

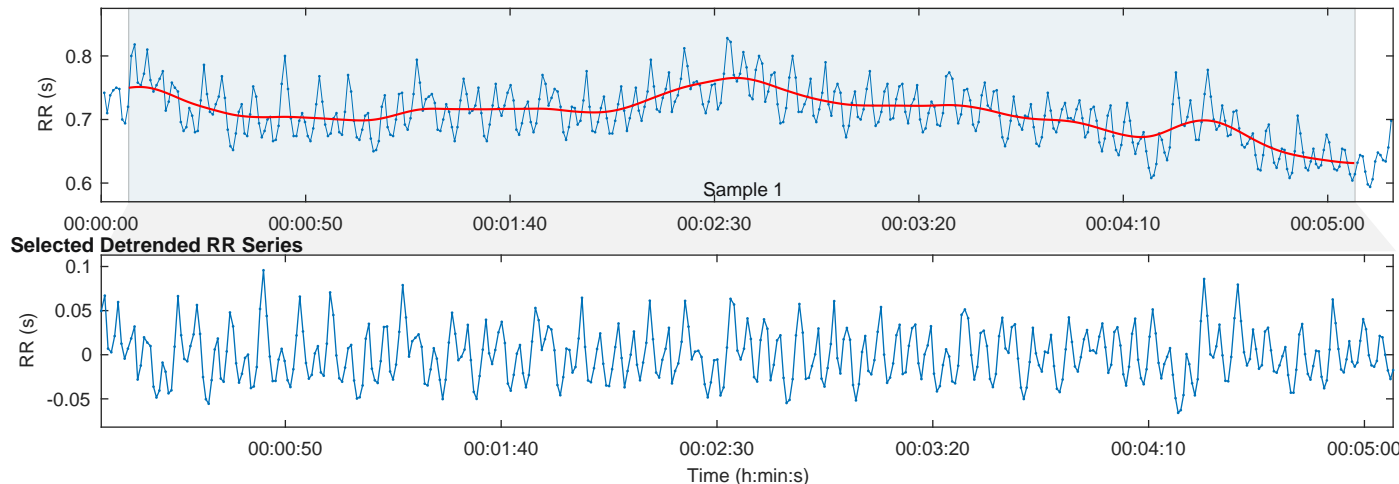
# HRV Analysis Results

rr\_interval\_kanemoto\_1\_boredom.csv - -

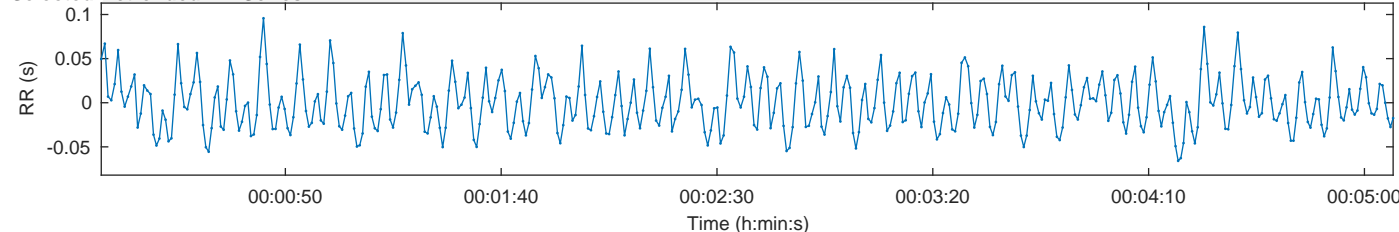
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:07
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m <sup>2</sup>	Duration:	00:05:16	Analysis samples:	1
			Trend removal:			Smoothn priors:	none
			Artefact corr.:			Beats corrected:	Uncorrected

