



User Guide to Heart Rate Variability

What's in this guide?

The intention of this guide is to help you get started optimizing your health and performance with Heart Rate Variability (HRV).

It includes basics on HRV, science overviews, troubleshooting, interpreting results, and more.

Here are links to the various sections:

- [Getting Started – HRV101, HR Monitors](#)
- [HRV Readings in Elite HRV](#)
- [Morning Readiness Readings](#)
- [My Readiness Trends](#)
- [Open Readings](#)
- [Guided Breathing Readings](#)
- [Science Overview](#)
- [HRV For Teams, Gyms and Health Practices](#)
- [Additional Resources](#)

For assistance and additional information, please check out www.EliteHRV.com/faq or reach out to us at support@elitehrv.com

Getting Started

Getting the app

Before we get started, if you have not yet downloaded the free Elite HRV Heart Rate Variability app, it can be found on both the Google Play Store and the Apple App Store.



or at <http://www.elitehrv.com/app>

The app works on just about any iOS or Android phone or tablet that has Bluetooth 4.0 (also called Smart or LE).

A list of known compatible devices can be found at <http://www.elitehrv.com/compatible-devices> as well as in the Appendix.

Heart Rate Variability 101

Heart Rate Variability (HRV) is literally the change in time, or variation, between successive heart beats over time.

Applying the right HRV calculations at the right times gives you insight into your Autonomic Nervous System (ANS). Think of it as tapping into your body's control center.

Heart Rate Variability is used by Olympic athletes, top-CEOs, doctors and people interested in:

- Tweaking your exercise plan to obtain the optimal stimulus
- Controlling your mental and physical levels of fatigue
- Stress management and health improvement

Correctly measuring the Autonomic Nervous System with HRV gives you the data you need to do all of the above and more. To learn more visit *The Science* section of this guide. Now let's get started.

Creating your account

Your free Elite HRV account can be created directly within the app. You may sign up via Email, Facebook or Google.

Your account is used to protect and backup your data.

The Elite HRV system is not for medical use. It is for information purposes only - to help you and your Coach to make better health and performance decisions.

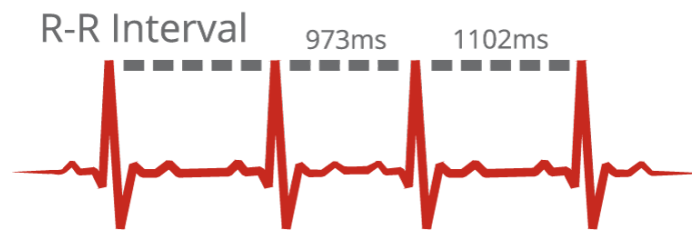
Your information is not shared with anyone without your explicit permission (for example, when joining a Team).

For more information see:

- [Terms of Service](#)
- [Privacy Policy](#)
- [Disclaimer](#)

Choosing the best heart rate monitor

True Heart Rate Variability calculations require accurate measurement of the time in milliseconds between each heart beat. This is called an R-R interval.



Pro sports teams, Olympians, and top CEOs used to be the only ones that could afford the expensive equipment required to accurately measure R-R intervals.

Now common and affordable heart rate chest straps can be just as accurate!

Unfortunately, wrist bands, watches and finger sensors that use LED/Pulse Oximetry do **not** accurately measure R-R intervals yet.

Instead, they often take the average R-R interval over the course of several beats and report that to the device. This may give the appearance that it is working fine, but can lead to false HRV results.

Those devices are fine for measuring basic heart rate. However, they will not provide accurate HRV data.

Compatible Heart Rate Straps

In order for a heart rate monitor to be compatible with Elite HRV it must fit 2 criteria:

1. It must capture accurate R-R intervals
2. It must have Bluetooth 4.0 (also called Smart or LE)

The following heart rate chest straps have been tested and are compatible with Elite HRV:

- Polar H7
- Suunto Movesense
- Zephyr - Bluetooth 4.0 version
- Wahoo TICKR



The following heart rate monitors have been tested and are **not** recommended for calculating HRV:

- Fitbit Charge HR
- Mio wrist monitors
- Scosche wrist monitors
- Zephyr – the Bluetooth 2.1 version

At this time, we are still working on Garmin connectivity. Their proprietary connections are not as simple as the other open hardware platforms.

Troubleshooting HR monitors

If you are having difficulty connecting your heart rate monitor to the app try the following steps:

1. Check that Bluetooth is on
2. Check that the heart rate monitor is thoroughly moistened where it touches the skin
3. Check that the heart rate monitor is not connected to any other device nearby
4. Check that the heart rate monitor has a full battery
5. Does the HR monitor support Bluetooth 4.0?
6. Does your phone or tablet support Bluetooth 4.0?
7. Does the HR monitor measure R-R intervals?

