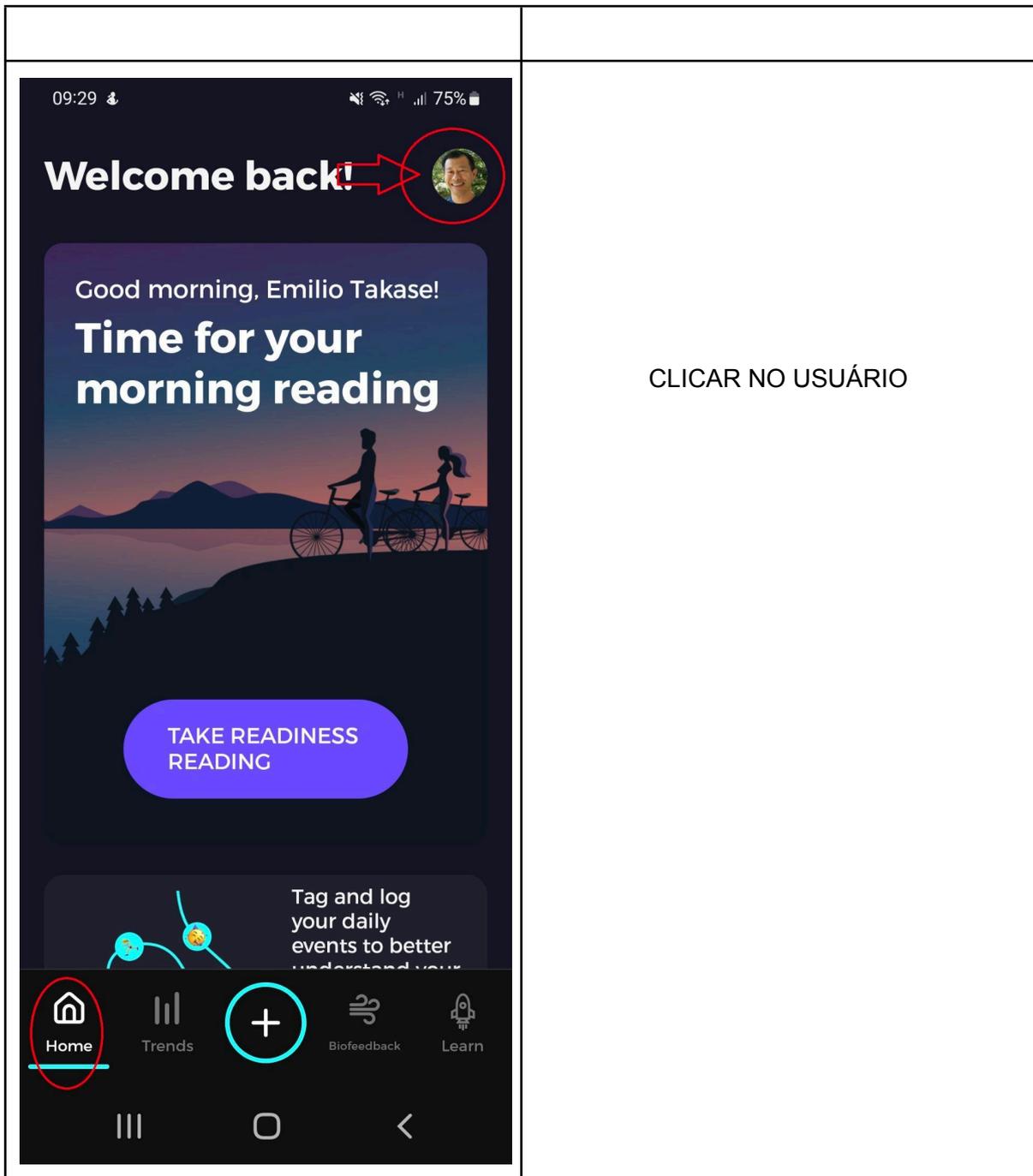
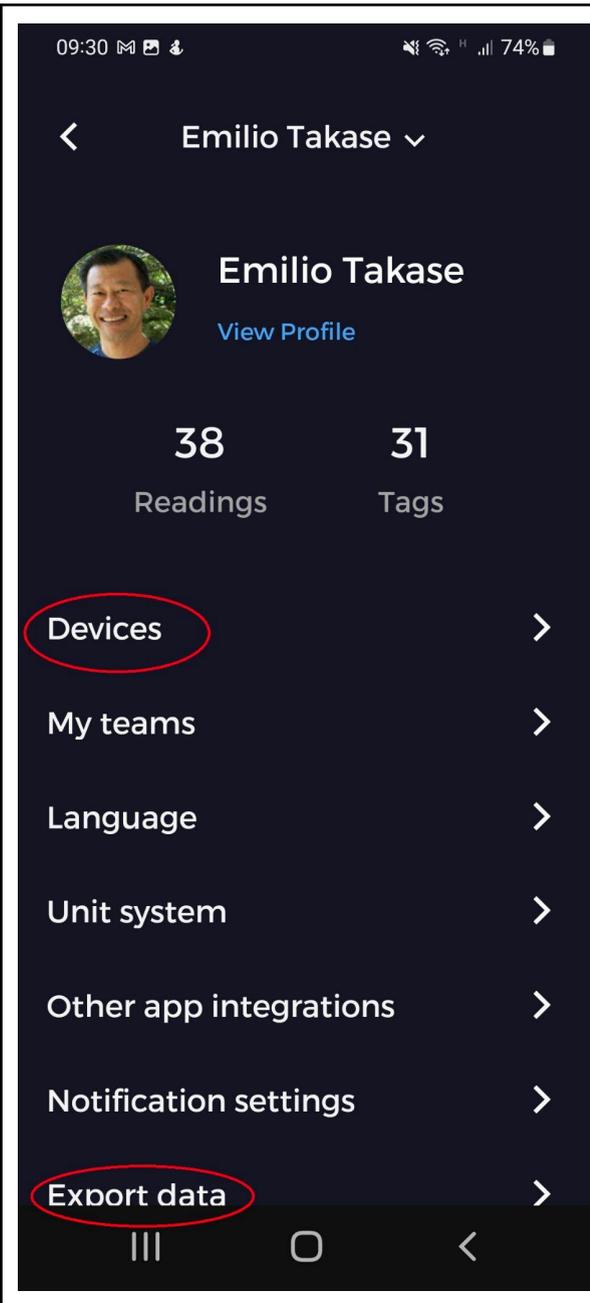


