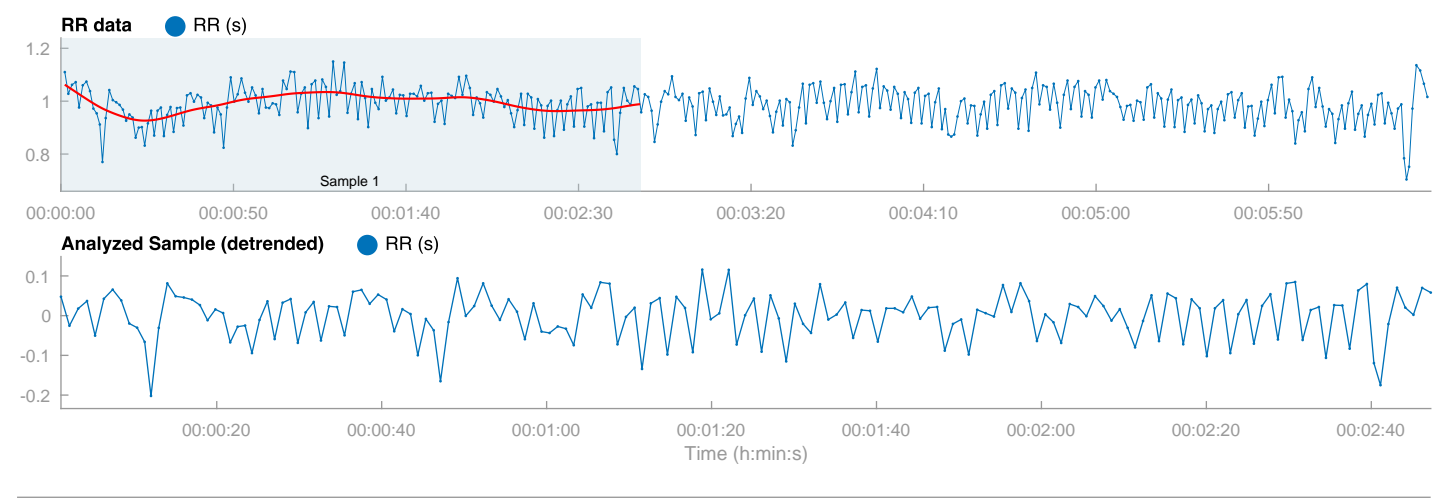


HRV Results (sample 1)

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: 00:06:37
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_ohashi_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
989 ms

RMSSD
83.1 ms

SD1
51.1 %

PNS index = 1.62

Sympathetic nervous system (SNS)

Mean HR
61 bpm

Stress index
8.2

SD2
48.9 %

SNS index = -0.73

PNS activity (recovery)

PNS index = 1.62

SNS activity (stress)

SNS index = -0.73

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	989
Mean HR*	(bpm)	61
Min HR*	(bpm)	56
Max HR*	(bpm)	68
SDNN	(ms)	57.7
RMSSD	(ms)	83.1
NN50	(beats)	97
pNN50	(%)	57.74
HRV triang.ind.		9.94
TINN	(ms)	262.0
Stress index		8.2

RR Distribution

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	0.080	0.353
Power	(ms ²)	9	720	2043
Power	(log)	2.157	6.579	7.622
Power	(%)	0.31	25.97	73.70
Power	(n.u.)		26.05	73.94
Total power	(ms ²)	2772		
Total power	(log)	7.927		
LF/HF ratio		0.352		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	58.9
SD2	(ms)	56.4
SD2/SD1		0.958
Approximate entropy (ApEn)		0.833
Sample entropy (SampEn)		1.934
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.642
DFA alpha2		0.153

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data