Note for hairy people: If you have a lot of hair between your skin and the heart rate monitor, it may cause signal issues. If you have less hair on your back, some people have had success turning the monitor around to their back. If it works, we would only recommend doing this for resting readings like Morning Readiness.

For more information on heart rate monitors, see the previous page of this guide or visit

<http://www.elitehrv.com/compatible-devices>

Compatible Phones & Tablets

The following iOS and Android devices are currently compatible with Elite HRV.

iOS

- iPhone 4s, 5, 5c, 5s, 6, 6 plus, 6s
- iPad 3, 4, Air, Air 2, Mini 1, Mini 2, Mini 3

Android

- Most Android devices that run Android 4.3 or newer are compatible
- Learn: [How to update your Android OS to the latest version](#)
- Must have Bluetooth 4.0 (also called Smart or LE)
 - [List of Bluetooth 4.0 devices](#)
- Examples include:
 - Nexus 4, 5, 7 (2nd edition), 10
 - Samsung Galaxy Series

For the most up-to-date information on devices, see www.elitehrv.com/compatible-devices



HRV Readings

Reading Types

Morning Readiness - The most important reading. Taken for 2.5 minutes each morning to discover your personal stress & recovery patterns.

Note: Once taken, the button for Morning Readiness disappears until the following day. To retake your Morning Readiness you must delete the reading you have taken first.

Open Reading - Completely open, taggable, sortable reading. Useful for seeing what your HRV is doing during any activity or throughout the day and night.

Practice guided breathing meditations. Record your commute to work. See your HRV while sleeping or eating. The options are limitless.

All reading types besides Morning Readiness are variations of an Open Reading. The following Open Readings are pre-tagged for your convenience in trending later:

- 1 minute snapshot
- Pre, Post and Exercise readings
- Guided breathing / meditations
- etc.

Morning Readiness Readings

The All-Important Morning Readiness Reading

Morning Readiness readings are the heart of Elite HRV – pun intended.

In less than 3 minutes each morning, you receive accurate and objective insight into how ready you are to tackle life's challenges.

Why Morning Readiness?

Many things affect Heart Rate Variability at any given time.

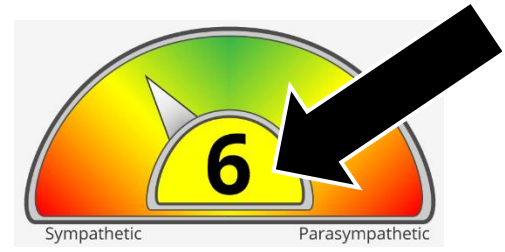
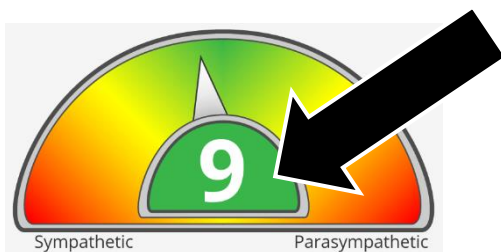
Internal processes like circadian rhythm and hormonal fluctuations cause HRV to slowly rise and fall over the course of 24 hours.

Mental, physical and emotional experiences also all affect HRV – especially right before a reading.

By calculating your baseline first thing each morning, you can eliminate a lot of variables and find the patterns that matter most.

What Do Green, Yellow, Red Indicators Mean?

First things first, a green indicator does not mean throw caution to the wind and try something you aren't physically or mentally capable of.



It does, however, mean that compared to your own personal trends, you should be able to handle more stress today. This often includes being able to:

- Exercise a little harder than normal
- Tackle a few more items on your to-do list
- Think a little more clearly at work or school
- Have reduced systemic inflammation

Yellow (sympathetic) indicates the body is under a bit more stress than usual. Consider lighter exercise and reducing stressful activity unless you have restful days coming up or if over doing it is not a concern.

Yellow (parasympathetic) indicates the body's recovery systems are working overtime to recover from a large or accumulated stress. This state is correlated with over reaching in training or over-active parasympathetic (recovery) systems.

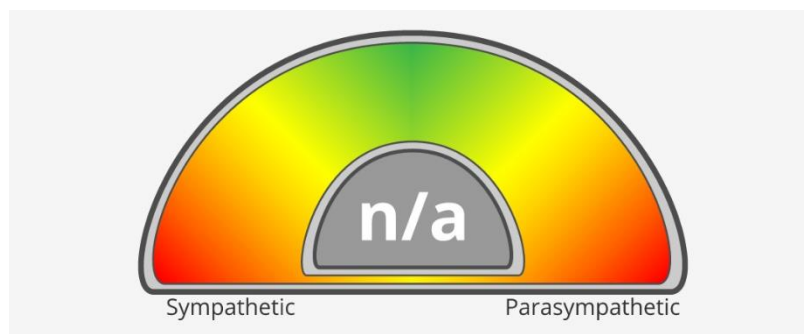
What Do Green, Yellow, Red Indicators Mean?