GUIA ELITE HRV

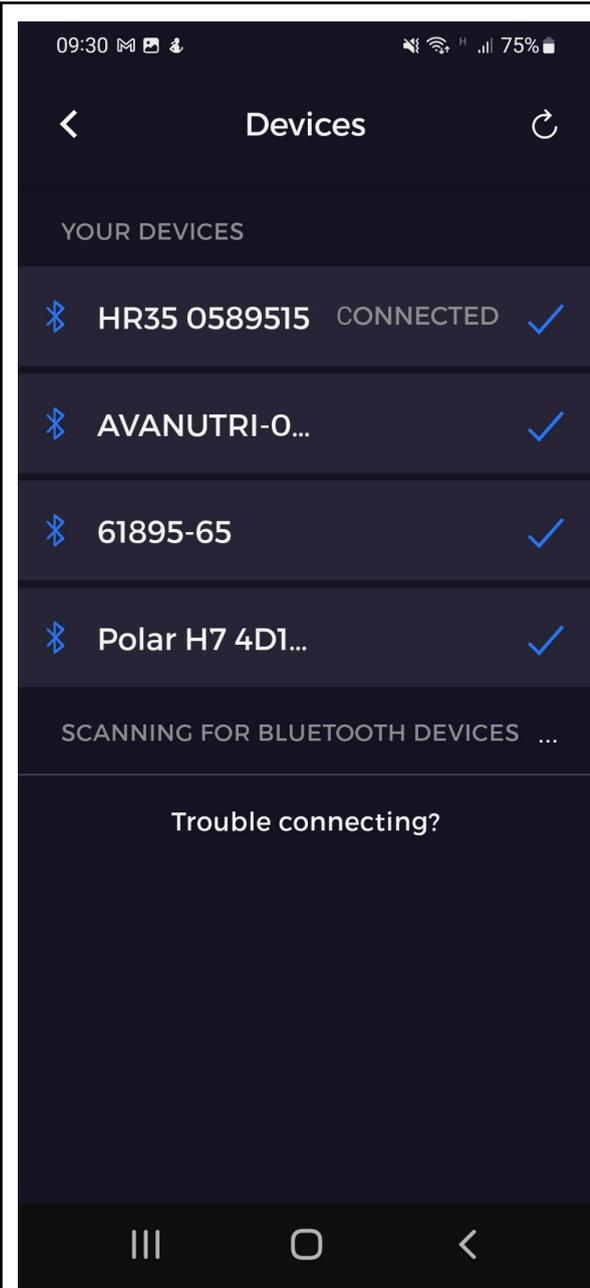
<https://elitehrv.com/>



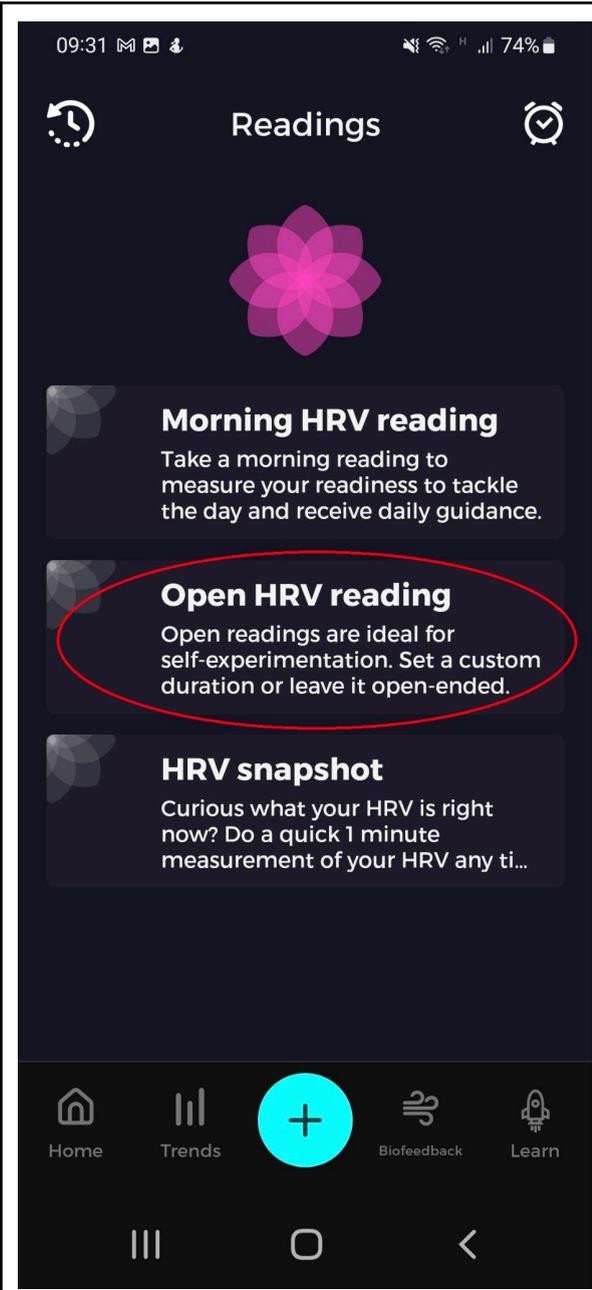
CLICAR NO USUÁRIO



