

# What Is Heart Rate Variability (HRV)?

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Heart Rate Variability, or HRV, is the natural variation in the time between one heartbeat and the next.

Even when your average heart rate looks steady, your heart is not beating like a metronome. The interval between beats changes from moment to moment. For example, your heart rate typically speeds up slightly as you inhale and slows down as you exhale.

Those small changes are meaningful. HRV gives you a window into how flexible, responsive, and balanced your nervous system is.

In general, more healthy variation is associated with greater resilience and better recovery. That is why HRV has become such a valuable tool for understanding stress, recovery, and overall wellbeing.