

## How does SweetBeatHRV Calculate HRV ?

- SweetBeatHRV measures the RR intervals (the time between heartbeats) then calculates the HRV parasympathetic parameter rMSSD. We then run a scaling algorithm on rMSSD to create an HRV value. Typical values will be in the range of 0-100. rMSSD is the square root of the mean squared difference of successive RRs. Elite athletes will experience very high rMSSD scores compared to others.
- If you want to see the raw numbers, look at the “Stats” Screen also known as the “Geek” Screen on the flip side of the EKG screen. To see the Geek Screen, press the “Stats” button in lower right corner of the window where the animated EKG appears. You will see the summary numbers from your last session.