

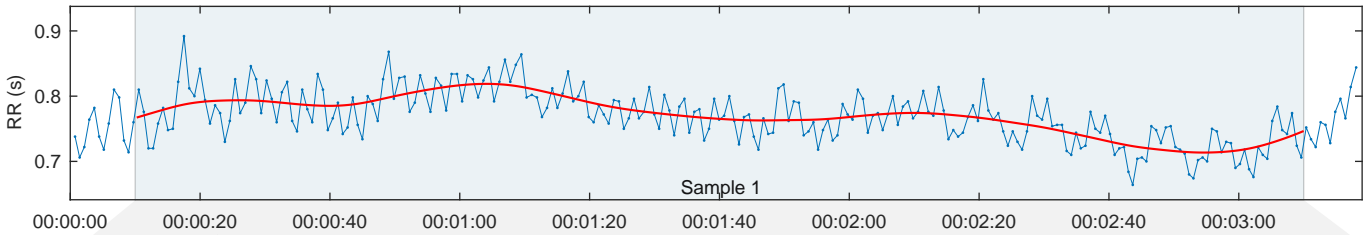
HRV Analysis Results

rr_interval_enoki_3_ultra.csv -

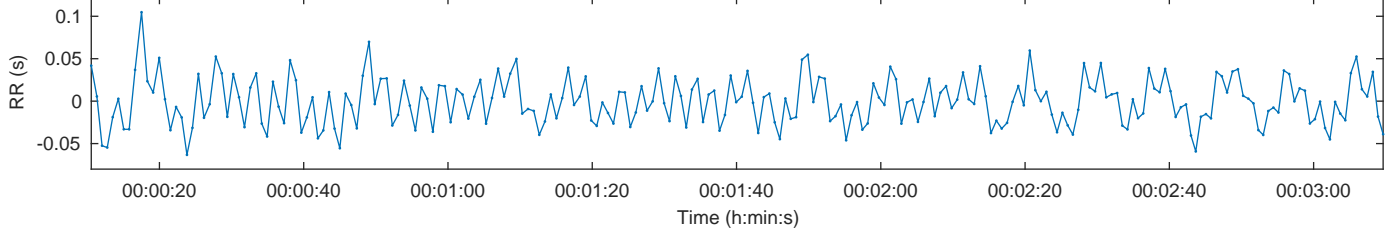
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:11
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:03:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:03:19	Analysis samples:	1
			Trend removal:			Beats corrected:	Uncorrected
			Smoothn priors:				
			Artefact corr.:				

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR RMSSD SD1
769 ms 33.8 ms 44.1%

PNS Index = -0.78

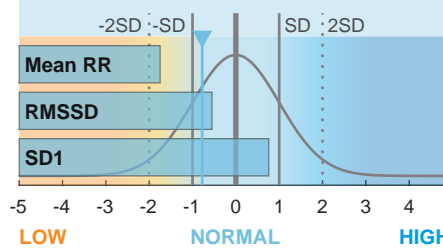
Sympathetic Nervous System (SNS)

Mean HR Stress index SD2
78 bpm 14.5 55.9%

SNS Index = 1.44

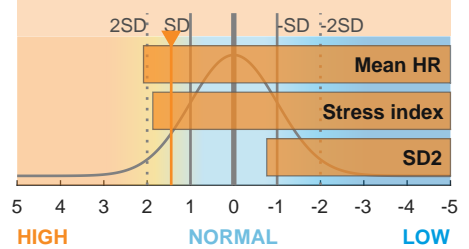
Parasympathetic tone (recovery)

PNS Index = -0.78



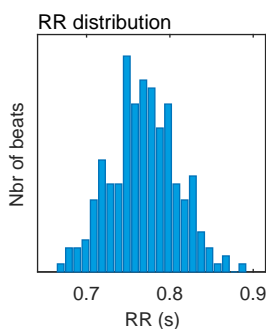
Sympathetic tone (stress)

SNS Index = 1.44



Time-Domain Results

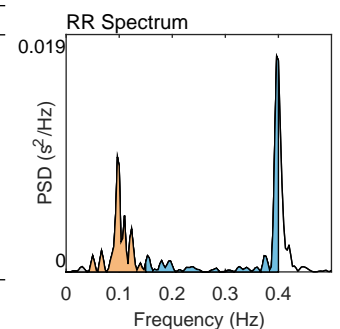
Variable	Units	Value
Mean RR*	(ms)	769
Mean HR*	(bpm)	78
Min HR	(bpm)	71
Max HR	(bpm)	87
SDNN	(ms)	27.3
RMSSD	(ms)	33.8
NN50	(beats)	34
pNN50	(%)	14.59
RR triangular index		6.88
TINN	(ms)	142.0
Stress Index (SI)		14.5



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	0.097	0.397
Power	(ms ²)	5	191	209
Power	(log)	1.656	5.253	5.343
Power	(%)	1.24	45.31	49.58
Power	(n.u.)		45.88	50.20

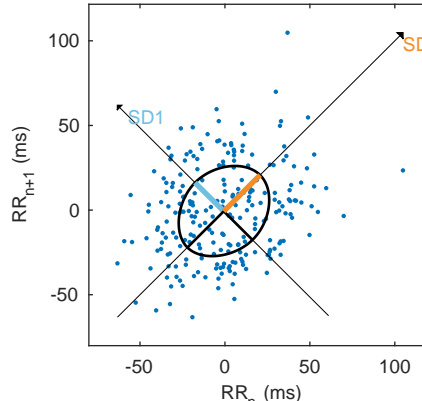
Total power	(ms ²)	422		
Total Power	(log)	6.044		
LF/HF ratio		0.914		
RESP	(Hz)	-		



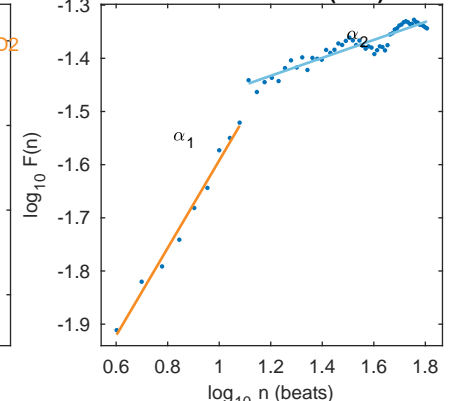
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.9
SD2	(ms)	30.3
SD2/SD1		1.265
Approximate Entropy (ApEn)		0.926
Sample Entropy (SampEn)		2.053
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.823
Long-term fluctuations, α_2		0.169

Poincare Plot



Detrended fluctuations (DFA)



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