



FAQS for SweetBeat HRR and HRV For Training

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What Hardware Do I Need?

- You need an iPhone 3GS or later, iPod touch third generation or later, or an iPad with iOS 5.x or later.
- You need a supported iPhone receiver key and compatible heart rate monitor.
 - For iPhone 3G – iPhone 4:
 - 60beat iPhone receiver with Polar or other analog compatible heart rate monitor. See <http://www.60beat.com/info/Receiver>
 - Wahoo Fitness receiver or case with Garmin or ANT+ compatible heart rate monitor: <http://www.wahoofitness.com>
 - Numetrex heart rate monitor bra and cardio shirt. The Numetrex cardio products will work with both the 60beat receiver and the Wahoo receiver. Just snap off the transmitter from your chest strap and snap it into the Numetrex bra or cardio shirt. See <http://www.numetrex.com>
 - The Numetrex transmitter or a Polar analog 5.3khz transmitter will work with the 60Beat receiver.
 - A Wahoo or Garmin ANT+ transmitter will work with the Wahoo receiver.
 - If you plan to use Numetrex garments, be sure your chest strap has a detachable (snaps) chest strap.
 - For iPhone 4S and iPhone 5:
 - 60Beat and Polar Bluetooth heart rate monitor support.
 - 60beat iPhone receiver with Polar or other analog compatible heart rate monitor. See <http://www.60beat.com/info/Receiver>
- You need one of the SweetWater Health apps.
 - SweetBeat: <http://itunes.apple.com/us/app/id492588712?mt=8>

What Hardware Works Best for Me?

- **60Beat, Polar** Bluetooth chest straps (for iPhone4S, iPhone5). These straps are convenient as they require no additional hardware to be inserted into the phone.
- **60Beat:** The 60Beat hardware is compatible with the most popular Polar chest straps. The receiver will work with a Polar analog chest strap as well as the 60Beat chest strap or any other 5.3KHz analog chest strap. The range of the 60Beat is around 5 feet and may be susceptible to interference from nearby computers.

The 60Beat is right for you if:

- You use SweetBeat while driving.
 - SweetBeat is used for meditation.
 - You are involved in any other activity where you are away from computers and can keep your phone close.
- **Wahoo Fitness:** The Wahoo Fitness hardware is compatible with the popular Garmin chest straps. The receiver will work with the Garmin digital ANT+ chest strap as well as with the Wahoo Fitness chest strap or any other ANT+ chest straps. The range of the Wahoo is around 10 feet and is not susceptible to interference from nearby computers.

The Wahoo is right for you if:

- You use SweetBeat near computers.
 - Sweetbeat monitoring is done during Yoga or QiGong where the phone can be off to the side.
 - You engage in any activity where the phone is within a 10-foot range.
- **Numetrix:** The Numetrix system allows you to wear a shirt with the sensors built-in.

How can I use SweetBeat to improve my Fitness Training?

- Alternating periods of intense training and rest help an athlete avoid physical fatigue caused by over-training. HRV can be used to show when the body has rested and is ready to train again. Please see the HRV for Training White paper in MySweetBeat.
- Heart Rate Recovery (HRR) is an easy and effective way to measure and track your fitness level and overall cardiovascular health. HRR can also be used during a weight loss program to maximize effectiveness. Heart Rate Recovery is simply the speed at which your heart rate declines after a workout.

Why is the Wahoo Blue HR monitor/strap not supported?

- Although the Wahoo Blue HR monitor works great for heart rate, it is not accurate enough for precise RR intervals making it incompatible with SweetBeat.

What is the Average HRV for Age?

- The following is a rough chart of Average HRV for Age.

Age Range	HRV
10 – 20	76
20 – 30	73
30 – 40	69
40 – 50	65
50 – 60	62
60 – 70	58
70 – 80	55
80 – 90	51
90 – 100	48
100 and over	0.0

Why did SweetBeat change the HRV scaling?

- We made this change to accommodate some of you ultra-fit individuals who were “maxing out” the HRV reading at 100. The new algorithm fixes this **with the result that the calculated HRV will appear lower than in previous versions of SweetBeat**. When you see a lower HRV score, this does **not** mean that your HRV level has dropped; only the scale has changed. We have included some charts to illustrate what you can expect with version 1.2.2.

IMPORTANT: For SweetBeat users who have been measuring HRV for athletic training, your HRV will appear to decrease with version 1.2.2. For this reason we recommend starting with a new baseline taken on a day that you know you are fully recovered. We do apologize for any inconvenience this causes, though we believe this will provide more accurate results in the long run as your fitness levels improve.

What are the Power Frequency Graphs?

- The new SweetBeat power frequency graphs display the LF (low frequency) and HF (high frequency) components of HRV. LF and HF are bands of the HRV power spectrum. The LF power level represents both branches of the nervous system, the sympathetic (fight or flight) and parasympathetic (rest and recovery). The HF power level is a reflection of the parasympathetic branch of the nervous system, and responds quickly to rest and recovery. Both LF and HF are expressions of overall fitness and resilience. These power levels are relatively high when the nervous system is active and flexible. Typically, these power levels range from 800 to 1000 for fitness enthusiasts and 6000-8000 for elite athletes as measured in the SweetBeat application. This feature provides important additional information about the nervous system and fitness levels. Tri-athletes and more advanced users have requested this feature. Along with a graph representing the power frequencies over time, a real time graph will show your power for each session.

Why can I not turn off the HRV For Training Daily Reminder?

- In release Version 1.3.0 we had a small bug where the HRV For Training Daily Reminder could not be turned off. We have addressed this issue in our latest release(s). We apologize for any inconvenience this may have caused. If you complete an HRV For Training session before the scheduled reminder, the reminder will automatically re-schedule to the next day.

What is the Orange line on the HRV For Training Over Time graph?

- The Orange line is a reference line taken from a moving average of the HRV For Training sessions. It is the mean HRV of the last 10 sessions (standard deviation).