

# When Should I Measure My HRV for Best Results?

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Many SweetWater Health features are designed around a three-minute reading first thing in the morning while you are still in bed. Ideally, take your reading after using the bathroom and then returning to a relaxed, lying-down position. This helps support daily insights, morning readiness, willpower, and training recommendations.

You can also measure at other helpful moments throughout the day. Many people choose to run a session while driving, before an important meeting, during work, on the golf course, during yoga, Pilates, Qigong, meditation, or while resting.

In general, HRV is most useful when it helps you understand how your body is responding in real life. The best time to measure is the time that gives you meaningful, repeatable insight.