

# HRV Results (sample 1)

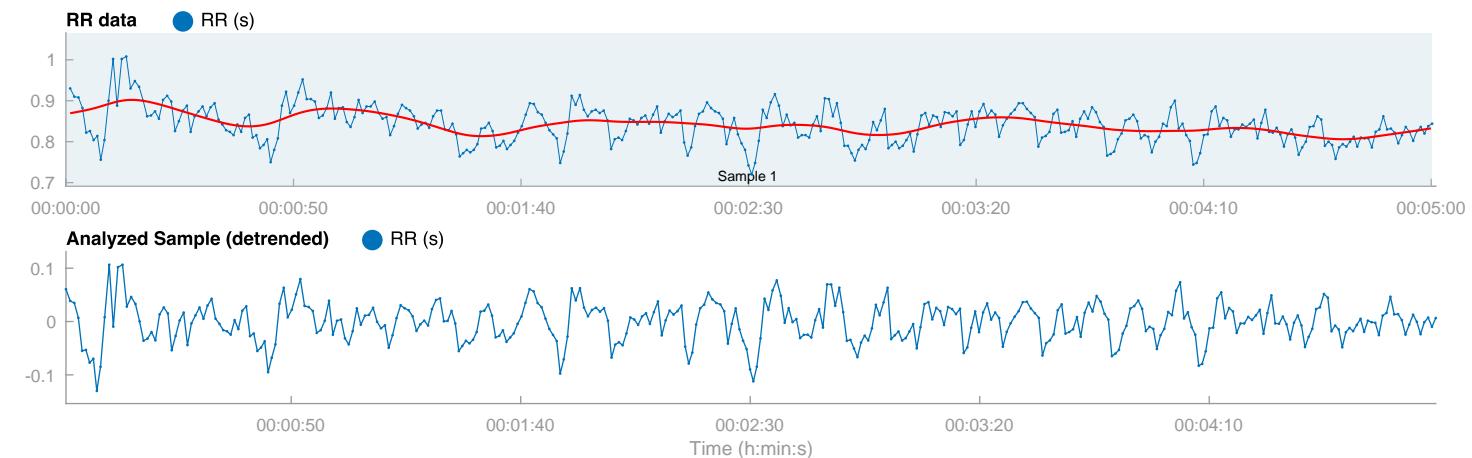
Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Thu, Dec 11 2025, 00:00:00

Measurement length: 00:05:01  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

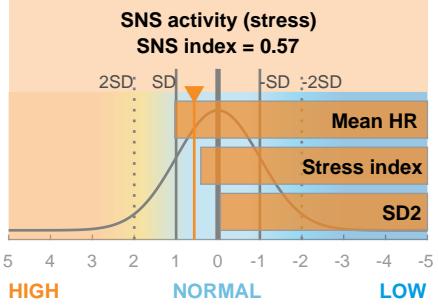
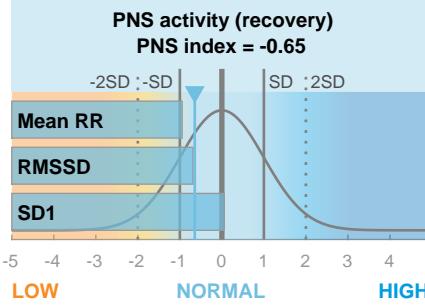
rr\_interval\_ishida\_1\_boredom.csv

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



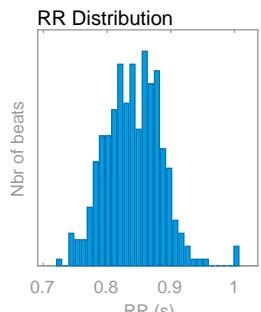
## Autonomic nervous system (ANS)

Parasympathetic nervous system (PNS)		
Mean RR	RMSD	SD1
841 ms	31.7 ms	32.9 %
<b>PNS index = -0.65</b>		



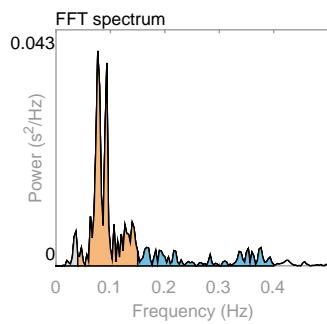
## Time-domain results

Variable	Units	Value
Mean RR*	(ms)	841
Mean HR*	(bpm)	71
Min HR*	(bpm)	62
Max HR*	(bpm)	79
SDNN	(ms)	36.0
RMSD	(ms)	31.7
NN50	(beats)	39
pNN50	(%)	10.99
HRV triang.ind.		10.17
TINN	(ms)	190.0
Stress index		10.7



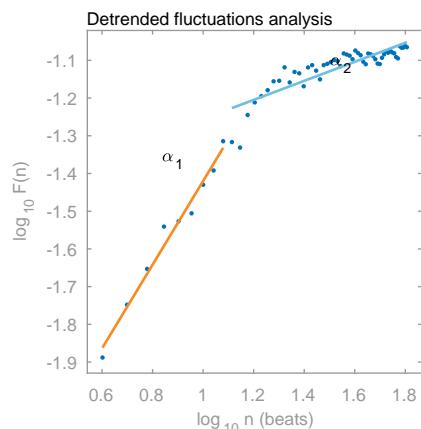
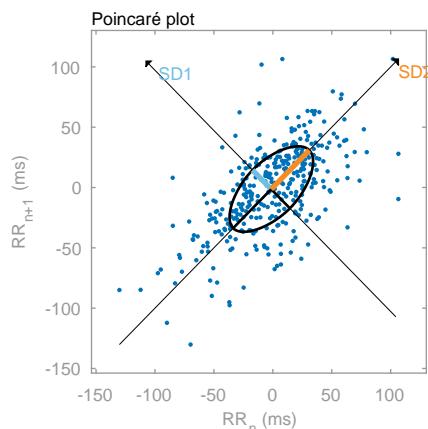
## Frequency-domain results

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.077	0.167
Power	(ms <sup>2</sup> )	53	950	284
Power	(log)	3.965	6.856	5.649
Power	(%)	4.10	73.82	22.06
Power	(n.u.)		76.98	23.01
-----				
Total power	(ms <sup>2</sup> )	1287		
Total power	(log)	7.160		
LF/HF ratio		3.346		
RESP	(Hz)	-		



## Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	22.4
SD2	(ms)	45.7
SD2/SD1		2.038
Approximate entropy (ApEn)		1.176
Sample entropy (SampEn)		1.803
Detrended fluctuations analysis (DFA)		1.110
DFA alpha1		0.252



\*Results are calculated from non-detrended RR data