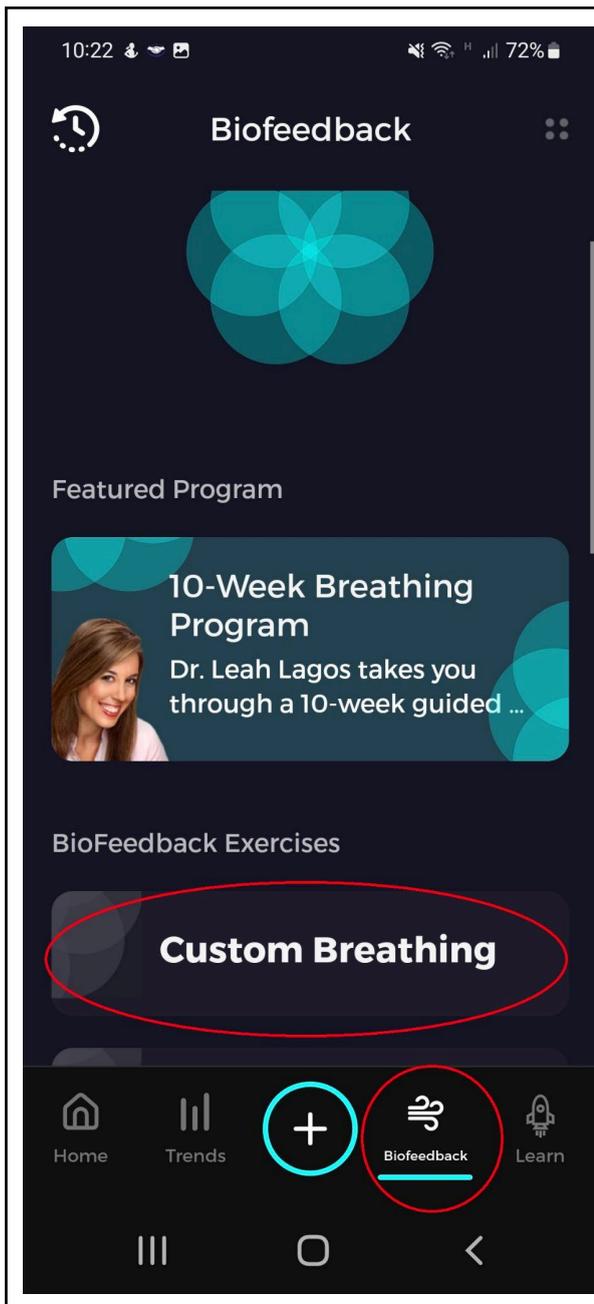
CLICAR **DEVICES** PARA SELECCIONAR O DISPOSITIVO, A CINTA TRANSMISSORA DE BATIMENTO CARDÍACO



