

HRV Results (sample 1)

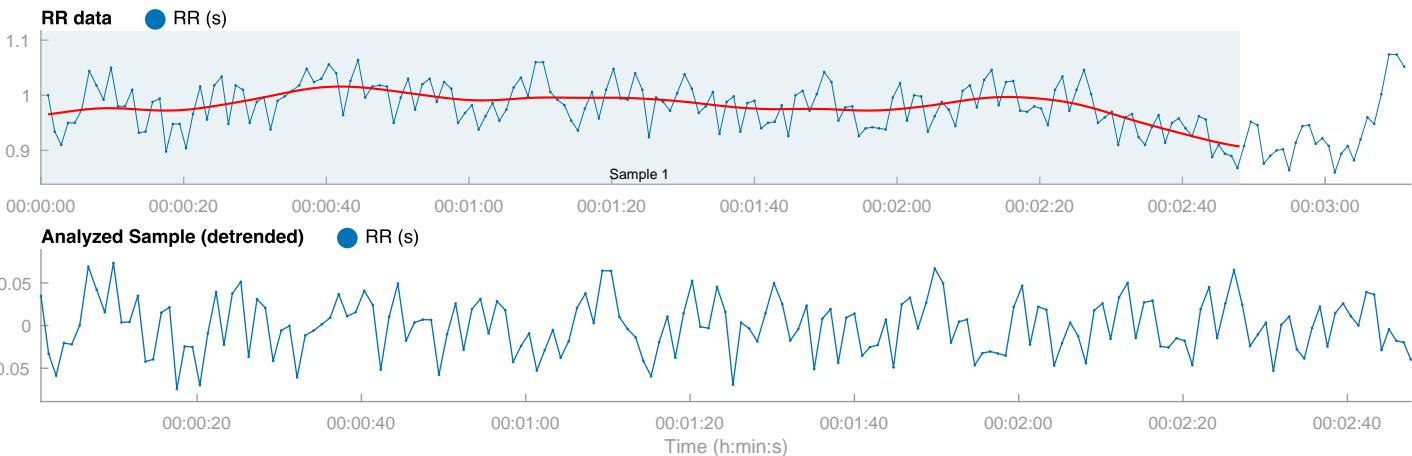
Male / 52 years
180 cm / 78.0 kg (BMI=24.1 kg/m²)
HR max: 168 bpm
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00

Measurement length: 00:03:12
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

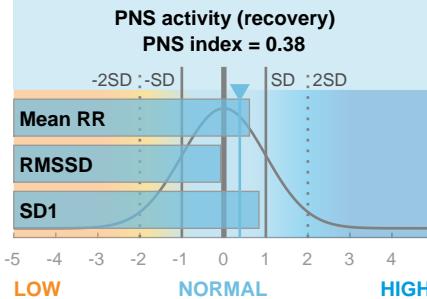
rr_interval_mitsuhashi_flow_ultra.csv

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



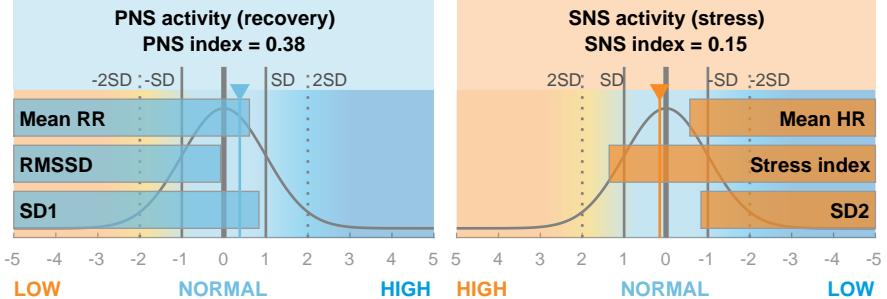
Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
981 ms	40.8 ms	45.4 %
PNS index = 0.38		



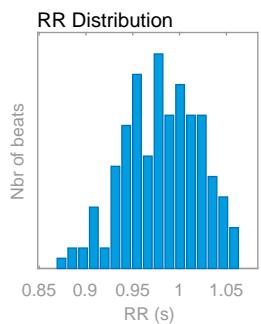
Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
61 bpm	13.2	54.6 %
SNS index = 0.15		



Time-domain results

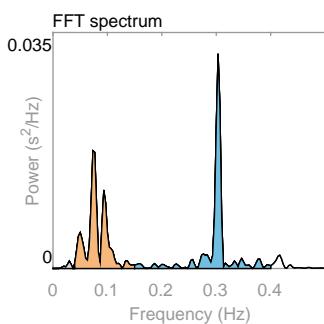
Variable	Units	Value
Mean RR*	(ms)	981
Mean HR*	(bpm)	61
Min HR*	(bpm)	58
Max HR*	(bpm)	68
SDNN	(ms)	32.1
RMSD	(ms)	40.8
NN50	(beats)	45
pNN50	(%)	26.47
HRV triang.ind.		9.00
TINN	(ms)	154.0
Stress index		13.2



Frequency-domain results

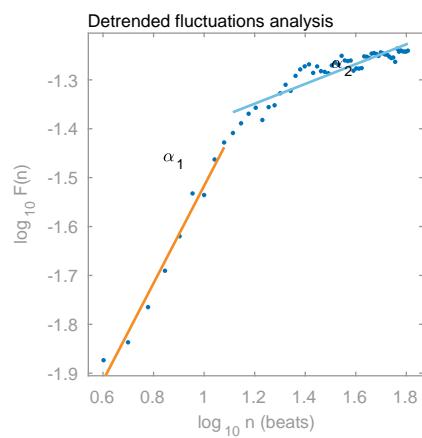
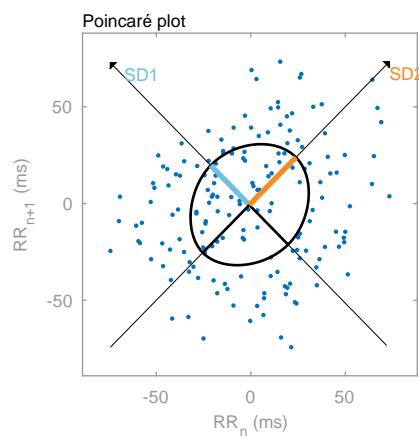
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.073	0.303
Power	(ms ²)	12	448	452
Power	(log)	2.468	6.106	6.115
Power	(%)	1.29	49.11	49.55
Power	(n.u.)		49.75	50.20

Total power	(ms ²)	913		
Total power	(log)	6.817		
LF/HF ratio		0.991		
RESP	(Hz)	-		



Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	29.0
SD2	(ms)	34.9
SD2/SD1		1.204
Approximate entropy (ApEn)		0.806
Sample entropy (SampEn)		2.273
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.995
DFA alpha2		0.202



*Results are calculated from non-detrended RR data