

When Do I Measure HRV?

- Many of the features of SweetWater Health apps use a 3 minute reading first thing in the morning while lying in bed, preferably after urinating and returning to a supine position. This reading is used for daily insights, morning readiness, willpower and athletic training recommendations.
- While the our app provide the ability to do near-continuous (battery power limited) monitoring, many people will choose to run a session when:
 - Driving, especially during stressful or frustrating traffic hours. Our Monitor functions will remind you to relax and breathe if you become stressed while driving.
 - Before an important meeting or event, the apps 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. Monitoring your fight or flight response 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. You can measure your Vagal Tone and let you know if you are getting the most out of your practice.
 - During meditation, measure your balance and let you see yourself progress through the meditation.
 - If you're a "tracker," you can measure your nervous system any time.
 - While resting, napping or watching TV, your HRV will let you know if you are truly unwinding.