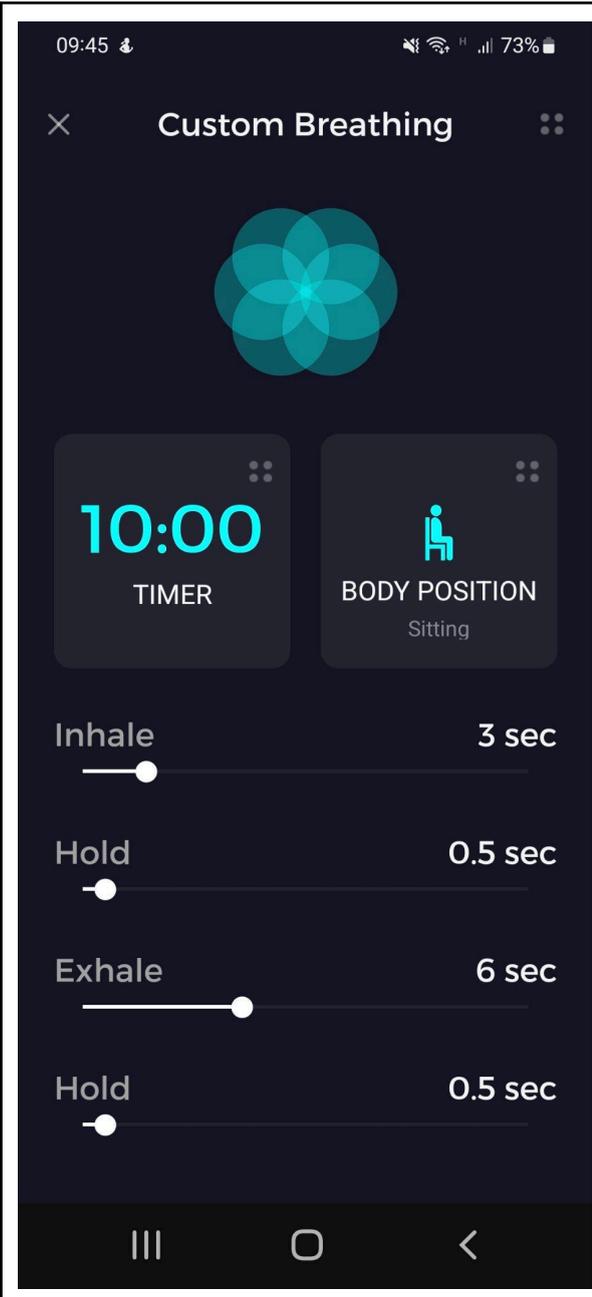
SELECCIONAR O DISPOSITIVO



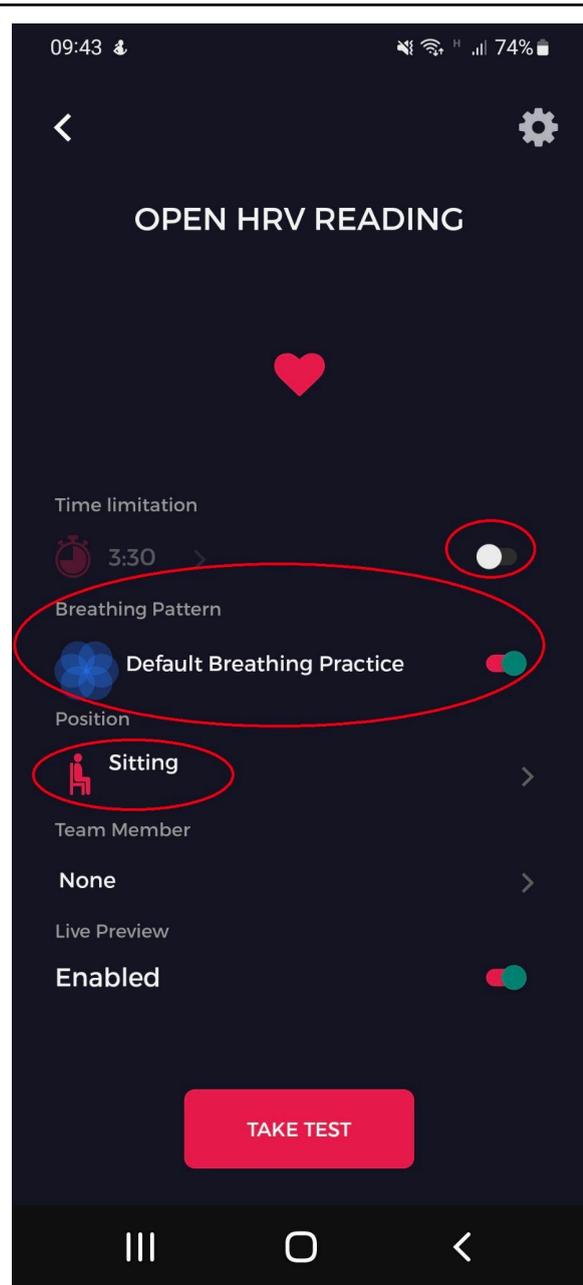
CLICAR NO + E OPEN HRV READING



CLICAR BIOFEEDBACK E CUSTOM BREATHING PARA CONFIGURAR OS TEMPOS DE RESPIRAÇÃO

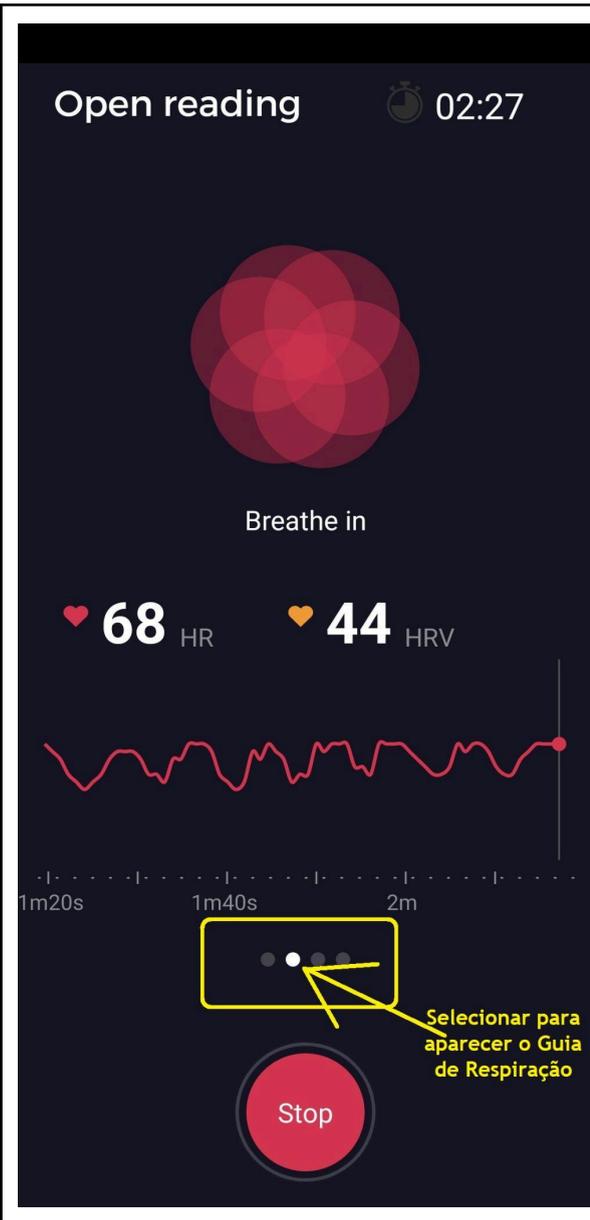


