SweetWater Health
Professional HRV for Health Professionals
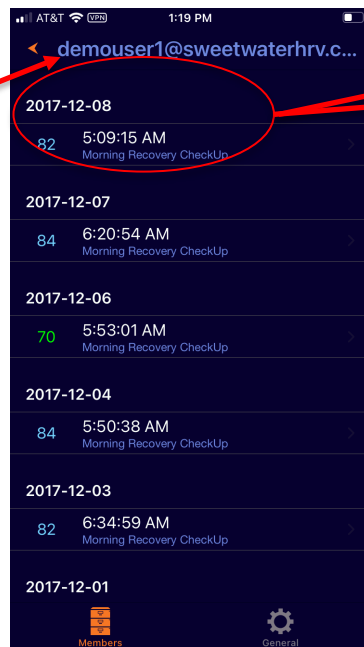
SweetWater Health™

BeatHealthy™

March 8, 2023

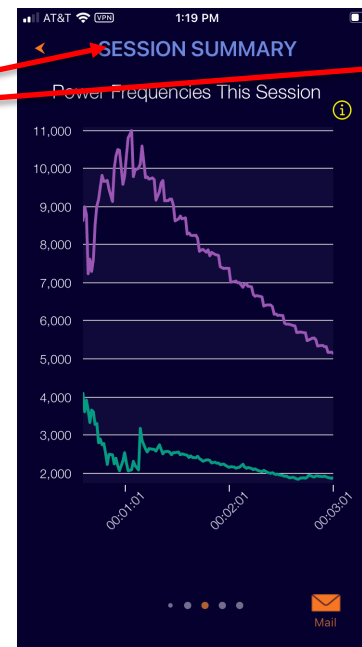# Introducing Professional HRV

- **Securely monitor your patients and clients HRV**
  - Currently only on iOS devices

