HRV Results (sample 1)

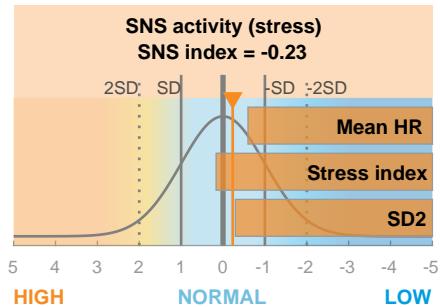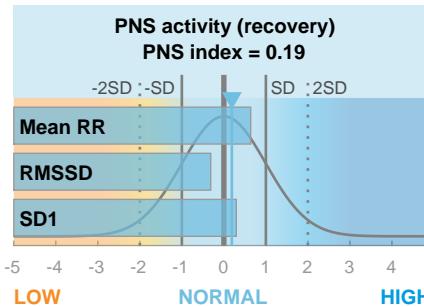|		
Male / 52 years 180 cm / 78.0 kg (BMI=24.1 kg/m^2) HR max: 168 bpm HR rest: 60 bpm	**Mon, Dec 29 2025, 00:00:00** Measurement length: 00:03:09 Number of samples: 1 Beat correction: none Trend removal: Smoothn priors	rr_interval_chika_flow_ultra.csv **Sample (sample 1)** Start time: 00:00:01 Sample length: 00:03:09 Beats corrected: 0 (0.00 %)

RR data ● RR (s)

Analyzed Sample (detrended) ● RR (s)

Time (h:min:s)

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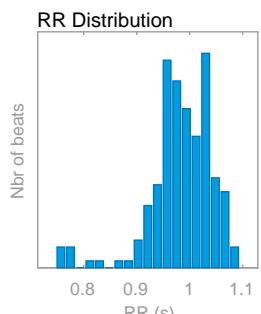
Parasympathetic nervous system (PNS)

Mean RR	RMSSD	SD1
983 ms	**37.3 ms**	**36.7 %**

PNS index = 0.19

Sympathetic nervous system (SNS)

Mean HR	Stress index	SD2
61 bpm	**10.1**	**63.3 %**

SNS index = -0.23

PNS activity (recovery)
PNS index = 0.19

-2SD -SD SD 2SD
Mean RR
RMSSD
SD1

-5 -4 -3 -2 -1 0 1 2 3 4 5
LOW   NORMAL   HIGH

SNS activity (stress)
SNS index = -0.23

2SD SD -SD -2SD
Mean HR
Stress index
SD2

5 4 3 2 1 0 -1 -2 -3 -4 -5
HIGH   NORMAL   LOW

Time-domain results
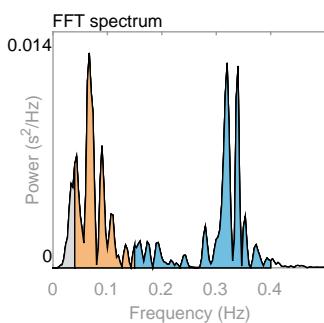
Variable	Units	Value
Mean RR*	(ms)	983
Mean HR*	(bpm)	61
Min HR*	(bpm)	56
Max HR*	(bpm)	79
SDNN	(ms)	37.6
RMSSD	(ms)	37.3
NN50	(beats)	37
pNN50	(%)	19.37
HRV triang.ind.		6.62
TINN	(ms)	194.0
Stress index		10.1

RR Distribution

Nbr of beats

0.8 0.9 1 1.1
RR (s)

Frequency-domain results
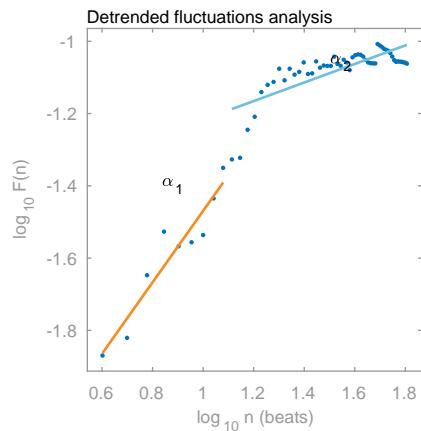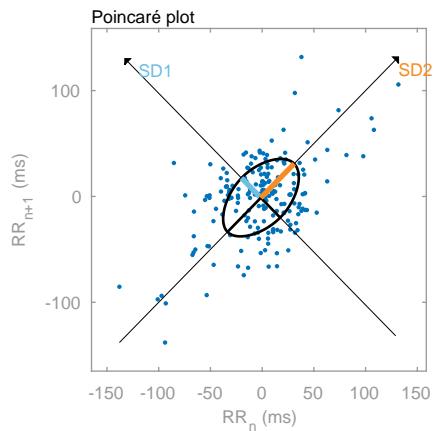
Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.067	0.320
Power	(ms^2)	68	371	403
Power	(log)	4.221	5.917	5.999
Power	(%)	8.08	44.05	47.83
Power	(n.u.)		47.92	52.03

Total power	(ms^2)	843		
Total power	(log)	6.737		
LF/HF ratio		0.921		
RESP	(Hz)	-		

FFT spectrum

0.014

Power (s^2/Hz)

0

0 0.1 0.2 0.3 0.4
Frequency (Hz)

Nonlinear results

Variable	Units	Value
Poincaré plot		
SD1	(ms)	26.5
SD2	(ms)	45.6
SD2/SD1		1.723
Approximate entropy (ApEn)		0.981
Sample entropy (SampEn)		1.890
Detrended fluctuations analysis (DFA)		
DFA alpha1		0.989
DFA alpha2		0.257

Poincaré plot

SD1   SD2

RR$_{n+1}$ (ms)

-150 -100 -50 0 50 100 150
RR$_n$ (ms)

Detrended fluctuations analysis

-1

α_2

log$_{10}$ F(n)

-1.2

-1.4

α_1

-1.6

-1.8

0.6 0.8 1 1.2 1.4 1.6 1.8
log$_{10}$ n (beats)

*Results are calculated from non-detrended RR data

kubios
WWW.KUBIOS.COM