CONFIGURAÇÃO DOS TEMPOS PARA A PRÁTICA DA RESPIRAÇÃO



CONFIGURAR COMO ESTÁ NA IMAGEM
AO LADO

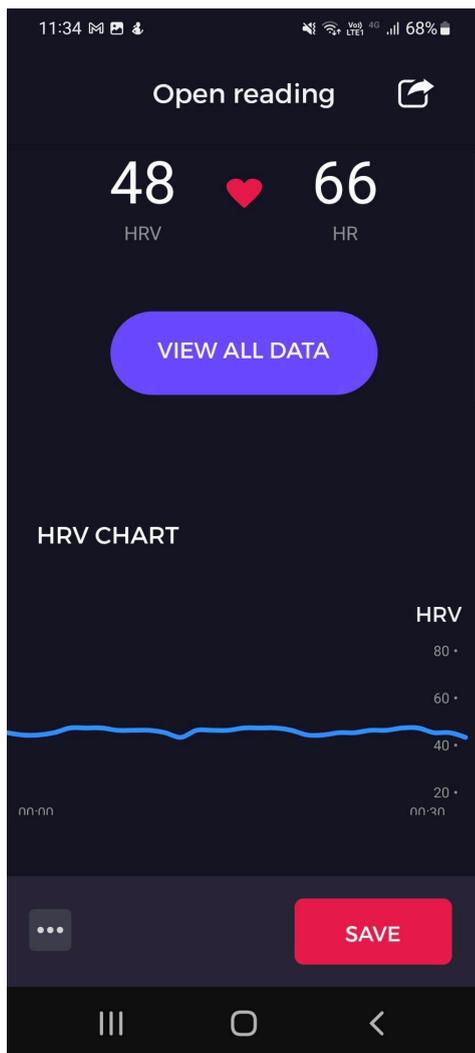
E CLICAR EM TAKE TEST PARA INICIAR
O REGISTRO



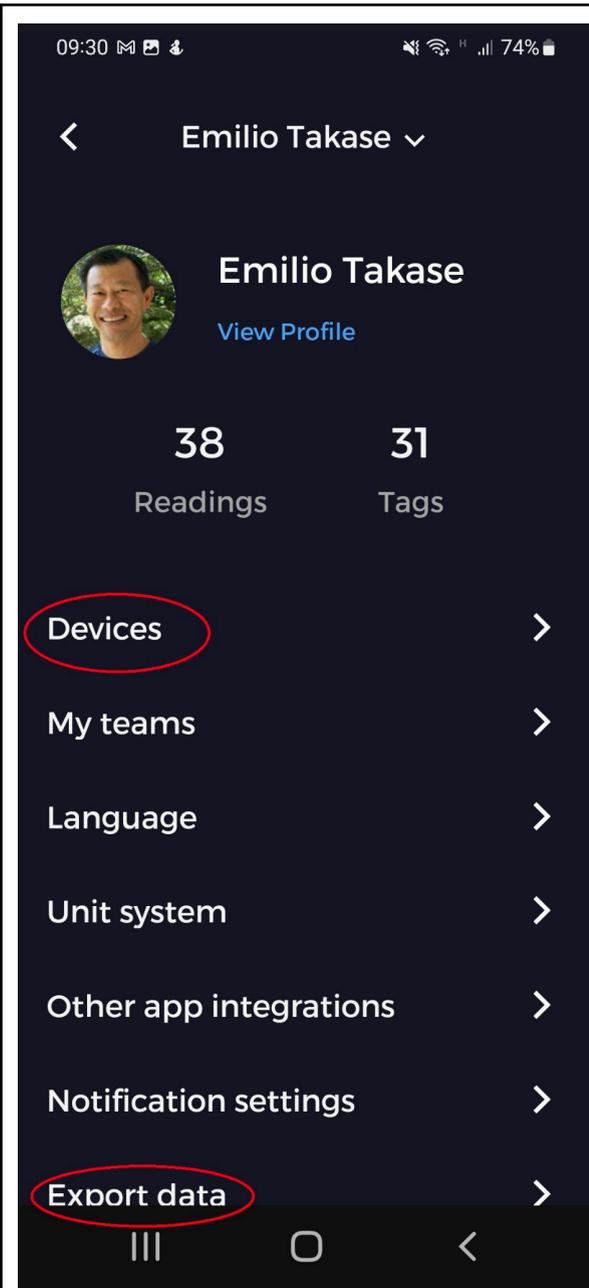
Após o Start, aparecerá a tela com o Guia de Respiração e os registros HR e HRV, além do gráfico do HR



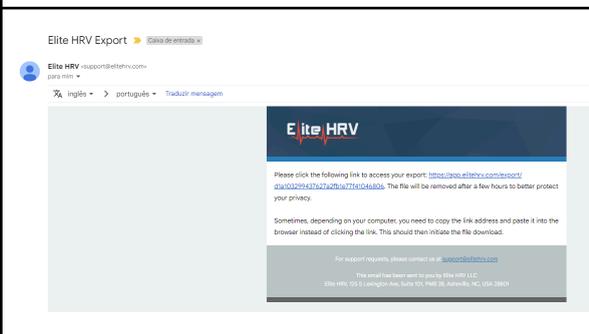
- A tela do Registro dos dados:
1. Guia de Respiração
 2. HR é o Batimento Cardíaco e
 3. HRV é o valor calculado do rMSSD