- **View graphs and stats from sessions**
- **Learn more here**

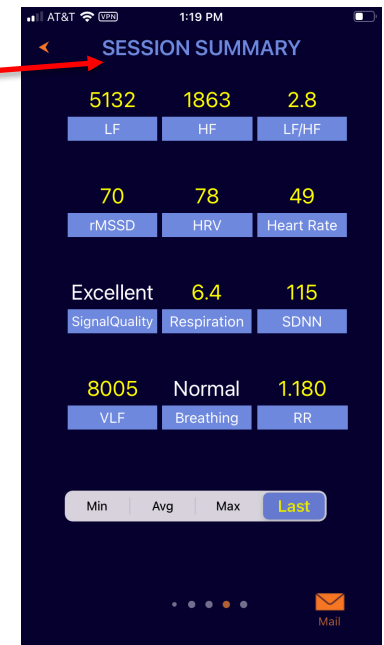
Professional HRV Group List

List of one group member sessions

LF HF graph from session 2017-12-08


Endo of session stats from session 2017-12-08

- **There are multiple ways to monitor your clients/patients**
  - Real Time monitoring
    - Using Chest strap or patch, monitor before, during and/or after treatment
    - Assign client/patient to monitor during sleep or other activity
  - Spot check before and/or after treatment
    - Do 3 or 5 minute reading before treatment to help decide best course of action
    - Follow up with 3 or 5 minute reading to analyze results of treatment
  - Assign daily morning readings
    - Use Daily Beat Willpower scores and age/gender based scatter charts
    - SweetBeatHRV and RecoverFaster HRV for Training feature and DailyBeatHRV Willpower feature
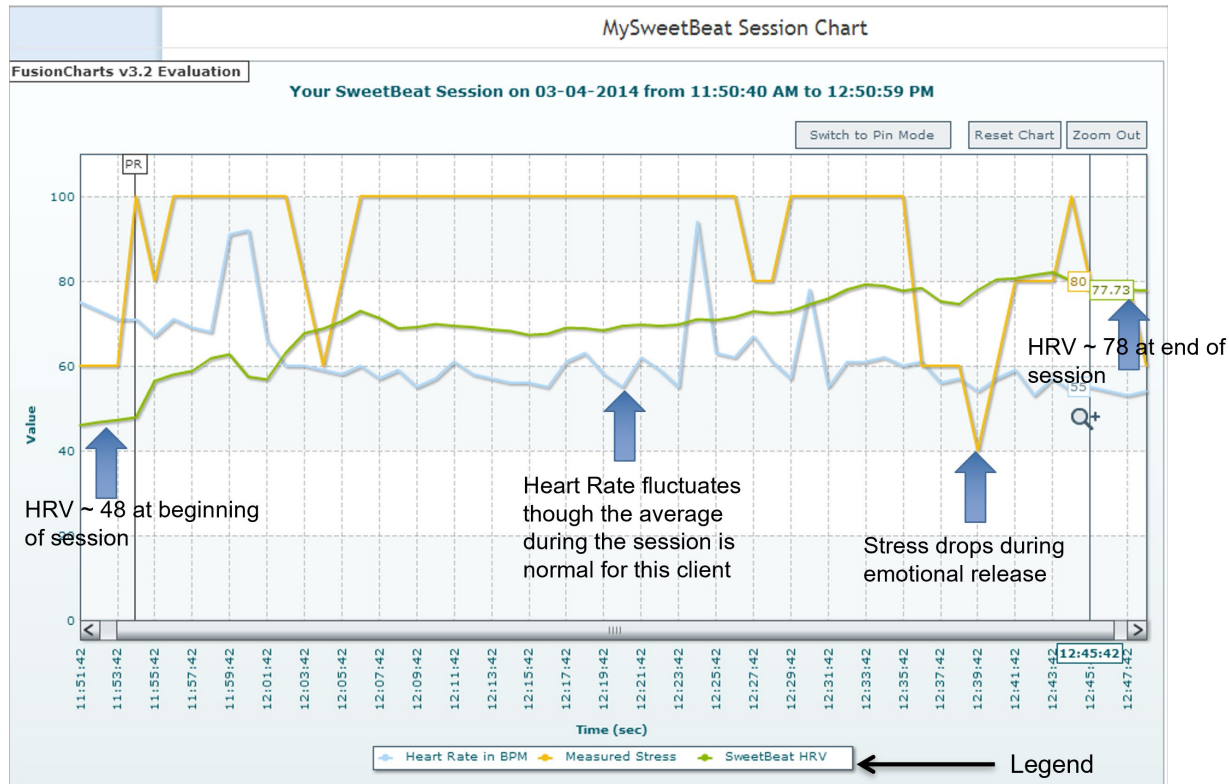   - View Charts with trend lines of Vagal Tone (HRV) and Power levels and nervous system balance (LF/HF)

