

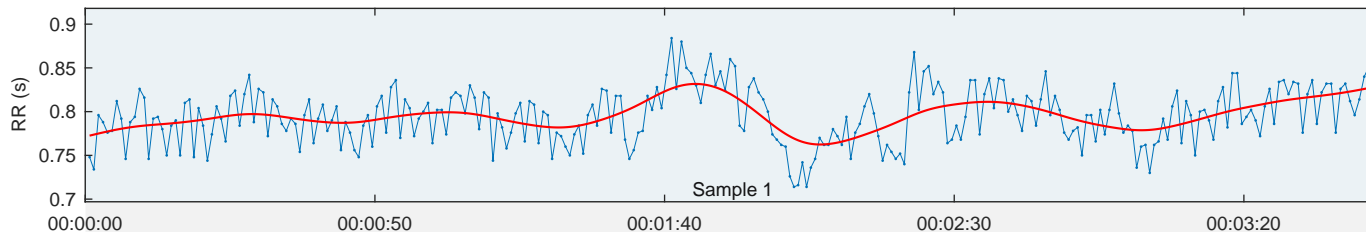
HRV Analysis Results

rr_interval_kumakura_1_practice.csv -

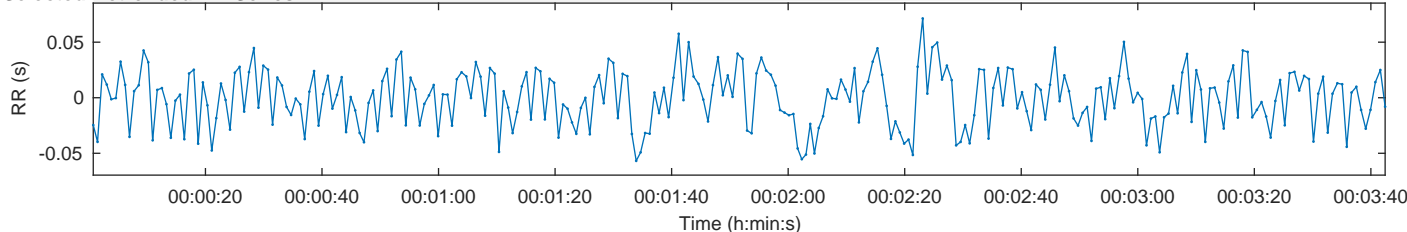
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:01
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:43
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:43	Beats corrected:	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 RMSSD SD1
794 ms 31.1 ms 44.2%

PNS Index = -0.73

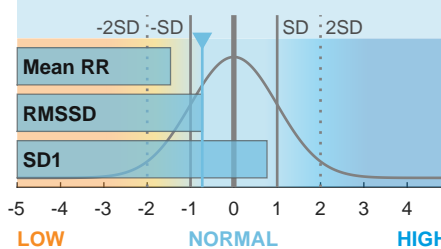
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
76 bpm 15.7 55.8%

SNS Index = 1.46

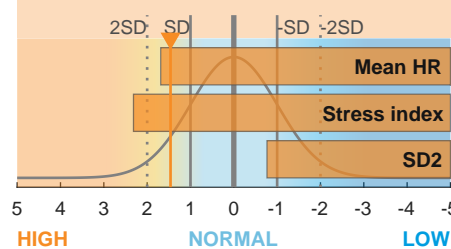
Parasympathetic tone (recovery)

PNS Index = -0.73



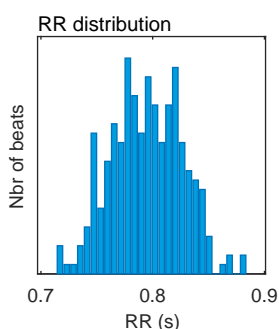
Sympathetic tone (stress)

SNS Index = 1.46



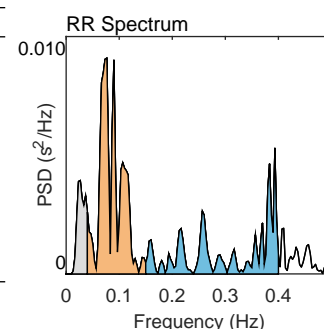
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	794
Mean HR*	(bpm)	76
Min HR	(bpm)	70
Max HR	(bpm)	83
SDNN	(ms)	25.1
RMSSD	(ms)	31.1
NN50	(beats)	26
pNN50	(%)	9.32
RR triangular index		7.57
TINN	(ms)	129.0
Stress Index (SI)		15.7



Frequency-Domain Results (FFT spectrum)

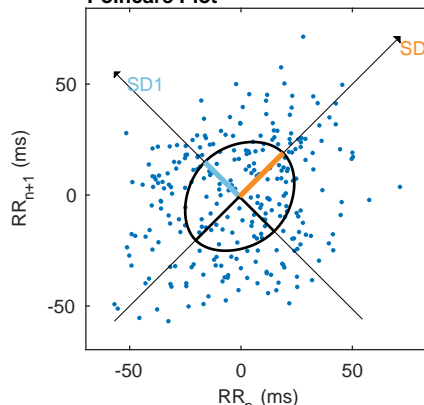
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.027	0.077	0.393
Power	(ms ²)	70	335	216
Power	(log)	4.248	5.815	5.376
Power	(%)	11.25	53.88	34.76
Power	(n.u.)		60.71	39.16
Total power		(ms ²)	622	
Total Power		(log)	6.433	
LF/HF ratio			1.550	
RESP		(Hz)	-	



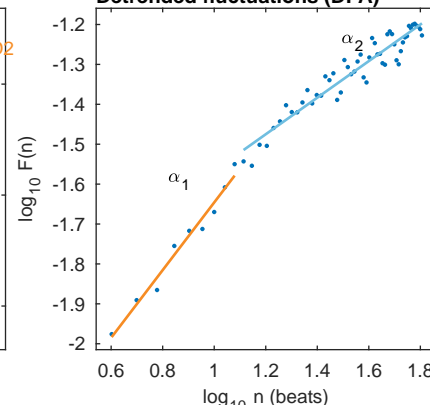
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	22.1
SD2	(ms)	27.8
SD2/SD1		1.260
Approximate Entropy (ApEn)		0.972
Sample Entropy (SampEn)		1.905
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.848
Long-term fluctuations, α_2		0.458

Poincare Plot



Detrended fluctuations (DFA)



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