Red (sympathetic) indicates the body is experiencing deeper levels of stress or fatigue. To avoid over training or over stressing it is highly recommended to prioritize rest.

Red (parasympathetic) indicates a deeper level of recovery activity in response to accumulated stress. The body is likely reaching an over trained state. It is strongly recommended to prioritize light active recovery.

A fourth indicator type, the grey indicator, is the one you see when you complete your first Morning Readiness reading (or if you haven't taken a MR reading in a while).

The grey indicator with a score of n/a shows that you need to establish a baseline of a few days of readings in order to start receiving Morning Readiness scores and indicators.



Adjusting Exercise by Morning Readiness

We always jump at the chance to say, “An app does not replace a great coach.”

That being said, even a great coach will benefit from the additional data that tracking Heart Rate Variability provides.

Generally, exercise may be tweaked using Heart Rate Variability as follows:

Green days – Take the opportunity to test your limits within the bounds of safety.

Yellow days – It is often a good idea to reduce your exercise load on yellow days. If you decide to reduce your exercise load, the best tactic is usually to decrease volume while maintaining intensity, complexity, etc.

However, you might consider exercising like normal unless you are concerned about getting enough rest in the following days. If you do exercise like normal, pay close attention to what happens in the following days to your HRV.

Adjust Exercise by Morning Readiness

Red days – it is strongly encouraged to reduce exercise volume on red days.

Good activities for red days include:

- Light mobility work
- Light skill work (only if quality remains high)
- Brisk walking
- Deep diaphragmatic breathing
- Napping

If you are consistently green, you likely have the ability to push yourself harder than you have been. If you find yourself in the yellow/red frequently then you either need to increase the quality of your recovery or reduce the exercise stimulus.

The ideal pattern is to have acute stressors that cause a change in HRV every few days, followed by adequate recovery to allow improvement.

General Recovery Protocols

In general, you will spend most of your time recovering. If you spend 3 hours a week exercising, you spend the other 165 hours recovering.

Recovery is where you achieve your gains. When your mind and body heals and adapts is when you increase your mental and physical performance.

The following are very important for achieving maximum recovery:

- Sleep – *more than 7* hours per day
- Nutrition – eliminate inflammatory foods that compete for your body's resources
- Breathing – reduce the use of clothing that restricts breathing, practice deep diaphragmatic breathing

Readiness Trends

Building a Baseline

In order for the app to identify your personal Autonomic Nervous System, stress, and recovery patterns it needs at least several days in a row worth of data to compare to.

Why?

Your Nervous system and physiology is even more unique than your finger print. A single Heart Rate Variability measurement could mean anything. Your age, gender, lifestyle, sleep, nutrition, social situation, work situation, etc. can *all* play a role in what your HRV score ends up being.

Knowing this, an HRV score of 40 might mean a terrible day for you or a wonderful day for you. It really depends on your normal HRV range.

By taking readings each morning for at least a week, the app can learn what looks “normal” for you. Only then can it start showing you whether today is going to be awesome or not-so-awesome and how to address that to optimize your performance.

For the best accuracy in your HRV readings, keep measuring each and every morning. Try not to miss!

Baselining When Over-Stressed or Over-Trained

Sometimes you might already be in an over-trained or over-stressed state. If this is the case, then building a baseline during that week may give confusing results.

If you are truly over-trained or over-stressed, the app will think that your normal state is the over trained or stressed out state.

Then if you happen to recover quickly it may flag your recovery as an abnormal state for you and produce a yellow or red indicator.

If you think this may be an issue for you, the absolute best thing to do is to consult a coach that understands the importance of recovery.

This is how you can adjust your interpretation of the Elite HRV results if you believe you have baselined in an over-trained or over-stressed state:

- Once your over-trained baseline is established, try not to let your 0 to 100 HRV score decrease at all on Morning Readings
- Try to bring your 0-100 HRV score up higher as often as possible
- If you get a yellow or red flag, prioritize rest
- If you get a green but it is leaning towards Sympathetic, prioritize rest on those days as well

What is a Good HRV Score?

Heart rate variability is highly based on individual circumstances. Everything from your mindset to air quality to age and exercise patterns can affect HRV. This is why we emphasize the personal trends and improvement over comparing yourself to others.

That being said, where do you stack up?

A higher HRV is correlated with younger biological age and better aerobic fitness.

