

## ABSTRACT: EFFECTS OF MONITORING HEART RATE VARIABILITY ON HEALTH

For nine months, Jo Beth Dow, COO of SweetWater Health, monitored her HRV on a daily basis to see what effect food, alcohol, sleep, daily behaviors, exercise and external events had on her nervous system and stress level. Heart rate variability is the variation between each heartbeat. HRV is a window into the autonomic nervous system and consequently stress levels. Higher HRV indicates a more resilient and healthier heart. Jo Beth used a Wahoo sensor chest strap and an iPhone running SweetBeat app software to record accurate HRV data on a daily basis. Over the nine months of use, Jo Beth was affected by several significant external events in her life (see graphs). Her HRV and stress levels varied due to daily habits and life events, but over the long term, her HRV improved markedly and her stress level was reduced. We believe these positive trends lines are due to generative feedback. The continuous monitoring of HRV during daily routines allowed Jo Beth to see what activities improved her HRV and stress levels. Consciously and subconsciously, Jo Beth adjusted her daily behaviors to improve her overall health, despite disruptive life events. In conclusion, monitoring HRV can provide real-time and long-term health benefits. Stress can be managed and improved in the moment and over a lifetime.