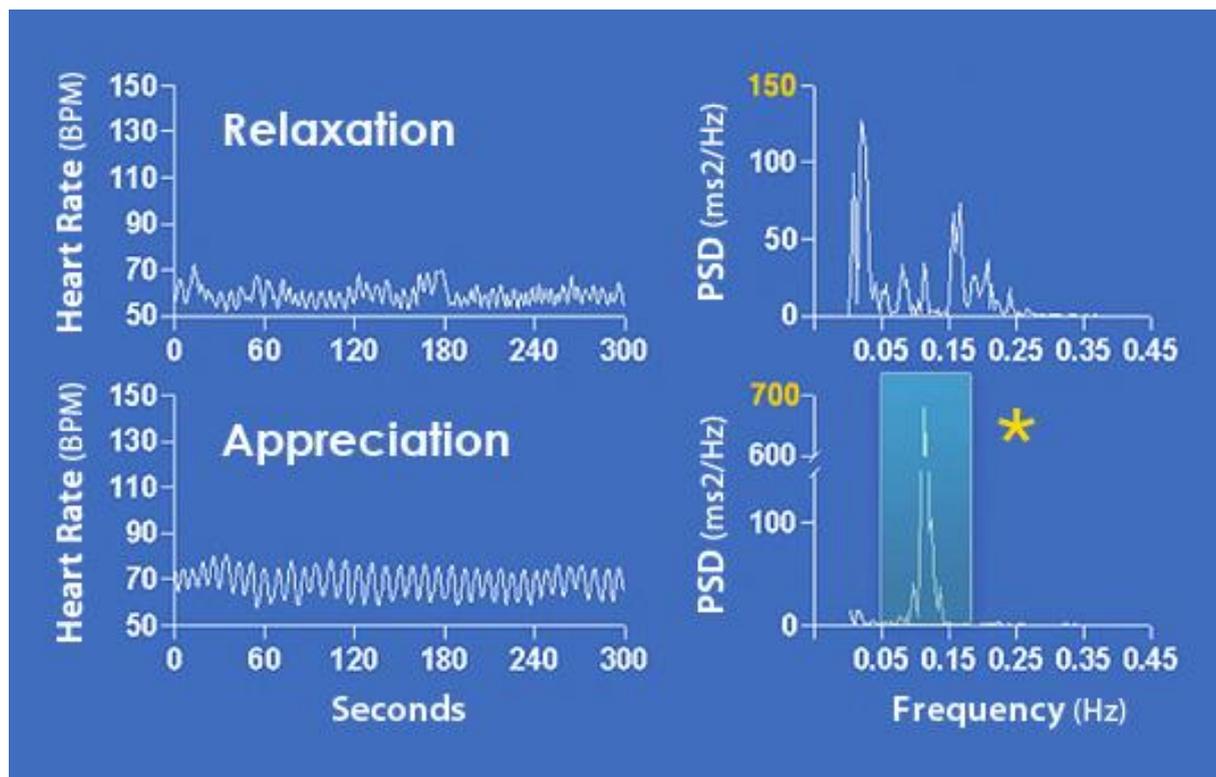
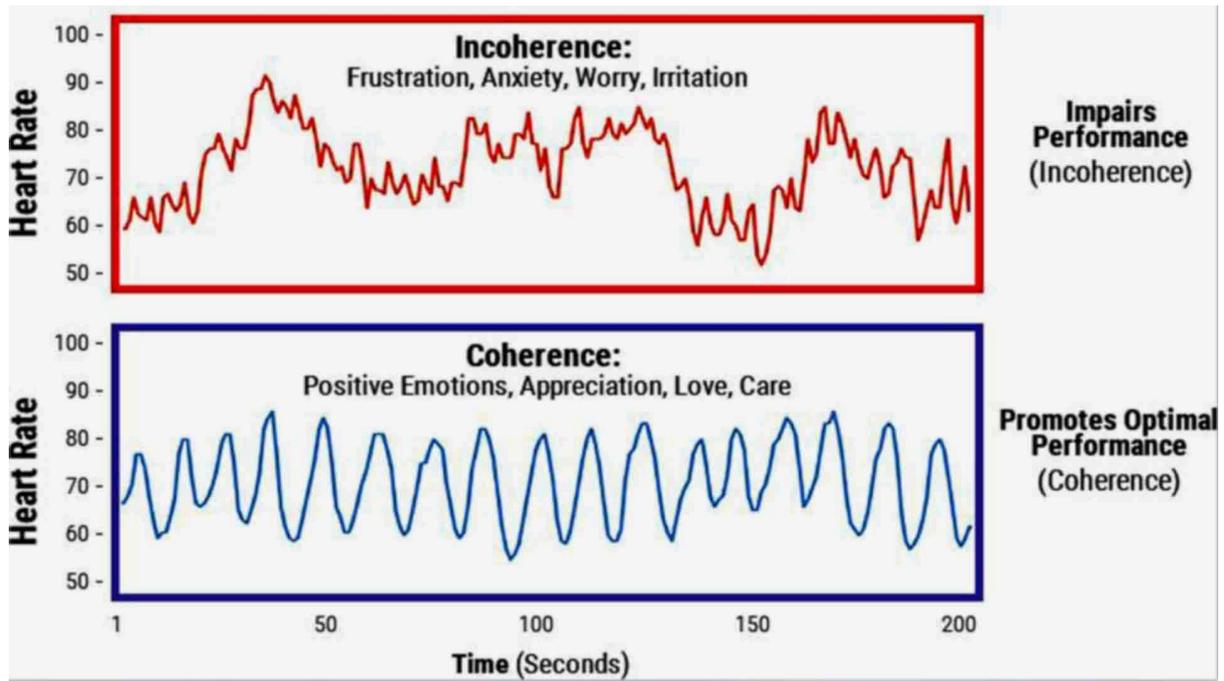