At the time of this writing:

- The top 10% of Elite HRV users are scoring above 74.29
- The average HRV score is 60.32

We have a lot of young athletes as users, and they are setting the bar high! Remember the key to improvement is acute stress followed by adequate recovery.

Scoring really low on any given day is usually nothing to worry about. It is your average over time that matters the most.

Open Readings

Open Readings

Open readings are different than Morning Readiness readings. Their purpose is to let you measure HRV and heart rate during any activity.

Open readings do not affect your HRV trends on the My Trends dashboard.

They can be taken anytime, anywhere, for as long as you like.

You can use Open readings to measure HRV during anything, but they are often used to measure:

- Sleep patterns
- Exercise stimulus
- Heart rate recovery and HRV recovery
- Improvements in stress and recovery through guided breathing
- Improvements in HRV from yoga

and the list goes on.

Open Reading Variations

The following are some pre-tagged and pre-configured Open Readings for your convenience.

Pre-exercise / Warm-up

See how effective your warm up is at elevating heart rate and priming the nervous system. This Open Reading is pre-tagged as “pre-exercise” and “warm-up”.

HRV Exercise

For any type of exercise, whether it is strength training, HIIT, endurance or any other type of activity. See how your HR and, more importantly, HRV rises and falls throughout your session. Pre-tagged as “exercise”, “workout”, and “training”

Post-exercise / Cooldown

Heart Rate Recovery (HRR) and HRV recovery. Start this reading as soon as you finish your last rep and see how long it takes your body to return to normal. (More details on page 38 of this guide). Pre-tagged as “post-exercise”, “cooldown”

HRR and HRV Recovery

Heart Rate Recovery (HRR) has been a long time indicator of both the effect of an exercise stimulus and the ability for the person to recover from it.

Now you can take HRR and HRV Recovery measurements at the same time for additional insight into your Autonomic Nervous System's reaction and recovery to exercise.

To measure Heart Rate Recovery and HRV Recovery follow these steps:

1. Begin by taking a "1 minute snapshot" reading in a comfortable standing position before warming up – note the heart rate
2. Warm up
3. Do your exercise or training session
4. Immediately upon exercise completion start recording the "Post-exercise / Cooldown" reading
5. End the recording when heart rate returns within 5 beats of the original "1 minute snapshot" in the standing position

Guided Breathing Readings

Breathing and HRV

Overview

The respiratory system is tightly integrated with the cardiovascular system, nervous system and the brain. When you breathe in, your heart rate increases slightly. When you breathe out, your heart rate decreases slightly.

This is an important cycle that keeps your body in balance between performance and recovery when it is operating correctly.

The neat thing is that we can use HRV as a biofeedback tool in combination with our breathing. By doing this we are actually able to boost the function of our Autonomic Nervous System.

Deep diaphragmatic breathing has the potential to:

- Increase mental performance
- Stimulate blood flow and relieve tension
- Enhance recovery from physical and mental tasks
- and much more

There are so many other benefits to deep, effortless breathing that it should be practiced whether you are measuring HRV with it or not.

Guided Breathing Reading

Slow diaphragmatic breathing helps balance the nervous system and promotes more efficient recovery.

Notes on breathing:

Breathing should be deep but “effortless”. For best results, do not strain to breath deeper than an easy and comfortable breath.

Inhale through your nose and exhale through pursed lips, as if blowing into a straw.

Place your hand on your abdomen and try to feel your stomach and lower back expand before your chest expands for each inhale.

Warning:

If you feel light headed or uncomfortable, then start breathing normally and look away from the app. If this occurs, speed up the breathing guide time intervals on future sessions.

Consult your physician or coach for additional guidance.

Does Breathing Really Matter?

Skeptical of whether guided breathing makes a difference in your health and performance?

If you've made it this far, you probably realize the relationship between Heart Rate Variability and your body's recovery status.

When recovery is stronger, your HRV is higher. When recovery is weaker (or you are experiencing stress) HRV is typically lower.

There is also compelling research showing that when your brain, heart, nervous and respiratory systems are in balance that your heart rate becomes much less erratic.

It is claimed that if your heart rate rises and falls in a smooth pattern, your ability to think clearly and perform under pressure significantly increases.

The next page outlines an easy test you can do to see if guided breathing makes a difference for you.

Testing The Guided Breathing Difference

Here's a quick test you can do to see whether guided breathing makes any difference for you:

1. Stand in a comfortable position, in a quiet place, looking at something neutral
2. Record a 1 minute snapshot reading without controlling breathing (breathe naturally)
3. Now open another 1 minute snapshot reading and turn on the breathing guide
 - If needed, follow the instructions for guided breathing in the previous pages
4. Deeply but comfortably follow the guide - inhale and exhale focusing on using your lower abdomen and diaphragm
5. Record the 1 minute snapshot reading
6. Open the Charts found in the bottom right corner of the Reading Details for each of the readings
7. Using the Filter menu in the Charts, display HR (red) and HRV (purple)

See the next page for some compelling results we have seen.

