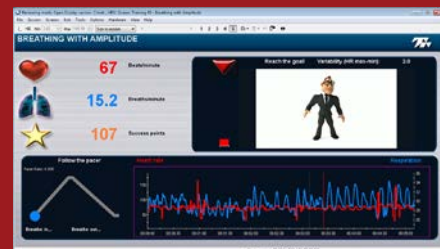


Get to the **HEART**
of your client's
cardiovascular
health.



HEART RATE VARIABILITY SUITE FOR PROCOMP2 SYSTEM

Everything you ever wanted to know about HRV but never dared to ask. The HRV suite is an easy solution for clinicians who want to add classical biofeedback techniques to their practice without overwhelming their budget.





Benefits of HRV Biofeedback?

- ✓ Broadens the range of physiological adaptability
- ✓ Teaches a powerful relaxation method
- ✓ Helps normalize your client's breathing
- ✓ Decreases your client's susceptibility to stress

A SIMPLE SOLUTION TO A COMPLEX ISSUE

Many physiological factors influence the timing of heart beats, including respiration, blood pressure changes and the interplay between the sympathetic and parasympathetic nervous systems. HRV is an important physiological measure because the loss of variability can be an indicator of serious cardiovascular health problems. HRV biofeedback is a powerful tool for monitoring changes in the timing between heartbeats and exercising the cardiovascular system to maximize variability.

AS EASY AS 1, 2, 3:

- Assess and document your client's baseline HRV levels by running the 3 step HRV assessment.
- Teach your clients awareness and control of breathing patterns and how breathing influences heart rate.
- Train your clients to use breath control to entrain deep and effective relaxation.

NO STRAIN SOLUTION:

- Easy tool lets you add HRV biofeedback techniques to your practice.
- Concrete physiological measures help validate your assessments.
- Encourages client commitment with simple reporting.
- Facilitates behavioral change with engaging biofeedback.

The HRV suite works with the ProComp 2, a medical grade physiological monitoring device, and easy to fasten finger pulse and respiration sensors which are essential to effective HRV training.

HRV 3 Step Assessment Report

Client: HRV Script: HRV 3 step assessment
Session Date: 06/06/2014 Session Time: 11:34:21 AM

Report Overview

Step 1 - Standing: This position increases your arousal because standing up without moving requires attention. Your cardiovascular system is under mild stress because it has to maintain constant blood flow and blood pressure from your head to your feet. In this position, your sympathetic nervous system is dominant, so your heart rate and blood pressure may be elevated while heart rate variability (HRV) measures would tend to be low.

Step 2 - Sitting: As you sit, your cardiovascular system has to adjust to the changes in internal pressure to maintain blood flow and blood pressure. Sitting is also a more restful position which allows for relaxation to happen. Your sympathetic nervous system will give way to your parasympathetic system, so you might notice decreasing heart rate and increasing HRV measures.

Step 3 - Faced breathing: Breathing slowly and regularly at 6 breaths per minute helps your body to relax and improves its ability to self-regulate. You should notice a significant decrease in heart rate and blood pressure and an increase in all or most HRV measures.

The tables of statistics show green arrows to indicate changes that are following the physiological expectations and red arrows to indicate changes in the other direction or lack of change. Practicing your regular breathing exercises as often as you can, 10 to 20 minutes a day, will help your body learn to self-regulate faster and maintain high levels of heart rate variability.

Expected Changes:	(I) increase	(D) decrease	(N) no change
Heart rate mean (beats/min)	↑	↓	○
Respiratory rate mean (breaths/min)	○	↓	○
HRV Mean	○	↓	○
HRV std dev (SDHRV)	○	↓	○
HRV min min mean (beats/min)	○	↓	○
HRV % power mean	○	↓	○
HRV % power max	○	↓	○
HRV % HRV max	○	↓	○
HRV peak freq. mean (Hz)	○	↓	○

Time and Frequency Domain Metrics

Metric	From Step 1-1	From Step 2-1	From Step 2-2
Heart rate mean (beats/min)	75.43	71.26	72.138
Respiratory rate mean (breaths/min)	13.206	11.292	5.286
HRV Mean	79.648	84.816	83.522
HRV std dev (SDHRV)	13.296	28.861	29.343
HRV min min mean (beats/min)	3.244	3.921	4.724

Pre & post blood pressure

Phase	Standing	Sitting	Faced breathing
Systolic	118	108	102
Diastolic	78	72	68

HRV Frequency Domain Metrics

Metric	Standing	Sitting	Faced breathing
HRV % power mean	41.052	10.954	42.303
HRV % power max	13.372	24.891	5.808
HRV % HRV max	0.971	0.429	8.425
HRV peak freq. mean (Hz)	0.908	0.924	0.911