■ Below is an example of a real time measurement during Acupuncture – Stress (yellow) drops 30 minutes into session
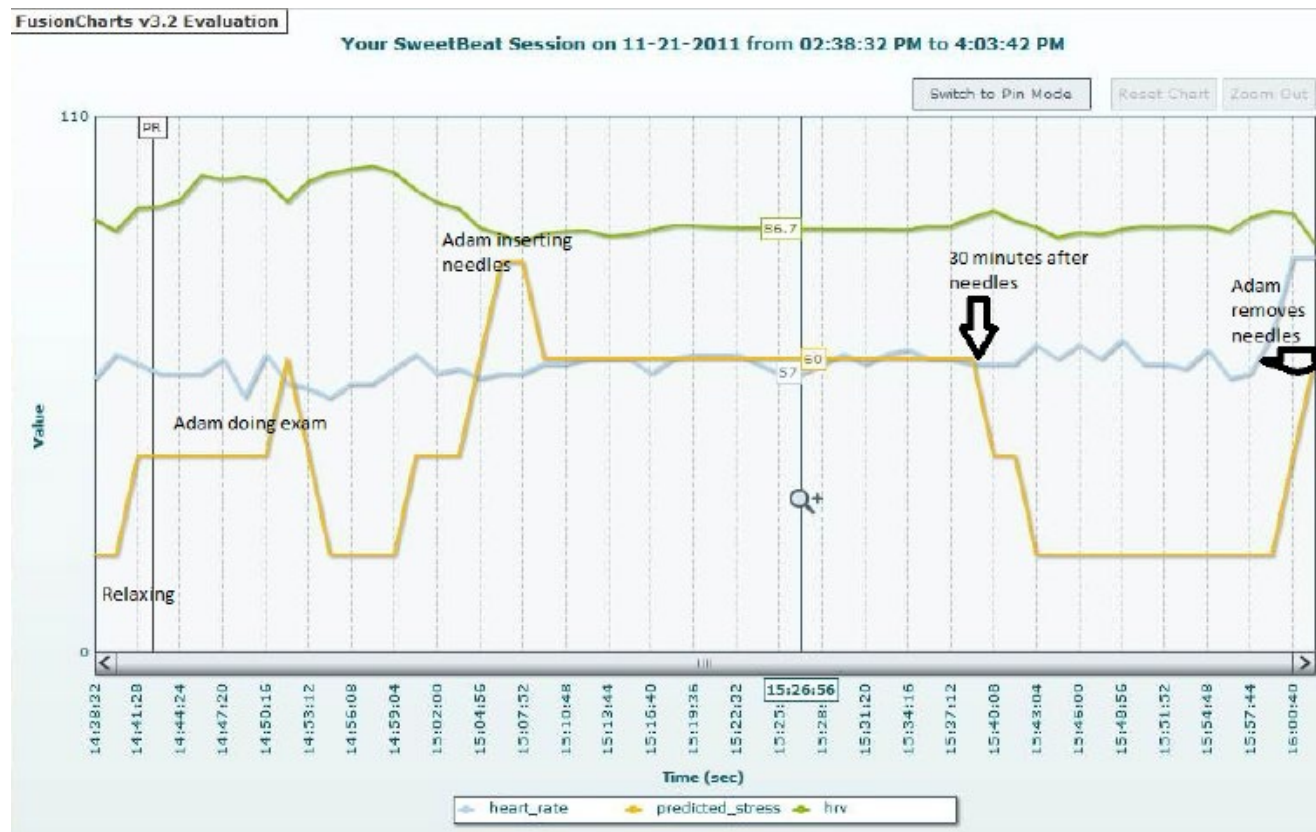
- Below is an example of a real time measurement during a Cranio Sacral Session – Stress (yellow) drops 30 during emotional release. HRV (green) steadily increases

MySweetBeat Session Chart

FusionCharts v3.2 Evaluation

Your SweetBeat Session on 03-04-2014 from 11:50:40 AM to 12:50:59 PM

Switch to Pin Mode   Reset Chart   Zoom Out

HRV ~ 78 at end of session

HRV ~ 48 at beginning of session

Heart Rate fluctuates though the average during the session is normal for this client

