

What Your HRV Means - Scientific Explanation

HRV reflects how your autonomic nervous system is regulating the body.

The autonomic nervous system includes two major branches: the sympathetic system, which supports fight-or-flight responses, and the parasympathetic system, which supports rest, recovery, and regulation. These systems work together continuously to keep the body in balance.

Because heart rhythm changes in response to this regulation, HRV provides a useful, non-invasive view into how the nervous system is functioning. When the body is under stress, sympathetic activity tends to rise and HRV often decreases. When the body is more balanced and regulated, parasympathetic influence increases and HRV often rises.

That is why HRV can be such a valuable indicator of recovery, stress load, and overall physiological balance.