

What Is the Show Stats Button?

The Show Stats button gives you access to a more advanced view of your session data.

Depending on the screen, it may appear as Show Stats, Show Graph, or Show RRs. Tapping it reveals additional HRV details such as rMSSD, LF, HF, and real-time RR interval values.

For users who want a deeper look, it is a great way to explore the physiology behind the main readouts. For everyone else, it is simply an optional advanced screen you can use whenever you want more detail.