

How Does SweetWater Health Calculate HRV?

SweetWater Health calculates HRV using the time between each heartbeat, known as RR intervals.

From these intervals, the app calculates a key metric called rMSSD, which reflects parasympathetic (rest-and-recovery) activity in your nervous system.

To make this information easier to understand, we apply a scaling algorithm to rMSSD and present it as a simplified HRV score, typically ranging from 0 to 100.

Higher values often indicate stronger recovery and greater resilience, while lower values can reflect stress or fatigue.

If you want to explore the underlying data, you can access advanced metrics such as rMSSD, LF, HF, and RR intervals in the Stats screen. This view provides a deeper look into the physiology behind your readings.