

## What Hardware Works Best for Me?

- SweetWater Health Apps support several Bluetooth athletic chest straps as well as the handheld AliveCor Kardia Mobile 6L. The Kardia is currently being migrated to all our apps so please check the [Supported Devices](#) page to see if it is supported for your app of choice.
- The chest strap is right for you if you:
  - Measure HRV/Stress while driving.
  - Measure HRV during meditation.
  - Measure HRV while sleeping
  - Measure Stress while working
  - Measure Vagal Tone during Yoga or QiGong
  - Any activity where prolonged hands-free measurement is desired.
- The Kardia Mobile 6L is best for short 3 minute readings. It is pre-set for 3 minutes and cannot be run longer.