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1  
708 ms 28.1 ms 35.6%

PNS Index = -1.31

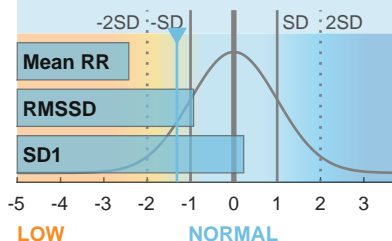
### Sympathetic Nervous System (SNS)

Mean HR Stress index SD2  
85 bpm 14.4 64.4%

SNS Index = 1.97

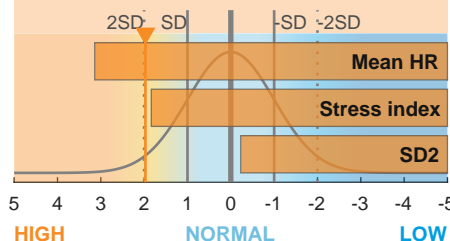
### Parasympathetic tone (recovery)

PNS Index = -1.31



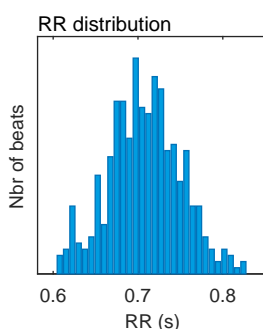
### Sympathetic tone (stress)

SNS Index = 1.97



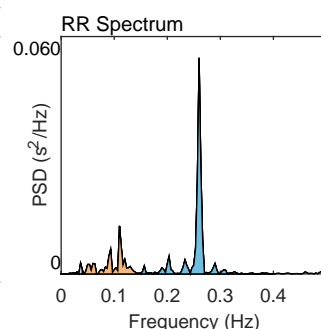
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	708
Mean HR*	(bpm)	85
Min HR	(bpm)	75
Max HR	(bpm)	98
SDNN	(ms)	29.0
RMSSD	(ms)	28.1
NN50	(beats)	25
pNN50	(%)	5.91
RR triangular index		8.65
TINN	(ms)	146.0
Stress Index (SI)		14.4



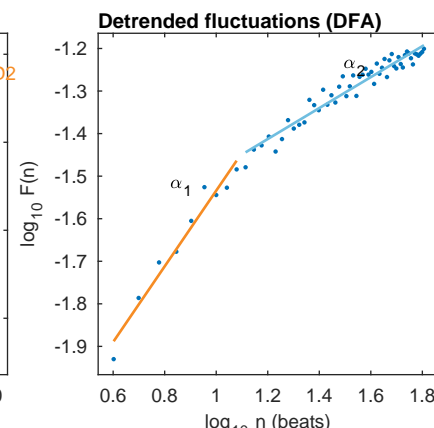
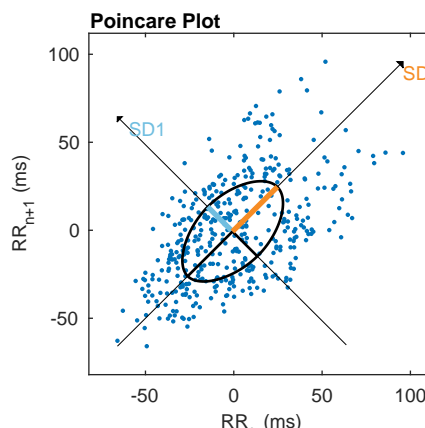
## Frequency-Domain Results (FFT spectrum)

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	0.110	0.260
Power	(ms <sup>2</sup> )	15	215	543
Power	(log)	2.692	5.369	6.297
Power	(%)	1.91	27.80	70.29
Power	(n.u.)		28.34	71.65
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Total power	(ms <sup>2</sup> )	772		
Total Power	(log)	6.649		
LF/HF ratio		0.396		
RESP	(Hz)	-		



## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	19.9
SD2	(ms)	35.9
SD2/SD1		1.807
Approximate Entropy (ApEn)		1.110
Sample Entropy (SampEn)		1.478
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		0.889
Long-term fluctuations, $\alpha_2$		0.364



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