Stress drops during emotional release

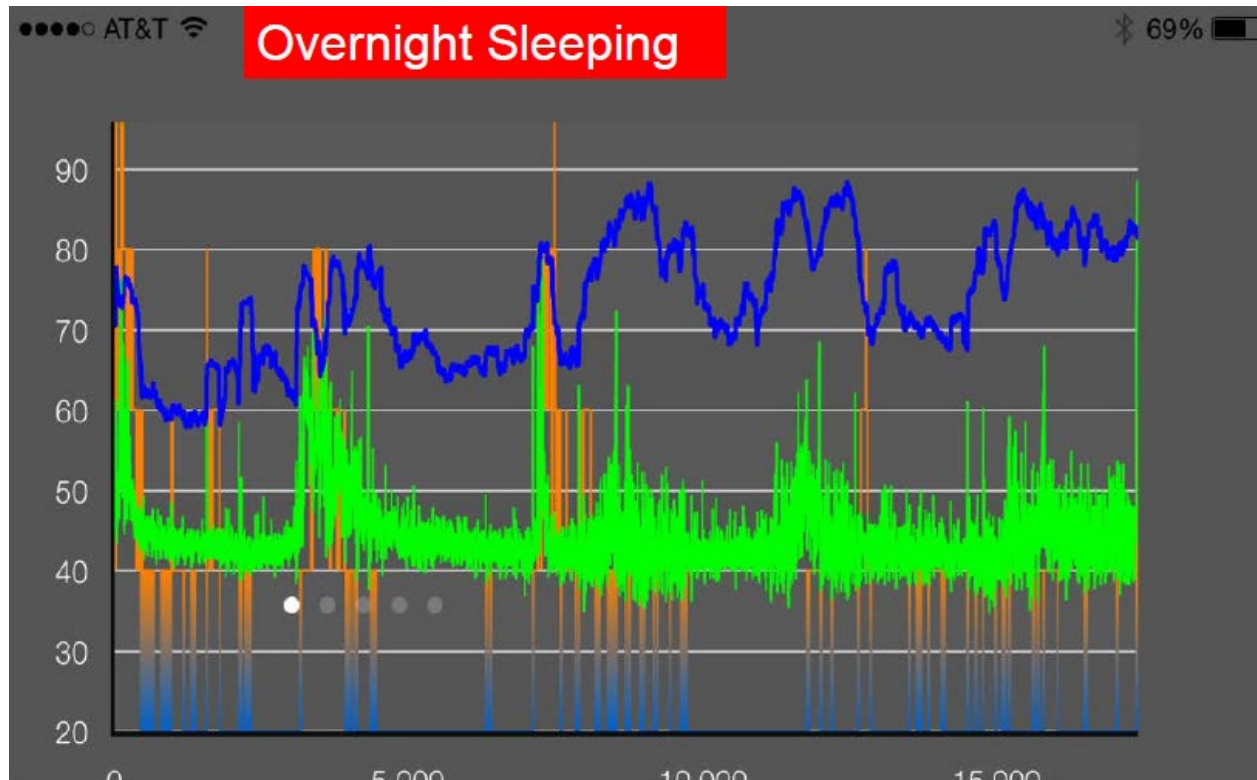Time (sec)

Heart Rate in BPM   Measured Stress   SweetBeat HRV   ← Legend

- Below is an example of a real time measurement during a Qi Gong class. Notice almost immediate improvement in stress and HRV
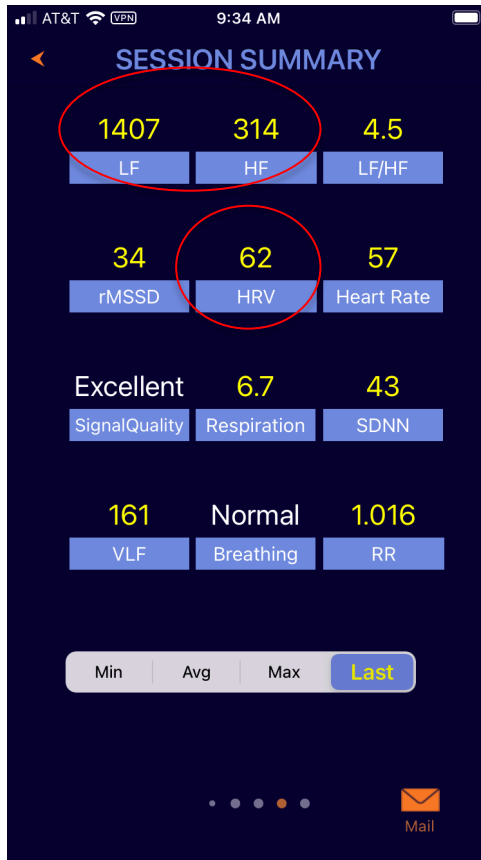
- Below is an example of a real time measurement during a over night sleep. HRV (blue) increases indicating restorative sleep.

