HEART RATE VARIABILITY (HRV)

WHAT IS HEART RATE VARIABILITY?

- It is the difference in time between heart beats
- It can indicate how your autonomic nervous system is functioning
- It can help you with pacing activities to prevent post-exertional malaise (PEM/PESE)

![HRV Diagram]

HOW CAN I TRACK MY HRV?

- Multiple devices track HRV including
  - Oura ring, Whoop, Apple watch, Garmin, etc.
- Multiple apps can record HRV by:
  - Scanning HR using your phone camera
  - Syncing with your wearable device
  - Try Visible at www.makevisible.com

HOW DO I INTERPRET THE HRV INFORMATION?

- High HRV can indicate low stress on the body
- Low HRV can indicate high stress on the body (e.g., exertion, PEM, illness, injury)
- If your HRV is increasing over time, it may indicate healing or improved fitness

![HRV Chart]

<table>
<thead>
<tr>
<th>HIGH HRV</th>
<th>LOW HRV</th>
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</thead>
<tbody>
<tr>
<td>“Rest &amp; Digest”</td>
<td>“Fight or Flight”</td>
</tr>
<tr>
<td>Improved Recovery</td>
<td>Decreased Recovery</td>
</tr>
<tr>
<td>High Adaptability</td>
<td>Low Adaptability</td>
</tr>
<tr>
<td>Increased Energy/Performance</td>
<td>Poor Performance/Easily Exhausted</td>
</tr>
<tr>
<td>Decreased Stress on the Body</td>
<td>Increased Stress on the Body</td>
</tr>
</tbody>
</table>

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