



## **How to measure HRV using the Optimal HRV app**

*Prior to using this app to measure HRV you must download the "Optimal HRV" app to your phone and have an account set-up*

### **How to measure your heart rate variability (HRV):**

The most important thing when measuring HRV is consistency in every way possible.

#### **Time of day:**

*Each day choose a consistent time when imposed stressors in life are most similar to every other day. First thing after waking up tends to be the best time for this. You can wake up at different times each day, just be certain measuring your HRV is the first thing you do each morning with the exception of using the restroom if needed.*

#### **Body position:**

*Each day when measuring your HRV choose the exact same body position. Seated with back support is ideal. Please attempt to use the exact same chair with the same back angle each day as well. If you are traveling choose a chair as similar as possible to that you use at home. As a tip; The floor as a seat and the wall as back support is consistent regardless of location ;)*

#### **Breathing:**

*Please breathe normally while taking your HRV measurement, altering your breathing rate and or pattern will alter your HRV.*

#### **Eyes:**

*Please keep your eyes open during the reading and focus on one, non-stimulating area of your room. Closing your eyes may bring upon a meditative, sleep, or dream state which will alter your HRV reading*

#### **Talking and other interactions:**

*Absolutely no talking or interacting with other individuals or pets during your HRV reading. This will alter your reading.*

#### **Thoughts:**

*Please keep your thoughts on a neutral focus during your HRV reading. Or if possible for you, think nothing at all.*

## The process:

1. Prior to going to bed place your phone and your HRV sensor at the location where you will perform your HRV reading in the morning.
2. Upon waking use the restroom if needed and report to your chosen HRV measuring location.
3. Choose a comfy chair and sit with your feet flat on the floor.
4. DO NOT check text messages, social media, email, etc. prior to or during your HRV measurement.
5. Place the HRV sensor on the ring finger of your left hand. If this finger is not a possibility, use any finger other than your thumb. If using the ear clip, clip it to the lobe of your ear.
6. Open the Optimal HRV app and select "User". You may have to enter your login information if you haven't saved it.
  1. Select "+" in the top right corner.
  2. Select "set-up new device". A device name will appear as an option, if not, gently shake the device. The name may be "Unknown" or "BTT" and numbers.
  3. Select the "connect" icon to the far right of the name of your device.
  4. Then select "Continue" from the bottom of the screen when it appears.
  5. The recording will last 3-minutes. Please be as still, quiet, and calm as possible.
7. After the reading, a screen will pop up and you can select any tags that apply.
8. Select "Save" and you're all done!
9. If there are any issues, try closing the app completely and restarting it.

