Heart rate variability - European Society of Cardiology

Heart rate variability is the physiological phenomenon of variation in the time interval between heartbeats. It is measured by the variation in the beat-to-beat interval. Other terms used include: “cycle length variability”, “R–R variability” (where R is a point corresponding to the peak of the QRS complex of the ECG wave; and RR is the interval between successive Rs), and “heart ...”

Association between distinct coping styles and heart rate

Heart rate variability (HRV), the beat-to-beat variation in heart rate, has long been considered a marker of cardiovascular risk (Electrophysiology Task Force of the European Society of Cardiology the North American Society of Pacing, 1996, Goldenberg Ilan et al., 2019), but is increasingly studied in relation to neural and cognitive processes.

The Polyvagal Perspective - PubMed Central (PMC)

28-01-2015 - ECG Biosensors, Heart Rate Variability (HRV) Recent technological advances have made it possible to build wearable products that can capture and process bio-signals generated by the human body. When it comes to heart rate monitoring, two primary technologies are available to device manufacturers: ECG and PPG.

Polar H10 Heart Rate Monitor: Very Long Term In-Depth


Heart rate variability - Wikipedia

Heart rate variability (HRV) is the physiological phenomenon of variation in the time interval between heartbeats. It is measured by the variation in the beat-to-beat interval. Other terms used include: “cycle length variability”, “R–R variability” (where R is a point corresponding to the peak of the QRS complex of the ECG wave; and RR is the interval between successive Rs), and “heart ...”

Monitor your heart rate with Apple Watch - Apple Support

13-12-2021 - Apple Watch uses green LED lights to measure your heart rate during workouts and Breathe sessions, and to calculate walking average and Heart Rate Variability (HRV). Apple Watch Series 4, Series 5, Series 6, or Series 7 also have built-in electrodes in the Digital Crown and the back of Apple Watch, which can measure the electrical signals across your heart when used ...