Spot Check
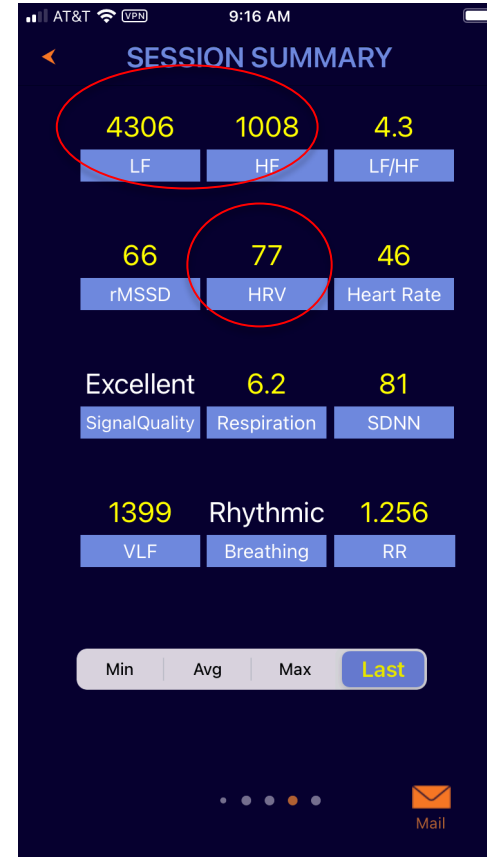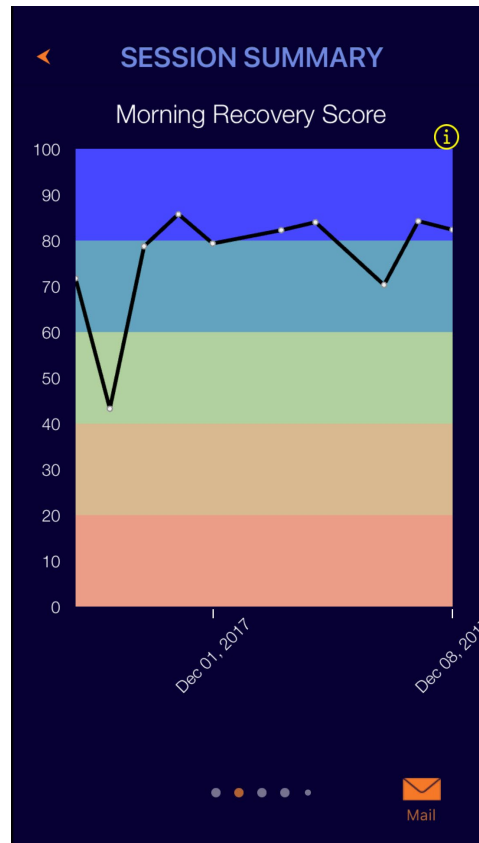# Bed Time and Waking

- **3 minute Bedtime Session Summary**

- **3 Minute Morging Session Summary**

Bedtime Session Summary (9:34 AM)

1407	314	4.5
LF	HF	LF/HF
34	62	57
rMSSD	HRV	Heart Rate
Excellent	6.7	43
SignalQuality	Respiration	SDNN
161	Normal	1.016
VLF	Breathing	RR

Min | Avg | Max | **Last**

Morning Session Summary (9:16 AM)

4306	1008	4.3
LF	HF	LF/HF
66	77	46
rMSSD	HRV	Heart Rate
Excellent	6.2	81
SignalQuality	Respiration	SDNN
1399	Rhythmic	1.256
VLF	Breathing	RR

