

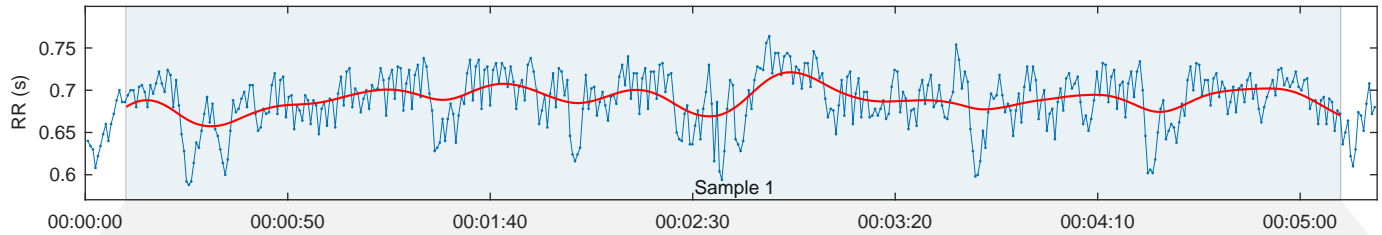
HRV Analysis Results

rr_interval_ayaka_4_overload.csv -

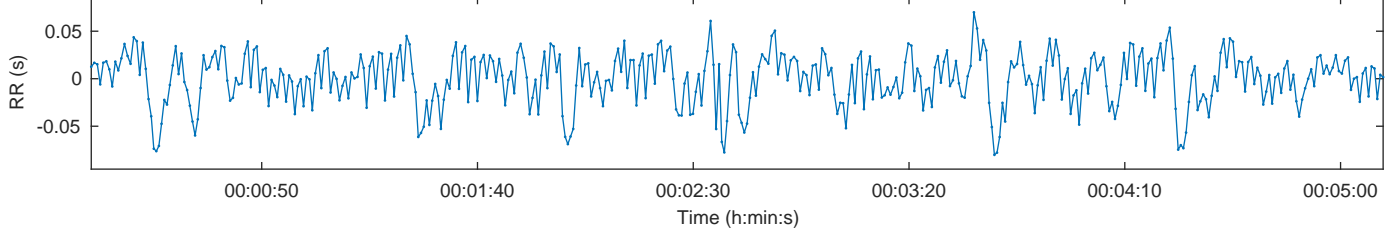
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:19	Analysis samples:	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: 688 ms
RMSSD: 26.7 ms
SD1: 36.0%

PNS Index = -1.44

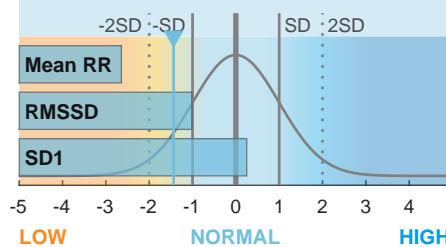
Sympathetic Nervous System (SNS)

Mean HR: 87 bpm
Stress index: 16.0
SD2: 64.0%

SNS Index = 2.37

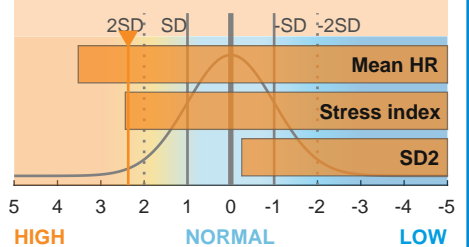
Parasympathetic tone (recovery)

PNS Index = -1.44



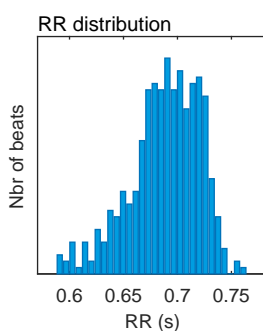
Sympathetic tone (stress)

SNS Index = 2.37



Time-Domain Results

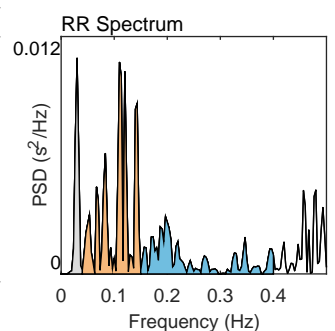
Variable	Units	Value
Mean RR*	(ms)	688
Mean HR*	(bpm)	87
Min HR	(bpm)	80
Max HR	(bpm)	100
SDNN	(ms)	27.3
RMSSD	(ms)	26.7
NN50	(beats)	10
pNN50	(%)	2.30
RR triangular index		8.38
TINN	(ms)	130.0
Stress Index (SI)		16.0



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)		0.030	0.110	0.197
Power	(ms ²)	86	331	178
Power	(log)	4.454	5.803	5.184
Power	(%)	14.41	55.54	29.90
Power	(n.u.)		64.90	34.94

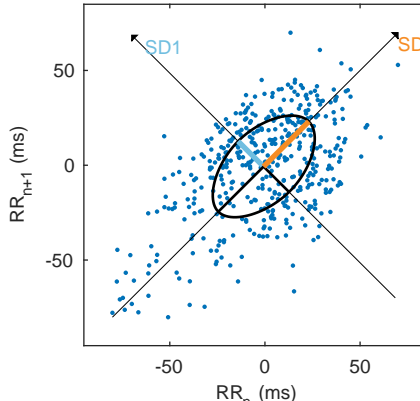
Total power	(ms ²)	597		
Total Power	(log)	6.391		
LF/HF ratio		1.857		
RESP	(Hz)	-		



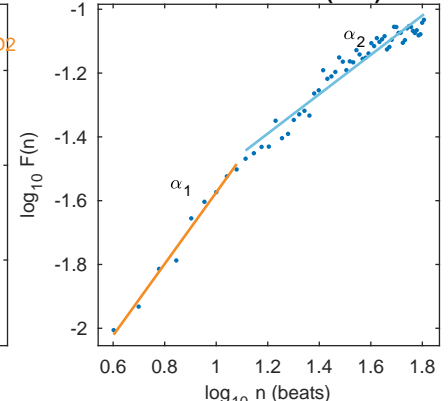
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	18.9
SD2	(ms)	33.6
SD2/SD1		1.777
Approximate Entropy (ApEn)		1.269
Sample Entropy (SampEn)		1.769
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.120
Long-term fluctuations, α_2		0.617

Poincare Plot



Detrended fluctuations (DFA)



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