

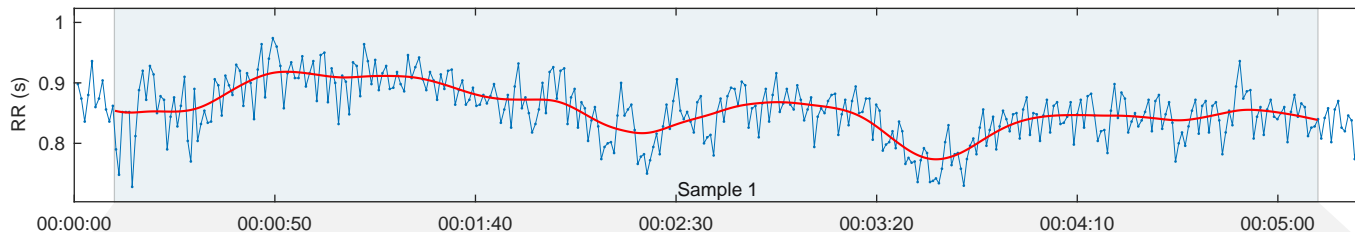
HRV Analysis Results

rr_interval_yamashita_4_overload.csv - -

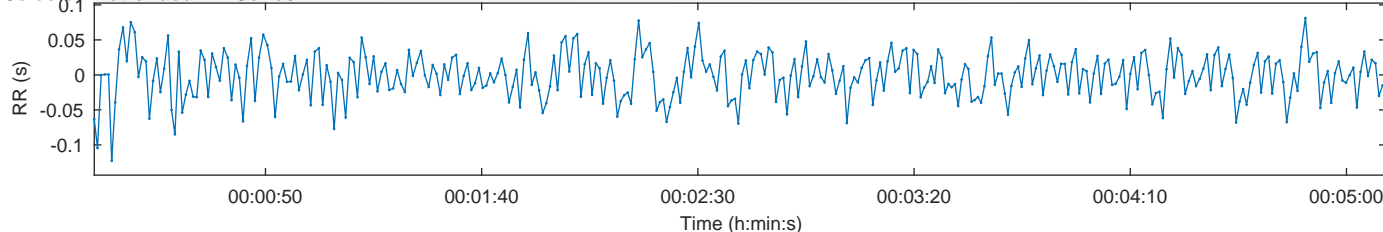
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:10
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:05:00
Max HR:	170 bpm	BMI:	24.1 kg/m ²	Duration:	00:05:22	Analysis samples:	1
						Beats corrected:	Uncorrected

RR Time Series



Selected Detrended RR Series



Autonomic nervous system indexes

Parasympathetic Nervous System (PNS)

Mean RR 853 ms
RMSSD 40.8 ms
SD1 45.7%

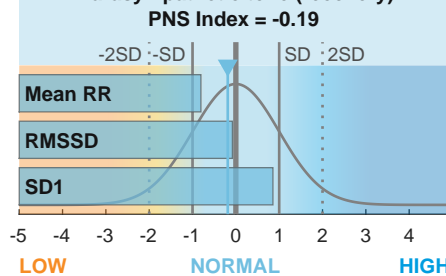
PNS Index = -0.19

Sympathetic Nervous System (SNS)

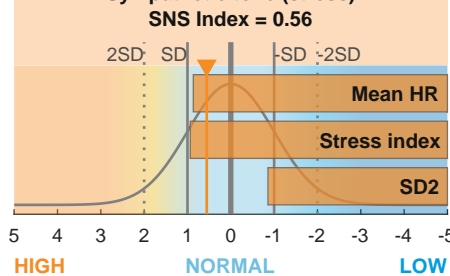
Mean HR 70 bpm
Stress index 12.1
SD2 54.3%

SNS Index = 0.56

Parasympathetic tone (recovery)

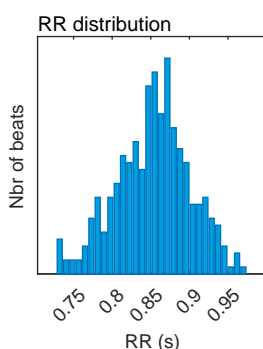


Sympathetic tone (stress)



Time-Domain Results

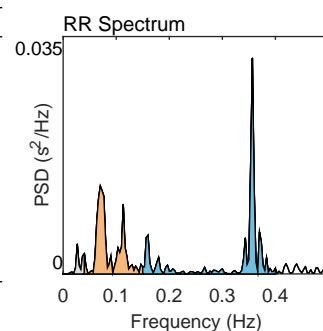
Variable	Units	Value
Mean RR*	(ms)	853
Mean HR*	(bpm)	70
Min HR	(bpm)	64
Max HR	(bpm)	81
SDNN	(ms)	31.8
RMSSD	(ms)	40.8
NN50	(beats)	84
pNN50	(%)	24.00
RR triangular index		9.49
TINN	(ms)	166.0
Stress Index (SI)		12.1



Frequency-Domain Results (FFT spectrum)

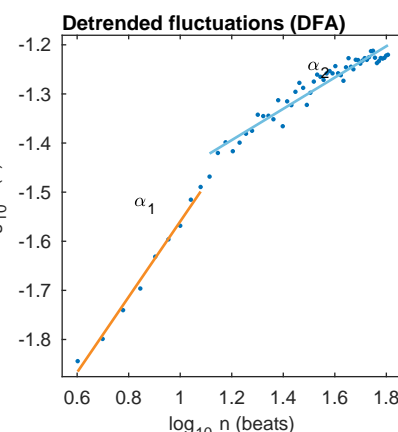
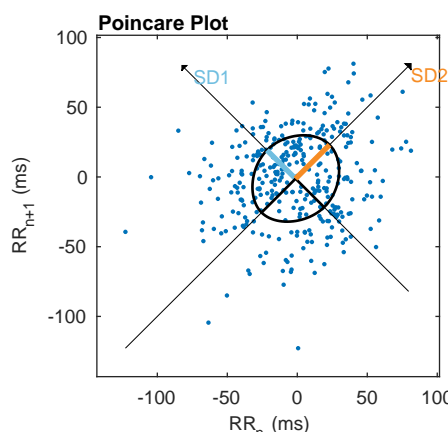
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.027	0.070	0.357
Power	(ms ²)	39	365	419
Power	(log)	3.671	5.900	6.039
Power	(%)	4.76	44.28	50.87
Power	(n.u.)		46.50	53.42

Total power	(ms ²)	825		
Total Power	(log)	6.715		
LF/HF ratio		0.870		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	28.9
SD2	(ms)	34.3
SD2/SD1		1.188
Approximate Entropy (ApEn)		1.110
Sample Entropy (SampEn)		1.846
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		0.768
Long-term fluctuations, α_2		0.319



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