HRV Results (sample 1)

|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Mon, Dec 29 2025, 00:00:00** Measurement length: 00:07:07 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_hayato_flow.csv **Sample (sample 1)** Start time: 00:00:01 Sample length: 00:05:00 Beats corrected: 0 (0.00 %)
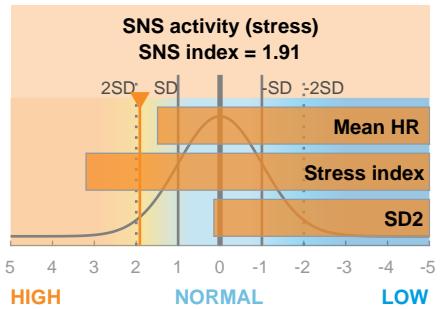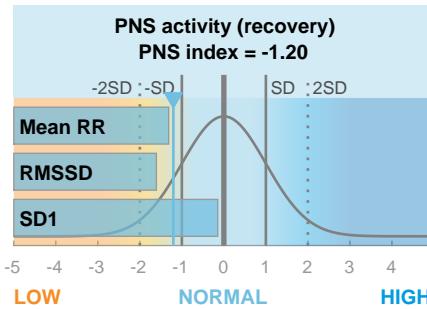
RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Autonomic nervous system (ANS)
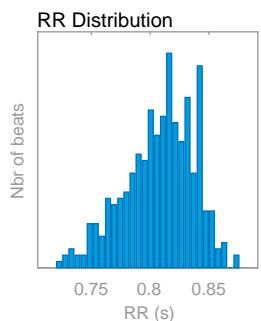
Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
808 ms	**17.9 ms**	**29.7 %**

PNS index = -1.20

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
74 bpm	**17.9**	**70.3 %**

SNS index = 1.91

PNS activity (recovery)
PNS index = -1.20

SNS activity (stress)
SNS index = 1.91

Time-domain results
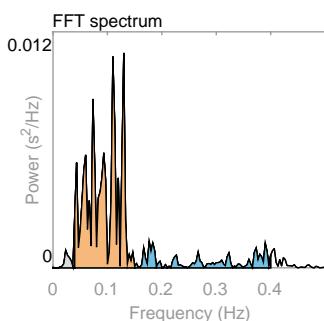
Variable	Units	Value
Mean RR*	(ms)	808
Mean HR*	(bpm)	74
Min HR*	(bpm)	69
Max HR*	(bpm)	82
SDNN	(ms)	23.1
RMSSD	(ms)	17.9
NN50	(beats)	2
pNN50	(%)	0.54
HRV triang.ind.		6.08
TINN	(ms)	105.0
Stress index		17.9

RR Distribution

Frequency-domain results
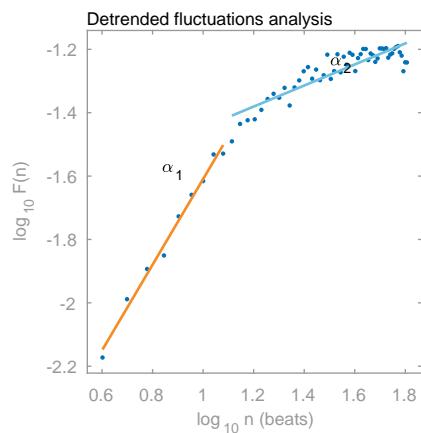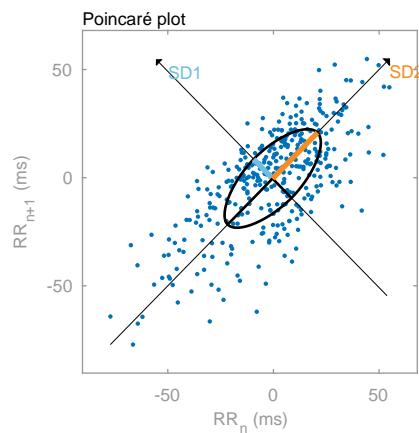
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.130	0.177
Power	(ms^2)	14	392	79
Power	(log)	2.645	5.971	4.371
Power	(%)	2.90	80.67	16.29
Power	(n.u.)		83.08	16.78

Total power	(ms^2)	486		
Total power	(log)	6.186		
LF/HF ratio		4.952		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	12.7
SD2	(ms)	30.1
SD2/SD1		2.371
Approximate entropy (ApEn)		1.176
Sample entropy (SampEn)		1.699
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.352
DFA alpha2		0.332

Poincaré plot

Detrended fluctuations analysis

*Results are calculated from non-detrended RR data