Breathing Test Results

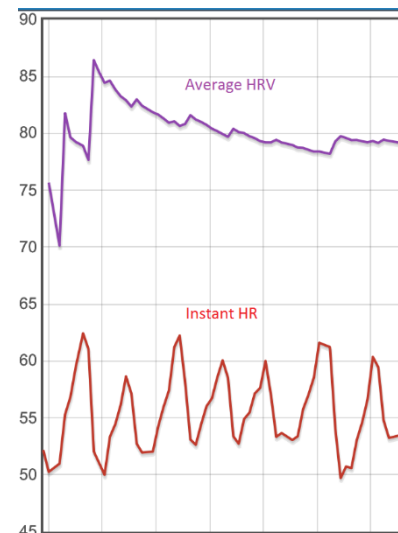
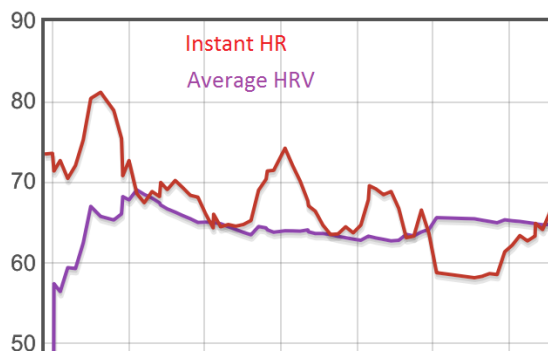
The picture on the left is the first reading (without guided breathing). The picture on the right is my second reading (with guided breathing).

- First reading HRV score: 63
- Second reading HRV score: 76

Not only did the HRV score significantly increase by 13 points in just 1 minute, but it is obvious that the heart rate went from erratic to a smoother, uniform trend (left vs right).

For such a simple act, guided breathing has enormous potential to balance your Autonomic Nervous System, promote recovery and so much more. It is recommended for general health improvement to perform a minimum of 5 minutes per day of guided breathing.

If you've performed this test, let us know how it went by Tweeting us @EliteHRV

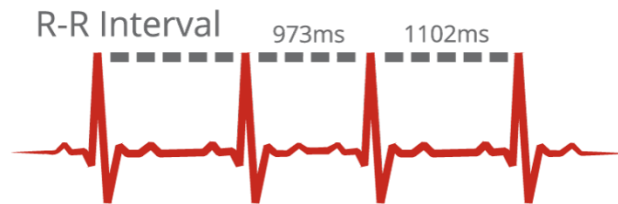


Science Overview

A Deeper Look at HRV

Basic Heart Rate Variability

As mentioned earlier, Heart Rate Variability is the variation in time between successive heart beats over a given period of time. This time between beats is sometimes called Inter-beat Intervals (IBIs) or R-R intervals and usually measured in milliseconds (ms). We will refer to them as R-R intervals.



It is very different than Heart Rate (HR) or Beats Per Minute (BPM). HRV looks much closer at the small fluctuations of the Heart that occur in response to everything that happens both inside and outside of our body.

By applying the right calculations to these barely perceptible R-R interval changes, we can figure out exactly how ready we are to handle things like intense exercise, a big presentation at work, or any other stressful situation.

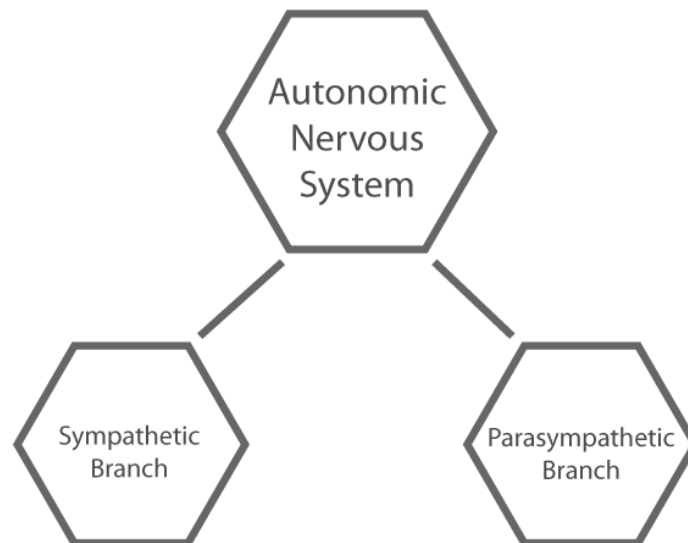
This is all possible thanks to a certain branch of our nervous system.

