

HOW TO MEASURE YOUR HRV AT HOME IN 6 STEPS



1. Measure as soon as you wake up

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Take the measurement in the morning, just after opening your eyes:

- Go to the bathroom first (empty bladder).
- Do not eat or drink anything (fasting).
- Avoid noise, bright lights and movement.

2. Lie on your back

Lie on your back in bed, in a relaxed position:

- Do not cross your arms or legs.
- Breathe calmly and naturally.
- Keep the environment comfortable and free from distractions.

3. Place the band correctly

- Adjust the band under the pectoral area (chest area).
- Moisten the electrodes before placing it.
- Make sure it is firm but comfortable.
- The sensor will turn on with a red light if it has battery.

4. Open the app and start the measurement (5 min)

- Lie down and remain completely still.
- Breathe normally.
- The initial pairing and the first measurement will be carried out by following the steps in the app and accompanied by nursing staff.

5. While the measurement is running, use the watch

During the 5 minutes, press the green "Vital Signs" button on the Beat One watch twice to record vital signs.



6. Finish and continue your day as normal

When the app indicates that the measurement has finished:

- Remove the band if you wish.
- Done! Your HRV is correctly recorded.

TAKE THE MEASUREMENT USING THE APP (IN THE MORNING, 5 MINUTES)

