

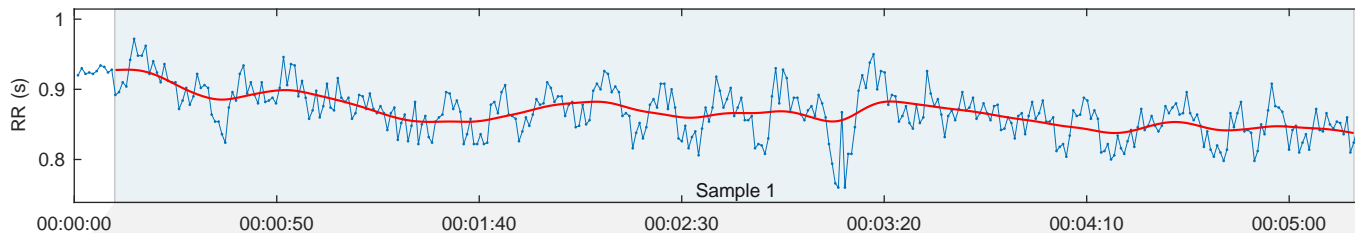
HRV Analysis Results

rr_interval_yuito_1_boredom.csv -

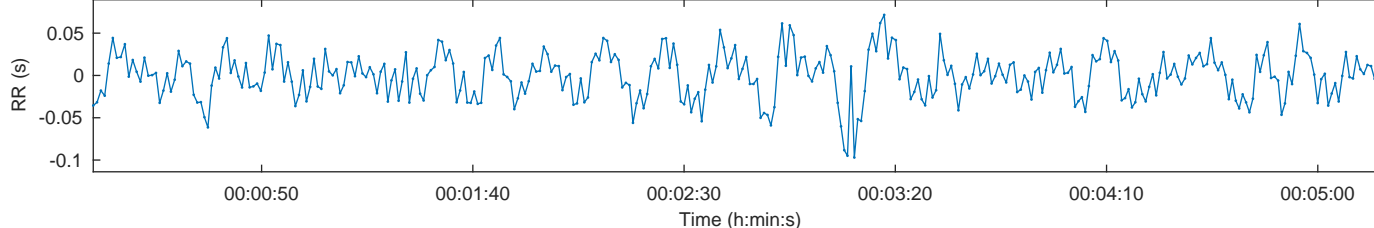
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:06
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:19	Beats corrected:	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 866 ms
RMSSD 25.4 ms
SD1 35.4%

PNS Index = -0.67

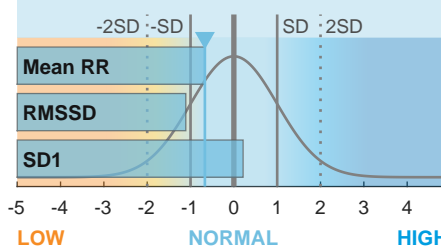
Sympathetic Nervous System (SNS)

Mean HR 69 bpm
Stress index 14.6
SD2 64.6%

SNS Index = 1.01

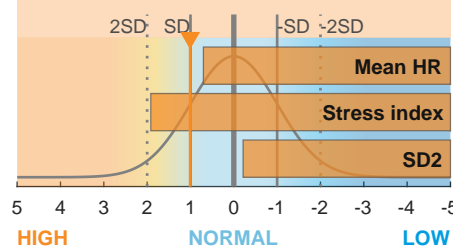
Parasympathetic tone (recovery)

PNS Index = -0.67



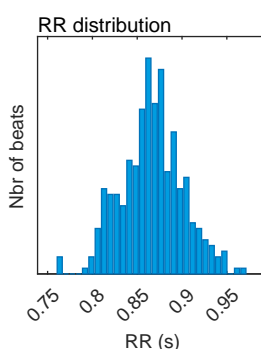
Sympathetic tone (stress)

SNS Index = 1.01



Time-Domain Results

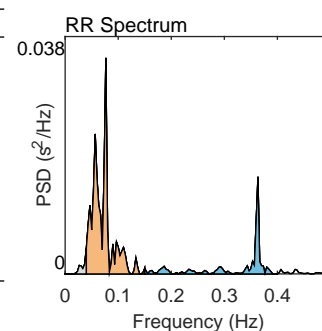
Variable	Units	Value
Mean RR*	(ms)	866
Mean HR*	(bpm)	69
Min HR	(bpm)	63
Max HR	(bpm)	76
SDNN	(ms)	26.4
RMSSD	(ms)	25.4
NN50	(beats)	9
pNN50	(%)	2.55
RR triangular index		6.81
TINN	(ms)	134.0
Stress Index (SI)		14.6



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)		0.040	0.077	0.363
Power	(ms ²)	26	662	192
Power	(log)	3.245	6.495	5.259
Power	(%)	2.92	75.22	21.85
Power	(n.u.)		77.48	22.51

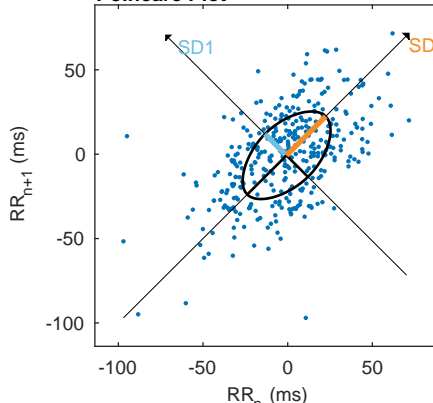
Total power	(ms ²)	880		
Total Power	(log)	6.779		
LF/HF ratio		3.442		
RESP	(Hz)	-		



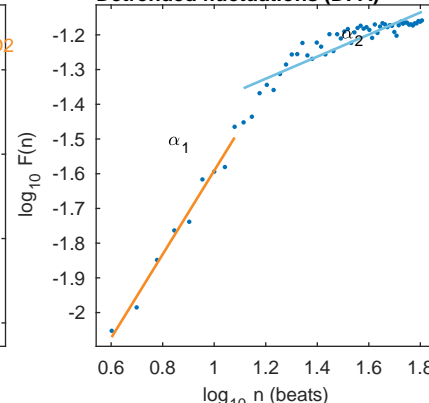
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	18.0
SD2	(ms)	32.8
SD2/SD1		1.823
Approximate Entropy (ApEn)		1.218
Sample Entropy (SampEn)		1.928
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.205
Long-term fluctuations, α_2		0.318

Poincare Plot



Detrended fluctuations (DFA)



*Results are calculated from the non-detrended selected RR series.