

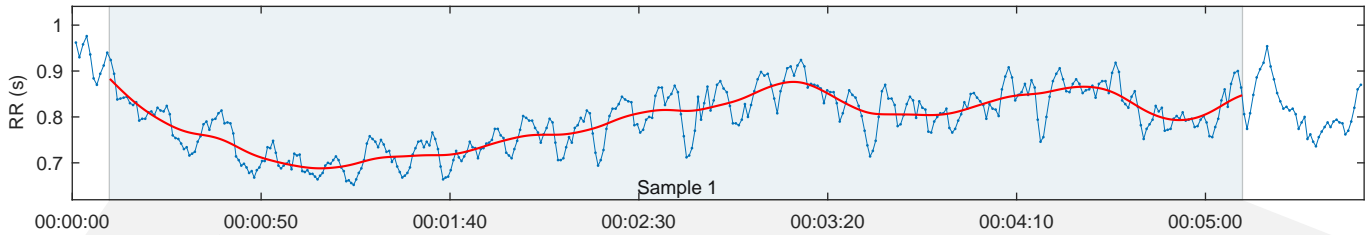
# HRV Analysis Results

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

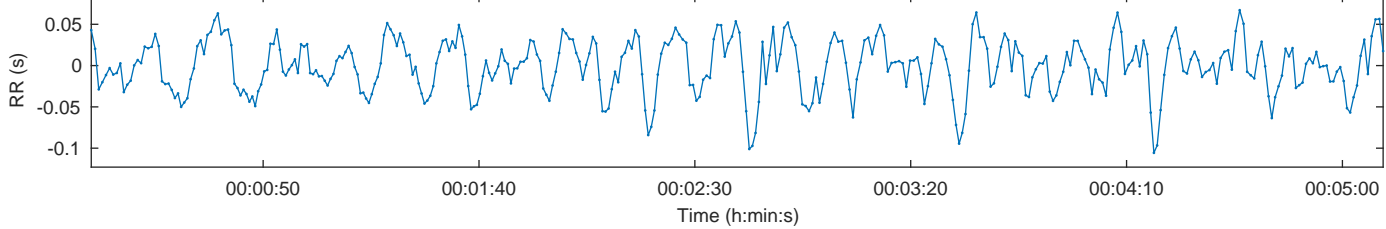
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m <sup>2</sup>	Duration:	00:05:42	Analysis samples:	1
						Beats corrected:	Uncorrected

## RR Time Series



## Selected Detrended RR Series



## Autonomic nervous system indexes

### Parasympathetic Nervous System (PNS)

Mean RR: 786 ms  
RMSSD: 22.3 ms  
SD1: 27.1%

**PNS Index = -1.22**

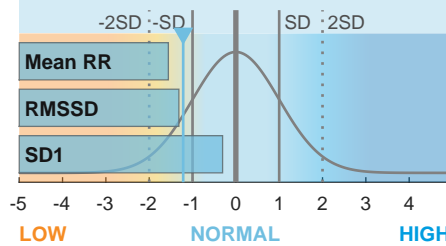
### Sympathetic Nervous System (SNS)

Mean HR: 76 bpm  
Stress index: 13.3  
SD2: 72.9%

**SNS Index = 1.36**

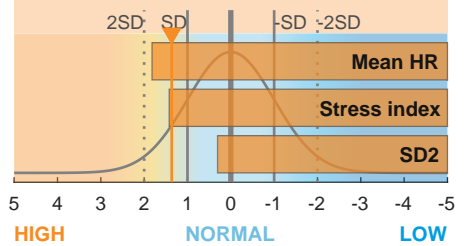
### Parasympathetic tone (recovery)

PNS Index = -1.22



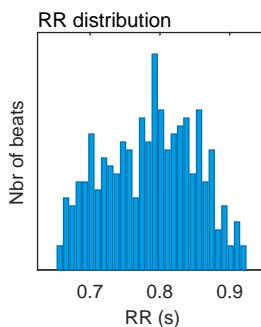
### Sympathetic tone (stress)

SNS Index = 1.36



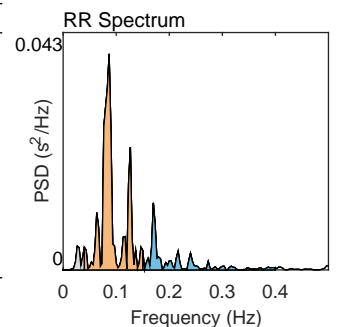
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	786
Mean HR*	(bpm)	76
Min HR	(bpm)	66
Max HR	(bpm)	91
SDNN	(ms)	32.0
RMSSD	(ms)	22.3
NN50	(beats)	10
pNN50	(%)	2.62
RR triangular index		9.55
TINN	(ms)	154.0
Stress Index (SI)		13.3



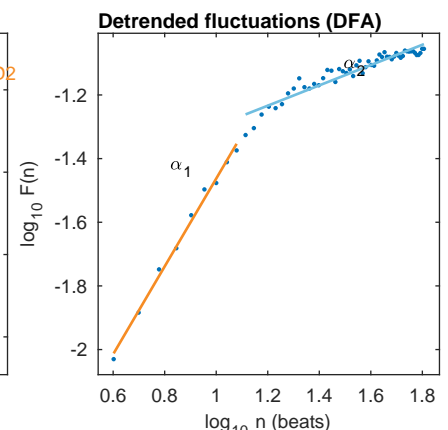
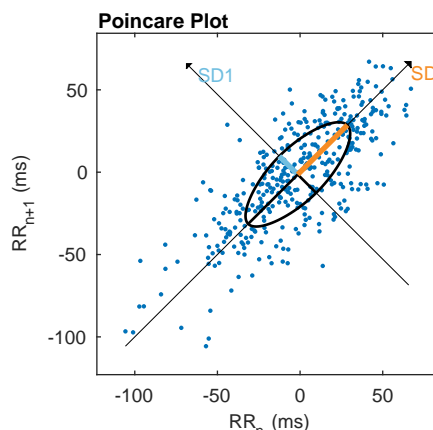
## Frequency-Domain Results (FFT spectrum)

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	0.087	0.170
Power	(ms <sup>2</sup> )	52	890	242
Power	(log)	3.949	6.791	5.488
Power	(%)	4.38	75.17	20.43
Power	(n.u.)		78.61	21.36
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Total power	(ms <sup>2</sup> )	1184		
Total Power	(log)	7.077		
LF/HF ratio		3.680		
RESP	(Hz)	-		



## Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	15.8
SD2	(ms)	42.4
SD2/SD1		2.690
Approximate Entropy (ApEn)		1.165
Sample Entropy (SampEn)		1.505
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.380
Long-term fluctuations, $\alpha_2$		0.319



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