Min | Avg | Max | **Last**

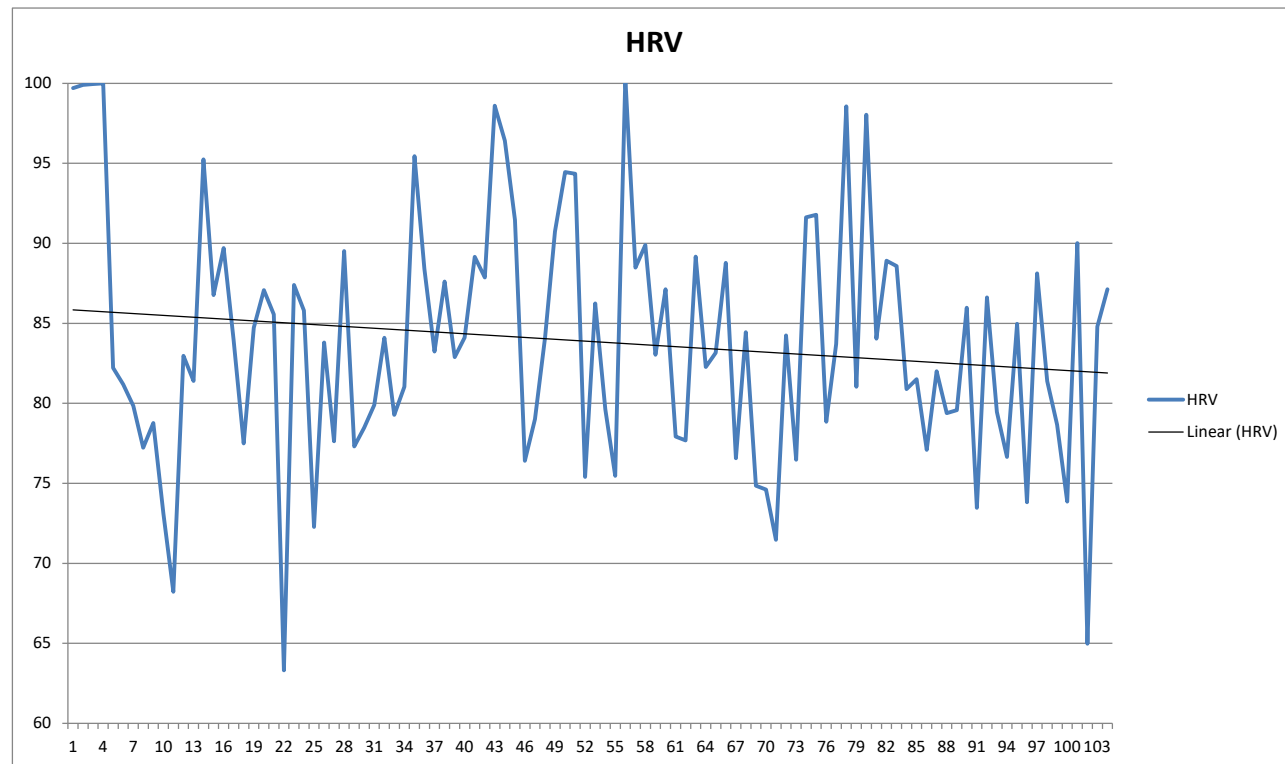## HRV for Training Example

– From daily morning readings
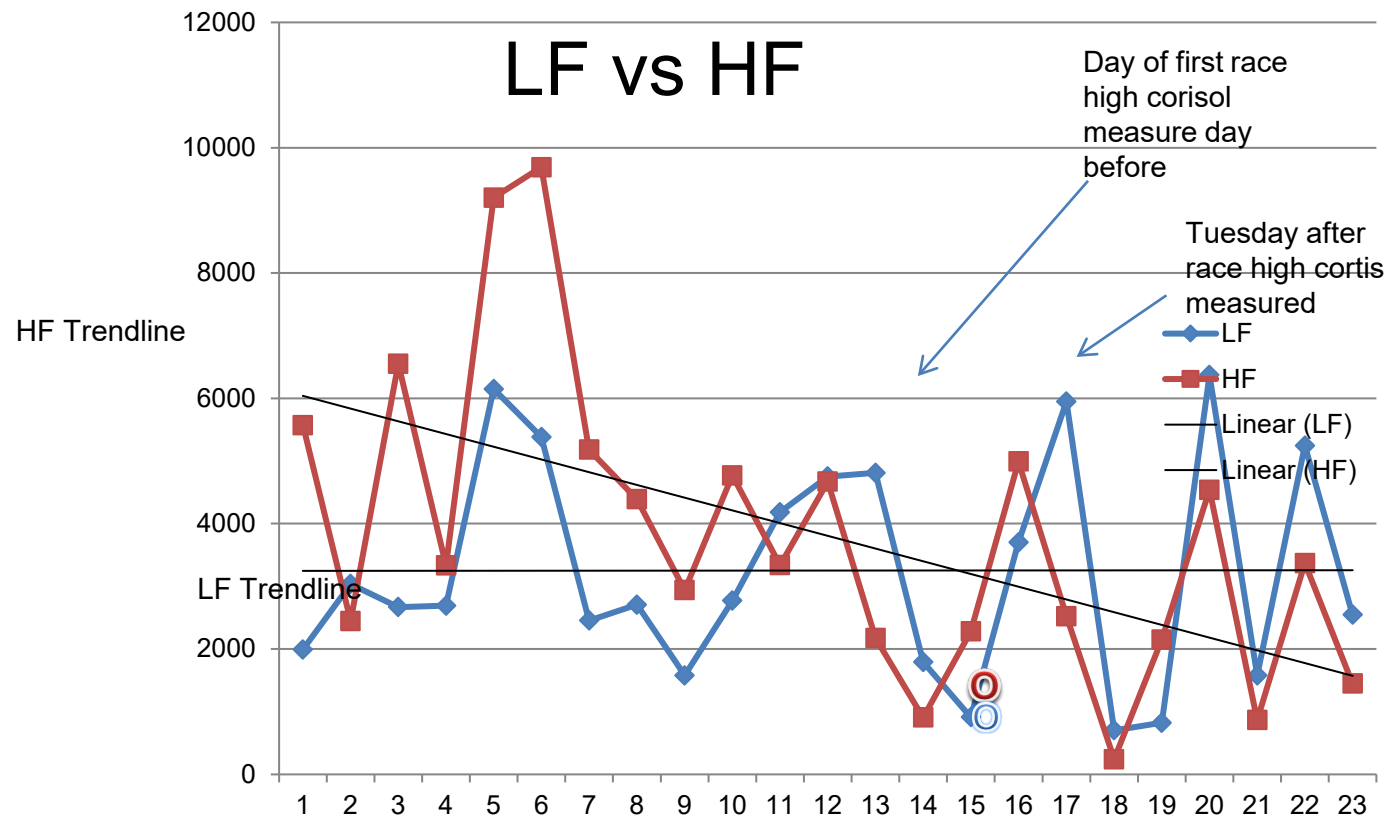

DailyBeat Scatter Chart

– Adjusted for Age and Gender

Problematic
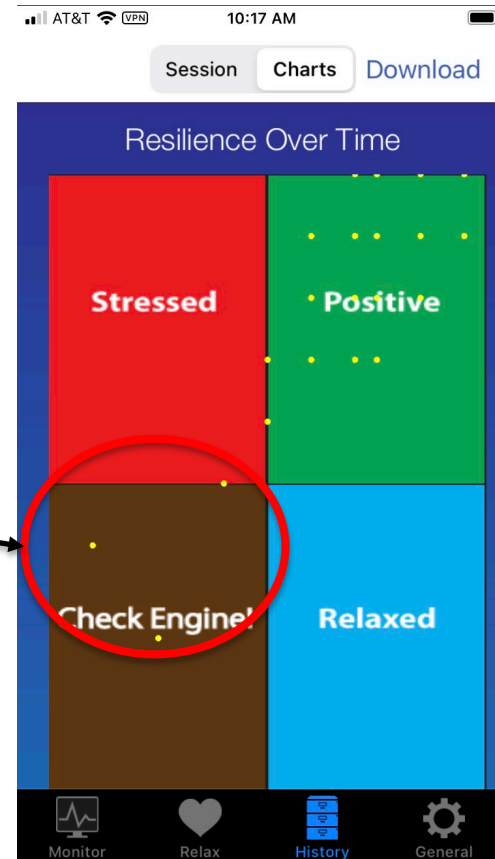
