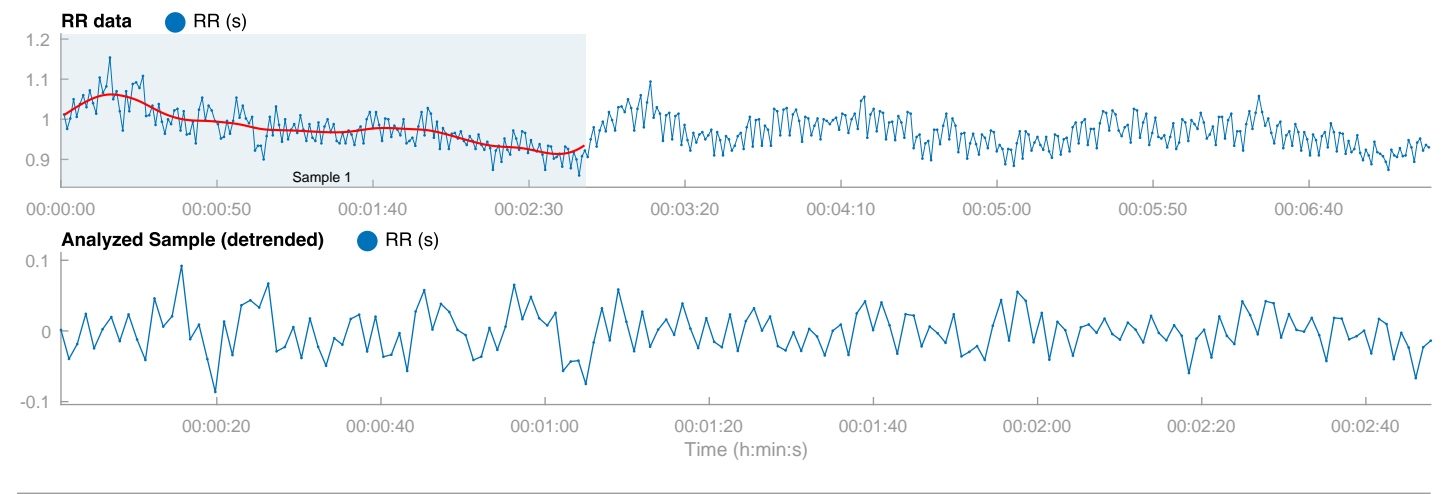


HRV Results (sample 1)

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: 00:07:19
Number of samples: 1
Beat correction: none
Trend removal: Smoothn priors

rr_interval_miyake_flow.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
976 ms

RMSSD
39.7 ms

SD1
47.8 %

PNS index = 0.36

Sympathetic nervous system (SNS)

Mean HR
61 bpm

Stress index
13.1

SD2
52.2 %

SNS index = 0.12

PNS activity (recovery)

PNS index = 0.36

SNS activity (stress)

SNS index = 0.12

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	976
Mean HR*	(bpm)	61
Min HR*	(bpm)	55
Max HR*	(bpm)	67
SDNN	(ms)	29.4
RMSSD	(ms)	39.7
NN50	(beats)	30
pNN50	(%)	17.54
HRV triang.ind.		8.19
TINN	(ms)	143.0
Stress index		13.1

RR Distribution

Frequency-domain results

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	28.1
SD2	(ms)	30.8
SD2/SD1		1.093
Approximate entropy (ApEn)		0.809
Sample entropy (SampEn)		2.100
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.834
DFA alpha2		0.243

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data