

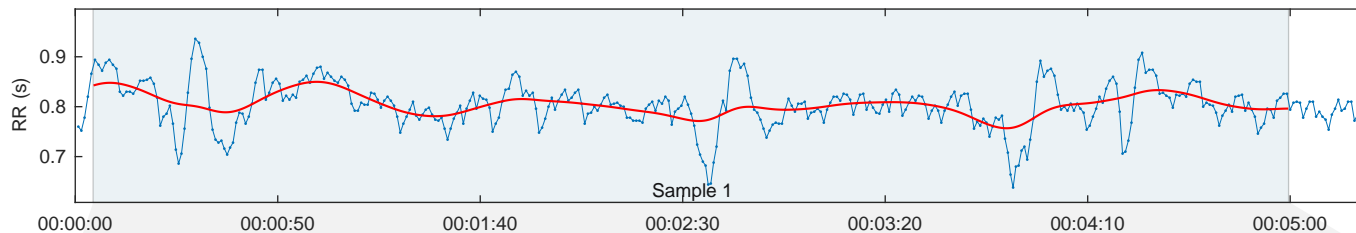
HRV Analysis Results

rr_interval_toki_0_rest.csv - -

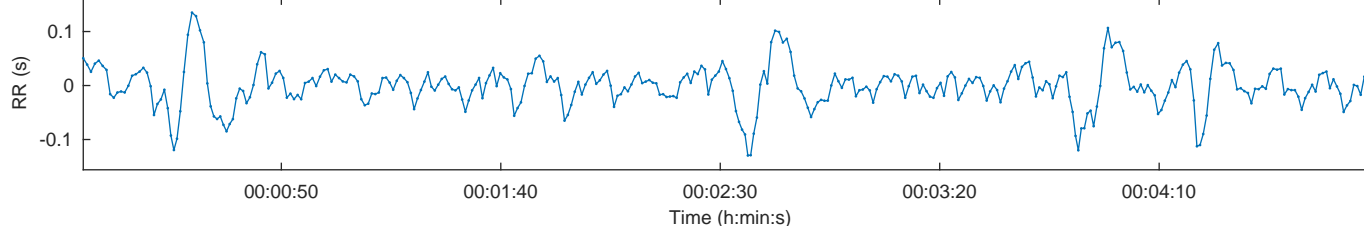
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Person:			Measurement Info			Results for Sample	
Gender:	Male	Height:	180 cm	Date:		Sample start:	00:00:05
Age:	50 years	Weight:	78 kg	Start time:	00:00:00	Sample length:	00:04:55
Max HR:	170 bpm	BMI:	24.1 kg/m2	Duration:	00:05:19	Beats corrected:	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 802 ms
RMSSD 23.0 ms
SD1 23.9%

PNS Index = -1.16

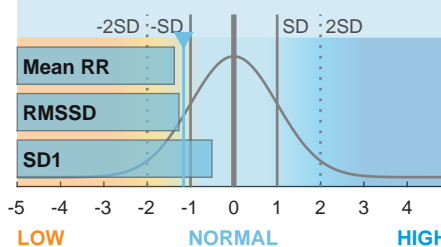
Sympathetic Nervous System (SNS)

Mean HR 75 bpm
Stress index 10.7
SD2 76.1%

SNS Index = 0.90

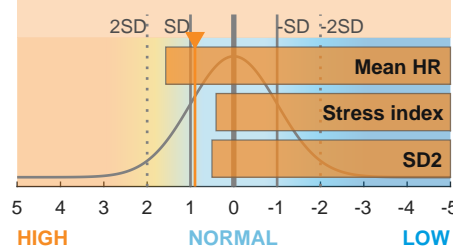
Parasympathetic tone (recovery)

PNS Index = -1.16



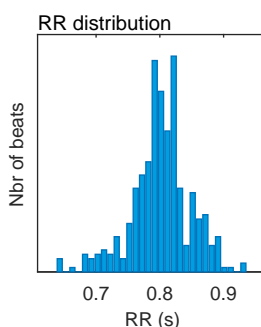
Sympathetic tone (stress)

SNS Index = 0.90



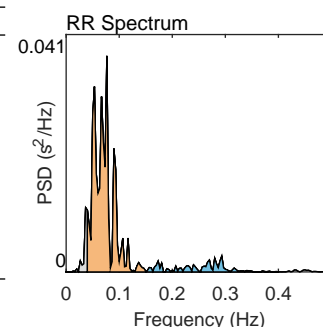
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	802
Mean HR*	(bpm)	75
Min HR	(bpm)	66
Max HR	(bpm)	90
SDNN	(ms)	38.4
RMSSD	(ms)	23.0
NN50	(beats)	14
pNN50	(%)	3.81
RR triangular index		8.76
TINN	(ms)	199.0
Stress Index (SI)		10.7



Frequency-Domain Results (FFT spectrum)

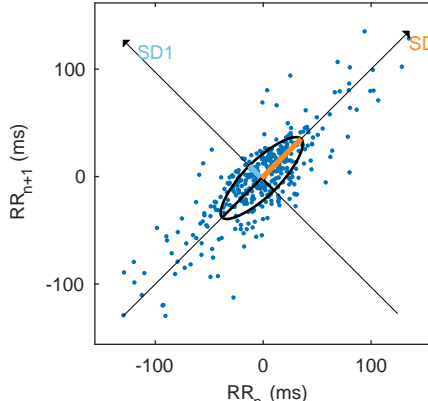
Variable	Units	VLF	LF	HF
Frequency band (Hz)		0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency (Hz)		0.037	0.077	0.293
Power	(ms ²)	73	1044	133
Power	(log)	4.287	6.950	4.888
Power	(%)	5.83	83.55	10.63
Power	(n.u.)		88.72	11.28
Total power	(ms ²)	1249		
Total Power	(log)	7.130		
LF/HF ratio		7.863		
RESP	(Hz)	-		



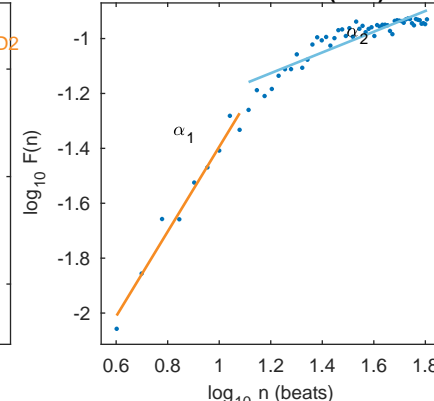
Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	16.3
SD2	(ms)	51.8
SD2/SD1		3.180
Approximate Entropy (ApEn)		1.040
Sample Entropy (SampEn)		1.283
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, α_1		1.544
Long-term fluctuations, α_2		0.378

Poincare Plot



Detrended fluctuations (DFA)



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