

SUPPLEMENTARY TABLE 2: Showing different types of HRV measurements in the time and frequency domains

Domain	Parameter	Description	Units
Time Domain	SDRR	Standard deviation of inter-beat intervals (IBI) or RR intervals. Reflects overall HRV.	ms
	SDARR	SD of averages of RR intervals in 5-min segments. Reflects high-frequency HR variations (parasympathetic activity).	ms
	RMSSD	Square root of mean squared differences between successive RR intervals. Reflects parasympathetic activity.	ms
	SDRR Index	Mean of SDs of all RR intervals in 5-min segments over 24 hours. Reflects autonomic influence.	ms
	SDSD	SD of differences between adjacent RR intervals.	ms
	RR50	Count of adjacent RR interval pairs differing by >50 ms. Reflects high-frequency HR variations.	Count
	pRR50	Percentage of RR interval pairs differing by >50 ms. Reflects high-frequency HR variations.	%
Frequency Domain	Total Power (TP)	Total power of HRV in the 0–0.4 Hz range. Reflects overall autonomic activity.	ms ²
	Very Low Frequency (VLF)	Power in 0.0033–0.04 Hz range. Reflects slow mechanisms of sympathetic function.	ms ²
	Low Frequency (LF)	Power in 0.04–0.15 Hz range. Reflects both sympathetic and parasympathetic activity.	ms ²
	High Frequency (HF)	Power in 0.15–0.4 Hz range. Reflects parasympathetic (vagal) activity (linked to respiration).	ms ²
	LF/HF Ratio	Ratio of LF to HF. Indicates balance between sympathetic and parasympathetic activity.	Ratio
	LFnu	LF normalized to minimize VLF influence. Highlights sympathetic regulation.	%
	HFnu	HF normalized to minimize VLF influence. Highlights parasympathetic regulation.	%