The Autonomic Nervous System

Your body is full of a huge network of nerves, vessels, muscles, glands and more. This complex network of systems keeps you alive, fuels your performance, and controls your recovery.

It all happens automatically and is controlled by the Autonomic Nervous System (ANS).

The ANS touches every process within your body. It affects blood sugar, adrenaline, digestion, pupil dilation, heart rate, and much more.



It has two main branches: the Sympathetic Nervous System (SNS) and the Parasympathetic Nervous System (PNS).

HRV and the ANS

The Parasympathetic (rest and digest) branch of the ANS plays a major role in digestion, sexual arousal, muscle repair, lowers blood pressure, lowers heart rate etc.

The Sympathetic (fight or flight) branch of the ANS increases blood pressure, increases heart rate, dilates pupils, and makes you sweat more among other things.

Needless to say, you want to spend most of your time leaning towards the Parasympathetic side. But you want your Sympathetic side to be strong as well when you need to perform.

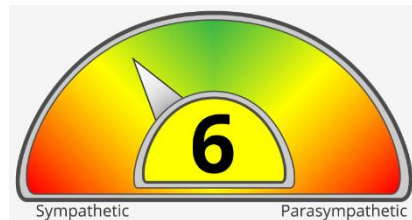
Every millisecond, both branches of the Autonomic Nervous System are competing to keep you alive: now (fight or flight) vs. keep you alive later (rest and digest).

You may have noticed that Parasympathetic decreases heart rate, while Sympathetic increases heart rate. These tiny changes in heart rate are the main cause of Heart Rate Variability and are the changes we are looking to measure.

Autonomic Balance

First, it is important to realize that the balance of your Autonomic Nervous System is shifting between Parasympathetic and Sympathetic all the time. This is natural and healthy.

It is also healthy to have the balance of your ANS fluctuate on a daily basis as well. If you get a yellow or red indication of imbalance on any given day, ***that is ok!***



It just gives you data to work with to make adjustments for long term improvement. In fact the best long term improvement usually comes from having mostly green indicators, with 1-2 yellow indicators each week.

If your readings indicate green all the time, it may mean you are not experiencing enough of a stimulus to trigger positive adaptation.

It is important to trigger the stress and recovery cycle acutely at least a few times per week!

Sympathetic Dominance

Being able to elevate blood sugar, blood pressure and heart rate when you need it (to handle an emergency or outperform in a competition) is a very good thing.

The problem is when you spend too much time in a Sympathetic dominant state, you never get the recovery you need to maximize your growth and improvement.

You've probably heard of chronic stress. It can make you age faster, lose muscle and bone, cause brain fog and a whole host of other issues.

If you are a fit athlete that doesn't care about "chronic stress", just know that you may be leaving a lot of performance gains on the table.

For the average person, chronic stress may happen due to a combination of pressures from work and relationships with inflammatory foods and poor quality sleep.

For athletes this often comes in the form of over training. But don't discount work, school, food or sleep either!

Parasympathetic Dominance

For the best health and performance, it is important to for both branches of the ANS to be strong. It is also important for there to be balance between the two.

This means we can activate our Sympathetic strength when we need it, and then turn it off quickly and spend most of our time in a restorative Parasympathetic state.

It is possible however to have an extreme case of Parasympathetic activity that indicates something is wrong. This is called an Over-Active Parasympathetic state. An over-active Parasympathetic branch happens for a few reasons:

- Over training reaches a state where your body has to shut down the Sympathetic (fight or flight) system in order to repair before serious damage occurs
- Chronic stress can do the same thing though it is harder to detect
- Your body is recovering from or about to be sick

These are a few cases to look out for. This is not medical advice. This is for informational purposes only.

Mitigating Autonomic Imbalances

As mentioned earlier – it is natural and healthy for the ANS to shift back and forth between Sympathetic and Parasympathetic.

If you experience an abnormal imbalance towards one or the other, the solution is almost always to prioritize rest and recovery – including active recovery.

