

## When Do I “SweetBeatHRV” ?

- While the app provides the ability to do near-continuous (battery power limited) monitoring, many people will choose to measure HRV when:
  - In the morning to measure their athletic recovery using the HRV for Training option.
  - Driving, especially during stressful or frustrating traffic hours. SweetBeatHRV will remind you to relax and breathe if you become stressed while driving.
  - Before an important meeting or event, SweetBeat will measure your stress and if needed, prompt you to breathe and relax so you can perform at your best.

- While working. When we are stressed, the blood moves to our muscles and away from the brain and digestive system. If you have important creative work to do, it is best done when your HRV is high and you are relaxed. If your stress level is on the high side, this may be a good time to do busy work and reserve creative focus tasks for later.
- On the golf course, nerves can ruin your shot. SweetBeat will help you stay balanced and play your best. (Remember to turn off Audio Alerts, or your playing partner's stress levels will soar!).
- During yoga, pilates or Qigong practice. SweetBeat will measure your balance and let you know if you are getting the most out of your practice.

- During meditation, SweetBeat will measure your balance and let you see yourself progress through the meditation.
- If you're a "tracker," you can SweetBeatHRV any time.
- While resting, napping or watching TV, SweetBeatHRV will let you know if you are truly unwinding.