 %

SNS index = 0.27



Time-domain results

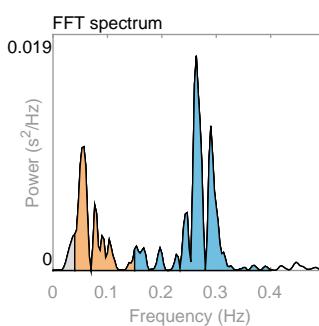
Variable	Units	Value
Mean RR*	(ms)	970
Mean HR*	(bpm)	62
Min HR*	(bpm)	58
Max HR*	(bpm)	66
SDNN	(ms)	32.1
RMSD	(ms)	39.0
NN50	(beats)	33
pNN50	(%)	19.19
HRV triang.ind.		6.65
TINN	(ms)	121.0
Stress index		13.5



Frequency-domain results

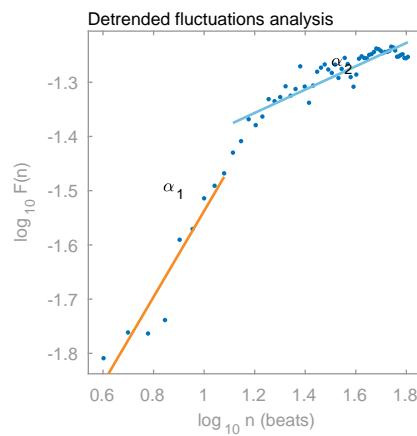
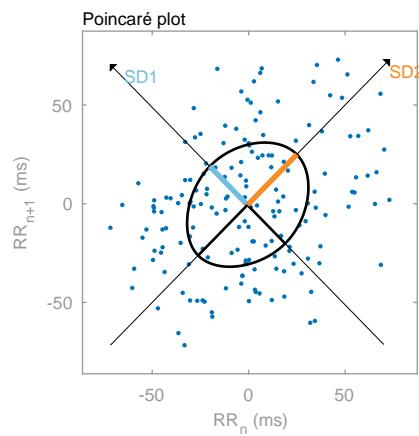
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.057	0.263
Power	(ms ²)	35	286	575
Power	(log)	3.566	5.657	6.355
Power	(%)	3.94	31.91	64.14
Power	(n.u.)		33.22	66.77

Total power	(ms ²)	897		
Total power	(log)	6.799		
LF/HF ratio		0.498		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	27.6
SD2	(ms)	36.2
SD2/SD1		1.309
Approximate entropy (ApEn)		0.796
Sample entropy (SampEn)		2.046
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.793
DFA alpha2		0.215



*Results are calculated from non-detrended RR data