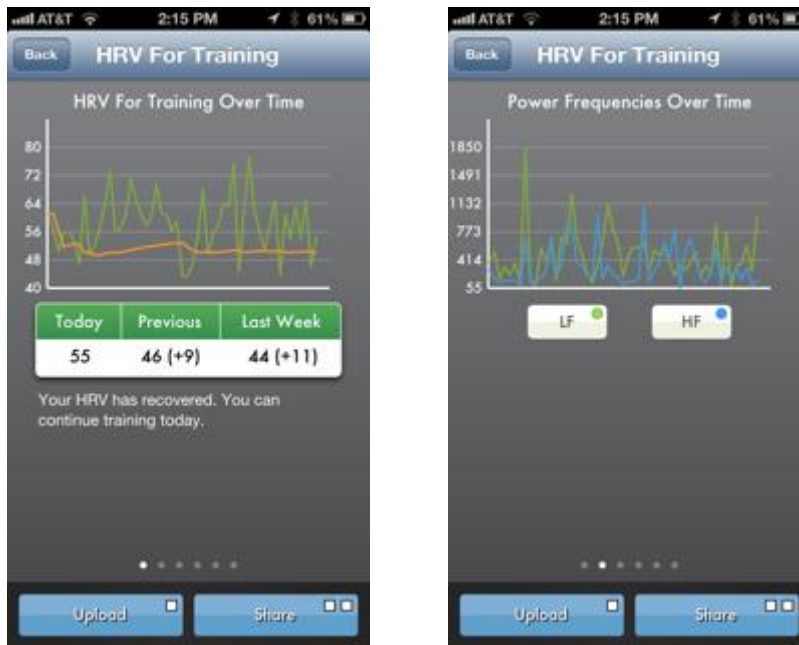




## Greetings, SweetBeat Users!

As many of you have noticed, we have been consistently updating SweetBeat with new features to make it the best HRV for Training app available. Recently, we added the HRV for training feature which allows your body to train and rest according to its own beat (see first screen shot – HRV For Training Over Time). After several requests for more detail into the power frequencies, we have added some new power frequency graphs. This new update includes graphs and audio reminders.



**Power Frequency Graphs:** The new SweetBeat power frequency graphs display the LF (low frequency) and HF (high frequency) components of HRV. LF and HF are bands of the HRV power spectrum. The LF power level represents both branches of the nervous system, the sympathetic (fight or flight) and parasympathetic (rest and recovery). The HF power level is a reflection of the parasympathetic branch of the nervous system, and responds quickly to rest and recovery. Both LF and HF are expressions of overall fitness and resilience. These power levels are relatively high when the nervous system is active and flexible. Typically, these power levels range from 800 to 1000 for fitness enthusiasts and 6000-8000 for elite athletes as measured in the SweetBeat application. This feature provides important additional information about the nervous system and fitness levels. Tri-athletes and more advanced users have requested this feature. Along with a graph representing the power frequencies over time, a real time graph will show your power for each session.



**Audio Reminders:** SweetBeat now includes an audio alert/vibration that will play after each session is completed. Some of you may remember it as the Star Trek hailing sound. This reminder can be turned off as well under settings > application settings. It is under "HRV For Training – End Of Session Alert"

The latest version of SweetBeat can be downloaded from the [app store](#).

If you have any questions you can email us at [support@sweetwaterhrv.com](mailto:support@sweetwaterhrv.com) and we will reply within 24 hours.

Happy Quantifying!

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