



What More Can You Tell Me About HRV?

- HRV has been the topic of more than 30 years of clinical research funded by the National Institute of Health, the American Heart Association and others. HRV research areas include heart arrhythmias, asthma, sleep apnea, stress, ageing, fetal health, diabetes and more.
- For more details on the science of HRV:
http://en.wikipedia.org/wiki/Heart_rate_variability