

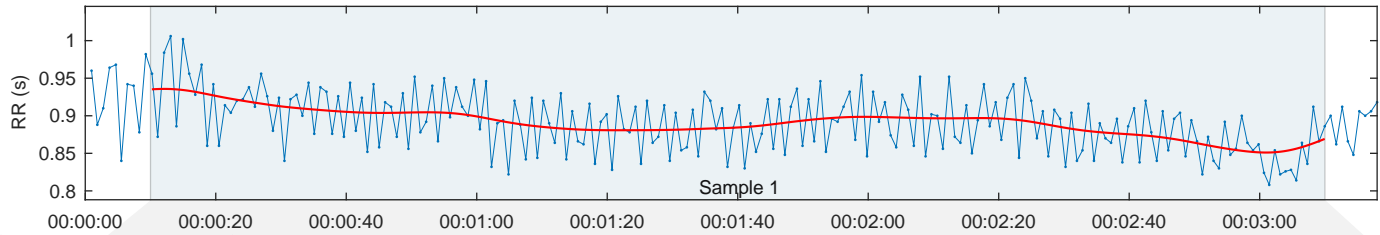
HRV Analysis Results

rr_interval_chizuru_3_ultra.csv - -

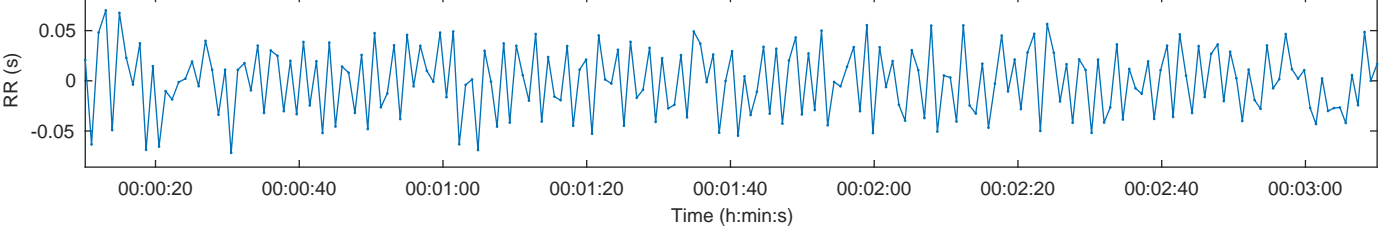
Page 1/1

Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:18	Beats corrected:	Uncorrected
			Trend removal:			Smoothn priors:	none
			Artefact corr.:				
			Analysis samples:			1	

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR: 890 ms
RMSSD: 57.3 ms
SD1: 63.1 %

PNS Index = 0.63

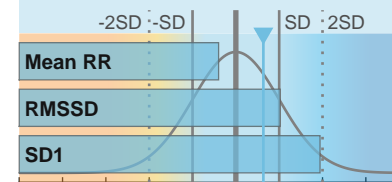
Sympathetic Nervous System (SNS)

Mean HR: 67 bpm
Stress index: 13.2
SD2: 36.9 %

SNS Index = 0.32

Parasympathetic tone (recovery)

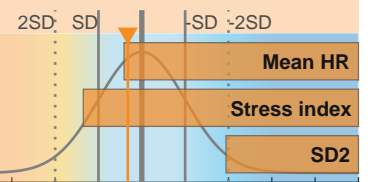
PNS Index = 0.63



LOW NORMAL HIGH

Sympathetic tone (stress)

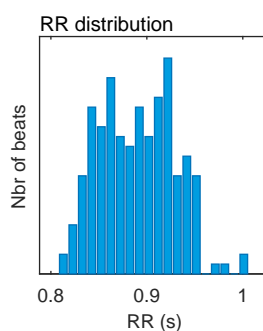
SNS Index = 0.32



HIGH NORMAL LOW

Time-Domain Results

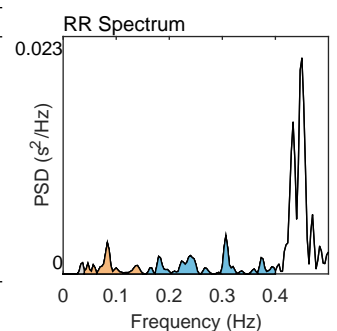
Variable	Units	Value
Mean RR*	(ms)	890
Mean HR*	(bpm)	67
Min HR	(bpm)	62
Max HR	(bpm)	73
SDNN	(ms)	33.3
RMSSD	(ms)	57.3
NN50	(beats)	98
pNN50	(%)	48.51
RR triangular index		10.15
TINN	(ms)	151.0
Stress Index (SI)		13.2



Frequency-Domain Results (FFT spectrum)

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	0.083	0.307
Power	(ms ²)	8	70	150
Power	(log)	2.111	4.247	5.012
Power	(%)	3.61	30.56	65.67
Power	(n.u.)		31.70	68.13

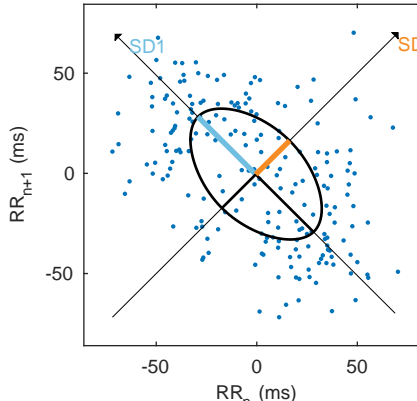
Total power	(ms ²)	229		
Total Power	(log)	5.432		
LF/HF ratio		0.465		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	40.7
SD2	(ms)	23.8
SD2/SD1		0.585
Approximate Entropy (ApEn)		0.957
Sample Entropy (SampEn)		2.063
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.324
Long-term fluctuations, α_2		0.156

Poincare Plot



Detrended fluctuations (DFA)