- HRV (Vagal Tone) is a dynamic value which is why trends are important to monitor. Example of decreasing trend.
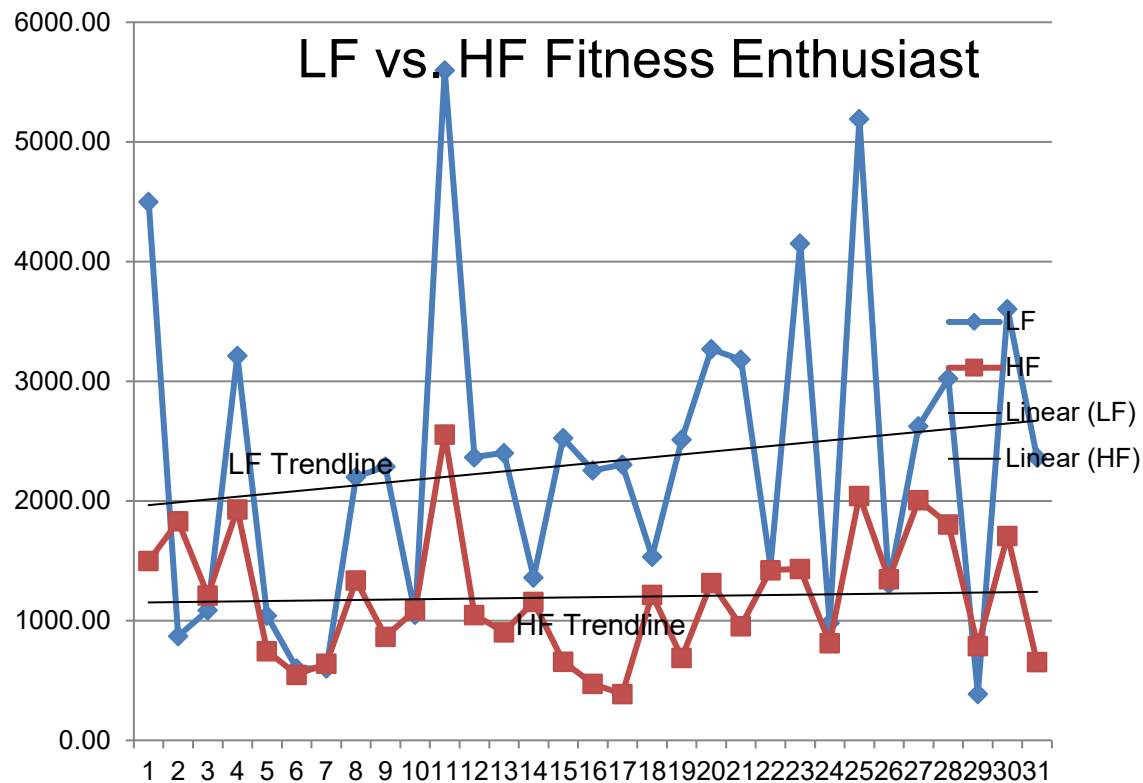

*HRV measured using SweetBeat

Confidential

- Sympathetic (LF) and Parasympathetic (HF) trends during training and post race for an elite athlete

- ## Increase Nervous System Power with new exercise regime.
  - ### This can also track treatments

LF vs. HF Fitness Enthusiast

- "HRV for Training" and "Willpower" graphs show your status compared to your personal reference line.
  - 3 minute readings done each morning upon awakening.