Here are some techniques that can help with recovery:

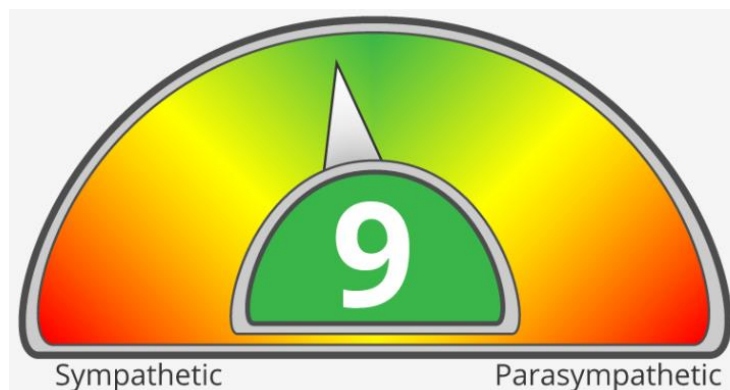
- Active Recovery – stimulates blood flow and lymphatic system
 - 20 minutes or more of light aerobic movement
- Massage – removes tissue blockage, stimulates blood flow
- Guided breathing / meditation – balances the nervous system, relieves tension, fuels the body with more air flow
- Float tank – relieves tension, removes stimuli, relaxes the senses
- Cold shower / immersion – stimulates blood flow, stimulates hormonal balance

Measuring For Success

By measuring HRV regularly, we can see the shifts in Parasympathetic and Sympathetic dominance.

In general we want to be in balance or slightly Parasympathetic leaning.

In the latest version of Elite HRV we make this easy by displaying a balance gauge on the results screen of all Morning Readiness readings.



As HRV goes up, a shift towards Parasympathetic is detected. As HRV goes down, a shift towards Sympathetic is detected.

The idea is to be balanced (in reality the perfect 10 middle in Elite HRV is slightly Parasympathetic underneath the surface).

Applications of HRV

We originally got our start with improving exercise and sports performance. But our users have been able to apply Heart Rate Variability in so many new ways it is fascinating.

We currently have folks using HRV for:

- Professional sports performance optimizing
- Tracking holistic health improvements
- Improved chiropractic therapy
- Improving psychological conditions
- Traumatic injury rehab
- Sports rehab
- Tailoring CrossFit and group classes
- Enhancing personal training
- Recreational exercise
- Triathlon and endurance training
- Weightlifting and power sports
- Mitigating chronic stress
- Enhancing meditation and bio-energizing practices

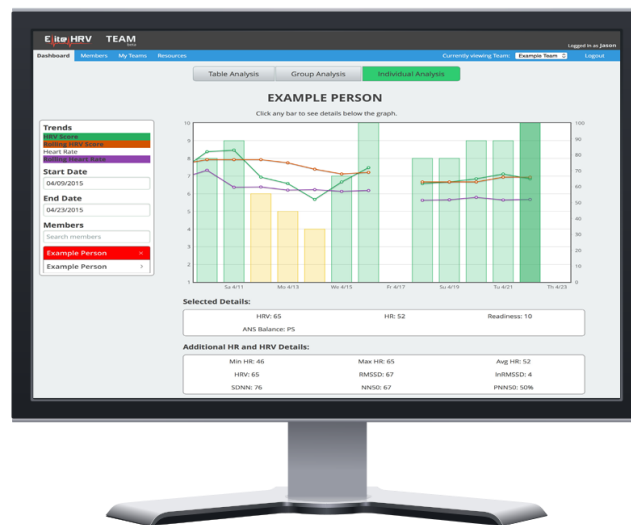
HRV for Teams, Gyms and Health Practices

The Power of a Team

Heart Rate Variability is a powerful optimization tool.

However, the best health and performance improvements are usually made with the guidance of a good coach.

Now coaches, health practitioners, and group leaders can now manage all of their clients or team members from a single, easy-to-use web dashboard.



The Team Web Dashboard

To create your team visit the Elite HRV Team web dashboard at:

<http://app.elitehrv.com>

The Team web dashboard is currently for Team owners and administrators only.

This includes, but is not limited to:

- Sports teams
- Gyms
- Health practices
- Yoga studios
- Strength and power athletes
- Endurance sports
- etc.

The Team web dashboard is currently open for free registration! Follow the link above to get started.

Team HRV for Members

HRV for Teams gives you and your coach or health practitioner a huge advantage in tracking your health and performance improvements.

If your Coach or Health Practitioner is not making use of HRV, politely ask them to review the science section of this guide with you.

To join a Team as a Member see the next few pages.

Additional Information

Appendix

Reading Positions for Morning Readiness

The position in which you take your reading can greatly affect the results. This sounds like it could ruin the usefulness of measuring HRV, but that would only be the case if you were basing your decisions off of a single reading.

Since you will build your own individual HRV trend over time, and you are aware that reading position affects the HRV reading, then all you need to do is make sure your body position is the same each time you take your Morning Readiness reading.

The recommended positions for taking the Morning Readiness reading are:

1. Laying down (if resting heart rate is above 50)
2. Sitting on chair or floor (if resting heart rate is below 50 while laying)
3. Resting squat (if you are able to truly rest in a squat position)

Whichever position you choose, the most important thing to do is take the Morning Readiness reading the same way each time.

