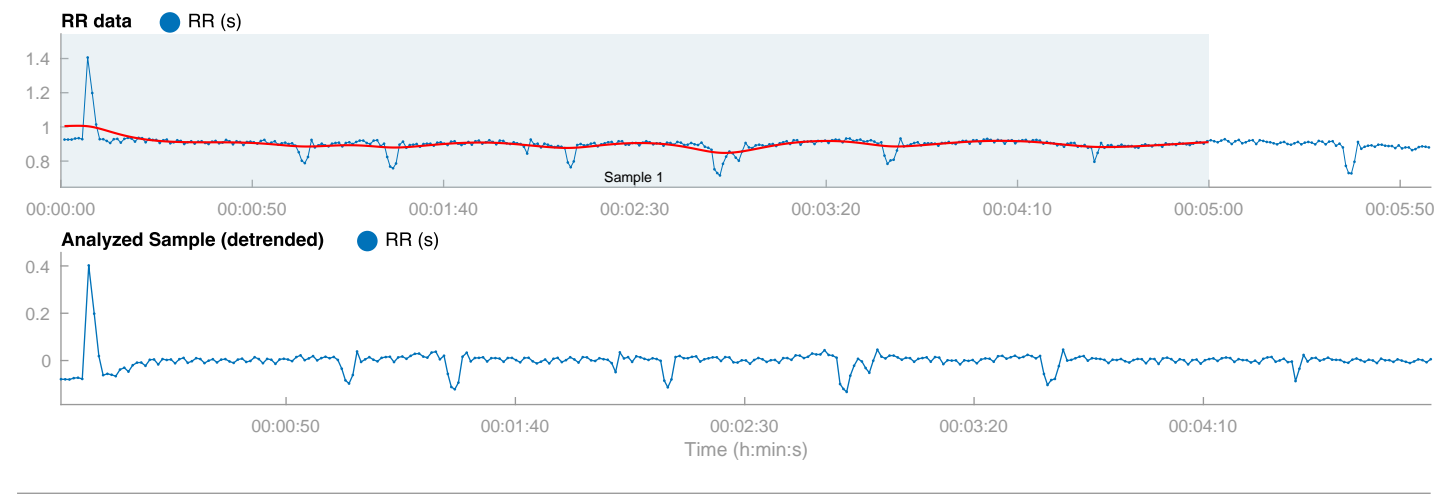


HRV Results (sample 1)

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

Thu, Dec 11 2025, 00:00:00
Measurement length: 00:05:58
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_yamamoto_rest.csv
Sample (sample 1)
Start time: 00:00:01
Sample length: 00:05:00
Beats corrected: 0 (0.00 %)



Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)

Mean RR
900 ms

RMSSD
37.8 ms

SD1
36.6 %

PNS index = -0.17

Sympathetic nervous system (SNS)

Mean HR
67 bpm

Stress index
8.5

SD2
63.4 %

SNS index = -0.12

PNS activity (recovery)

PNS index = -0.17

SNS activity (stress)

SNS index = -0.12

Time-domain results

| Variable | Units | Value |
|-----------------|---------|-------|
| Mean RR* | (ms) | 900 |
| Mean HR* | (bpm) | 67 |
| Min HR* | (bpm) | 55 |
| Max HR* | (bpm) | 79 |
| SDNN | (ms) | 37.9 |
| RMSSD | (ms) | 37.8 |
| NN50 | (beats) | 20 |
| pNN50 | (%) | 6.02 |
| HRV triang.ind. | | 3.70 |
| TINN | (ms) | 361.0 |
| Stress index | | 8.5 |

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) | 0.023 | 0.047 | 0.177 |
| Power | (ms ²) | 49 | 478 | 297 |
| Power | (log) | 3.886 | 6.169 | 5.692 |
| Power | (%) | 5.92 | 58.04 | 36.03 |
| Power | (n.u.) | | 61.69 | 38.30 |
| Total power | (ms ²) | 823 | | |
| Total power | (log) | 6.713 | | |
| LF/HF ratio | | 1.611 | | |
| RESP | (Hz) | - | | |

FFT spectrum

Nonlinear results

| Variable | Units | Value |
|---------------------------------------|-------|-------|
| Poincaré plot | | |
| SD1 | (ms) | 26.8 |
| SD2 | (ms) | 46.3 |
| SD2/SD1 | | 1.729 |
| Approximate entropy (ApEn) | | 0.772 |
| Sample entropy (SampEn) | | 0.833 |
| Detrended fluctuations analysis (DFA) | | |
| DFA alpha1 | | 1.131 |
| DFA alpha2 | | 0.328 |

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data