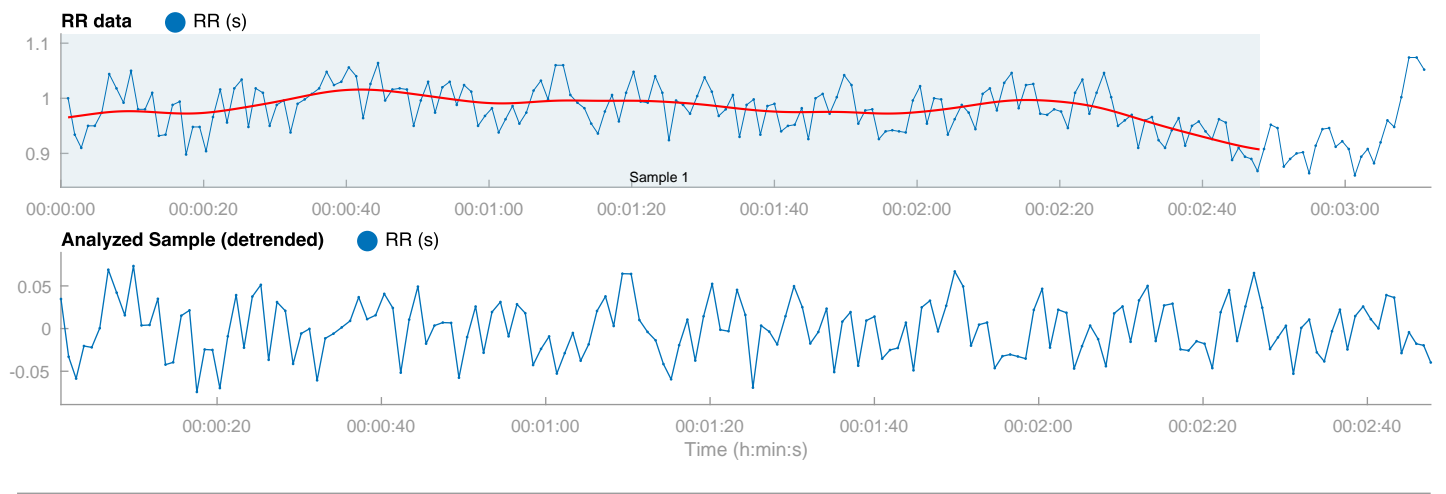


HRV Results (sample 1)

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_mitsuhashii_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
981 ms

RMSSD
40.8 ms

SD1
45.4 %

PNS index = 0.38

Sympathetic nervous system (SNS)

Mean HR
61 bpm

Stress index
13.2

SD2
54.6 %

SNS index = 0.15

PNS activity (recovery)

PNS index = 0.38

SNS activity (stress)

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 |
| RMSSD | (ms) | 40.8 |
| NN50 | (beats) | 45 |
| pNN50 | (%) | 26.47 |
| HRV triang.ind. | | 9.00 |
| TINN | (ms) | 154.0 |
| Stress index | | 13.2 |

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) | 0.030 | 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) | - | | |

FFT spectrum

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 |

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data