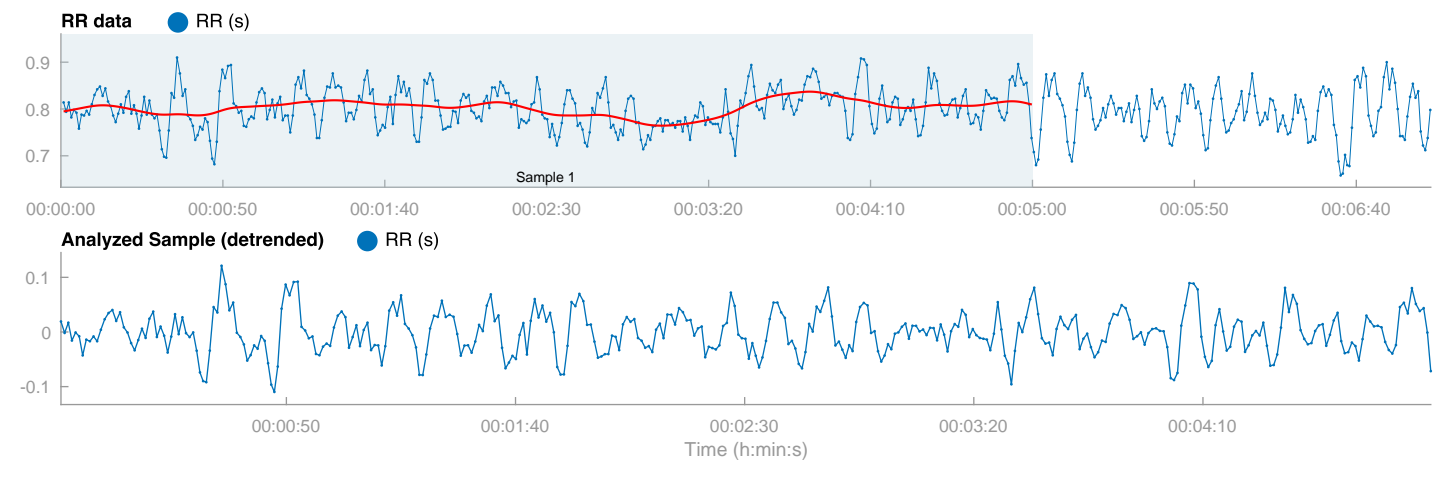


HRV Results (sample 1)

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: 00:07:03  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_ishida\_2\_flow.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  
801 ms

RMSSD  
30.4 ms

SD1  
30.5 %

PNS index = -0.89

Sympathetic nervous system (SNS)

Mean HR  
75 bpm

Stress index  
11.2

SD2  
69.5 %

SNS index = 0.90

PNS activity (recovery)

PNS index = -0.89

SNS activity (stress)

SNS index = 0.90

Time-domain results

Variable	Units	Value
Mean RR*	(ms)	801
Mean HR*	(bpm)	75
Min HR*	(bpm)	68
Max HR*	(bpm)	83
SDNN	(ms)	38.0
RMSSD	(ms)	30.4
NN50	(beats)	38
pNN50	(%)	10.19
HRV triang.ind.		11.69
TINN	(ms)	193.0
Stress index		11.2

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)	0.037	0.097	0.160
Power	(ms <sup>2</sup> )	34	951	179
Power	(log)	3.520	6.857	5.187
Power	(%)	2.90	81.70	15.38
Power	(n.u.)		84.14	15.83
Total power	(ms <sup>2</sup> )	1164		
Total power	(log)	7.059		
LF/HF ratio		5.314		
RESP	(Hz)	-		

FFT spectrum

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	21.6
SD2	(ms)	49.2
SD2/SD1		2.280
Approximate entropy (ApEn)		1.192
Sample entropy (SampEn)		1.789
Detrended fluctuations analysis (DFA)		
DFA alpha1		1.388
DFA alpha2		0.186

Poincaré plot

Detrended fluctuations analysis

\*Results are calculated from non-detrended RR data