The next page will cover other reading positions.

Reading Positions for Open Readings

Open readings can be taken in any position you like – including while working out.

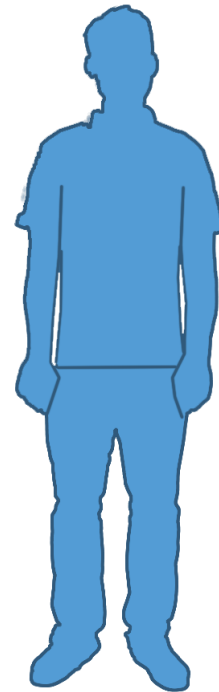
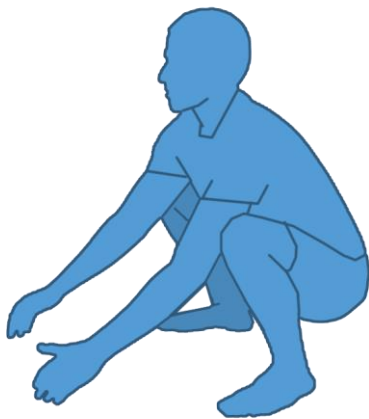
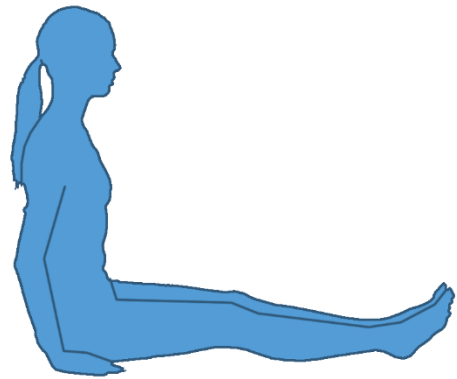
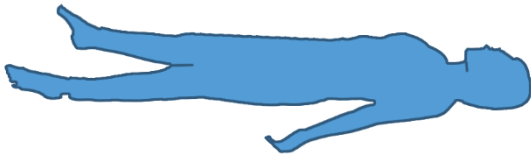
Now that you know that reading position affects your heart rate and heart rate variability, you have a better understanding of why your HRV throughout the day may look different than your Morning Readiness reading.

If you are testing your resting heart rate and HRV before and after a workout, make sure to use the same position for both tests.

If you are testing before and after a meal, make sure to use the same position for both tests. This principle can be applied to any reading tests you are performing.

You can also test your HR and HRV between reading positions to see the difference.

Reading Position Examples



Getting The Best Results - Reading Streak

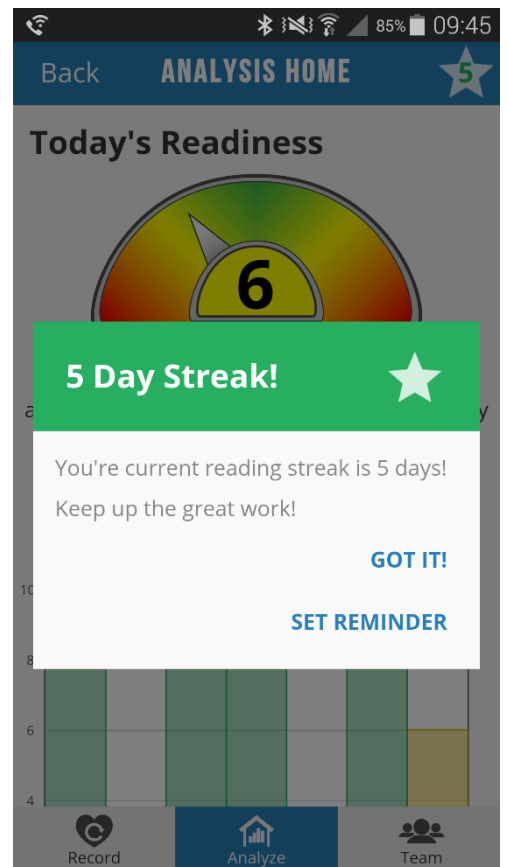
The best results are obtained with HRV when you consistently take readings each day without skipping.

This allows the system to build the most accurate and individually tailored stress and recovery profile for you.

To encourage this habit, we display your reading streak that counts the number of days in a row that you have taken readings.

At the time of this writing 141 people have a streak of over 25 days in a row.

Pretty good - Let's see if you can catch them!



Where To Learn More

To learn more visit the resource pages and blog posts at www.EliteHRV.com

Here is a link to our Frequently Asked Questions: www.EliteHRV.com/faq

If the FAQ, website, and this guide don't have the information you need, (or if you just want to say hi!) please feel free to reach out to us at support@elitehrv.com

Cheers!

Team Elite HRV