Após o STOP, não esqueça de clicar SAVE



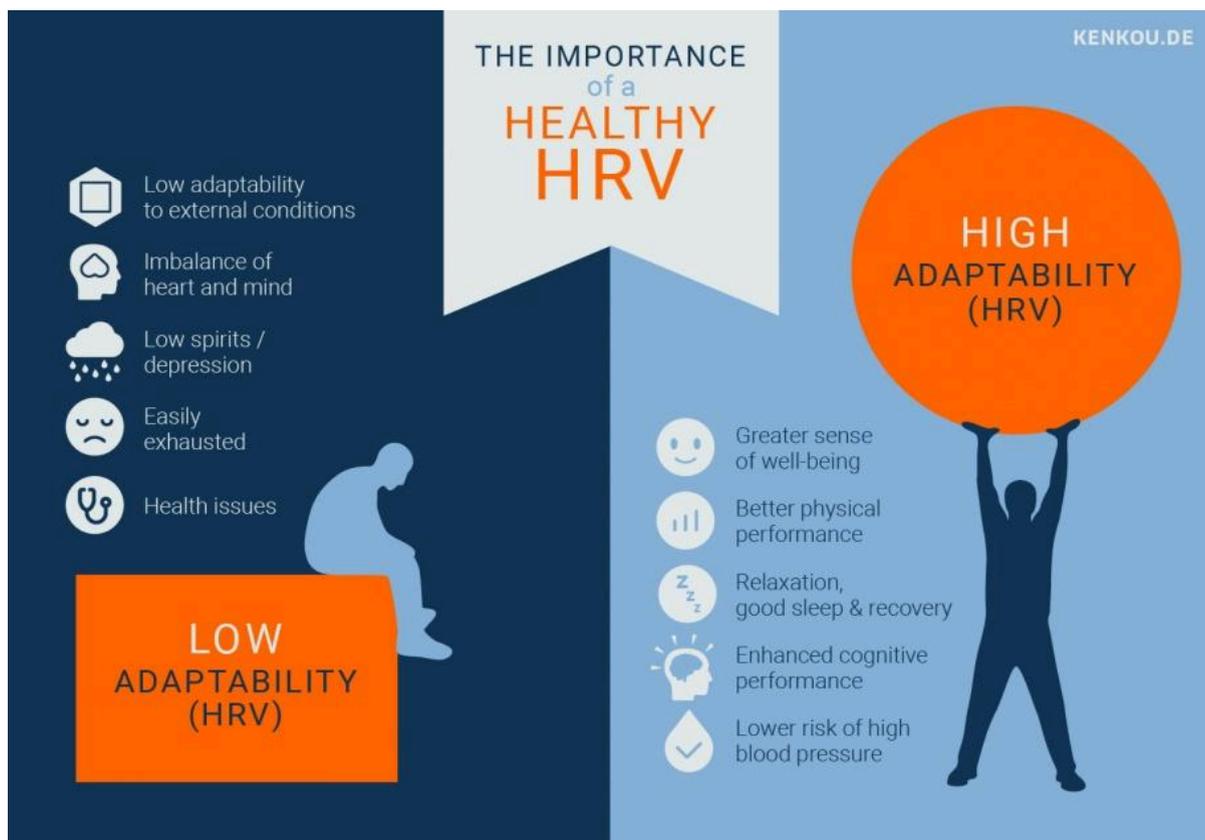
AO TÉRMINO DO REGISTRO (APÓS A 2ª FASE DA RESPIRAÇÃO, PÓS TREINO TÉCNICO-TÁTICO) CLIQUE NO USUÁRIO E DEPOIS EXPORT DATA. SERÁ ENVIADO PARA O SEU EMAIL E TEM UM PRAZO PARA ABRIR OS ARQUIVOS. ENTÃO, SALVE NA PASTA E/OU ENVIE PARA O SEU PREPARADOR FÍSICO E/OU PSICÓLOGO DO ESPORTE.





FONTE: <https://www.heartmath.org/science/>

rMSSD é o **BIOMARCADOR** DA SAÚDE FÍSICA E MENTAL



Age Range	Gender	Mean NN (ms)	rMSSD (ms)	ln(rMSSD) (ms)	SDNN (ms)	PNN50 (%)	LF (Hz)	HF (Hz)	LF/HF	SD1/SD2
25 - 34	Male (330)	939 ± 129	39.7 ± 19.9	3.68	50.0 ± 20.9	20 ± 17	242 ± 325	133 ± 174	2.79 ± 3.20	0.44 ± 0.12
	Female (208)	900 ± 116	42.9 ± 22.8	3.76	48.7 ± 19.0	23 ± 20	184 ± 199	161 ± 167	1.75 ± 1.78	0.49 ± 0.16
35 - 44	Male (292)	925 ± 138	32.0 ± 16.5	3.47	44.6 ± 16.8	13 ± 15	191 ± 206	89 ± 118	3.62 ± 3.73	0.39 ± 0.13
	Female (259)	903 ± 122	35.4 ± 18.5	3.57	45.4 ± 20.5	16 ± 17	161 ± 177	121 ± 145	2.21 ± 2.16	0.43 ± 0.15
45 - 54	Male (235)	923 ± 134	23.0 ± 10.9	3.14	36.8 ± 14.6	6 ± 8	113 ± 141	41 ± 49	4.10 ± 3.48	0.34 ± 0.13
	Female (158)	903 ± 109	26.3 ± 13.6	3.27	36.9 ± 13.8	8 ± 12	107 ± 136	62 ± 83	2.43 ± 1.99	0.39 ± 0.13
55 - 64	Male (183)	904 ± 123	19.9 ± 11.1	2.99	32.8 ± 14.7	4 ± 7	80 ± 103	29 ± 38	4.17 ± 3.60	0.32 ± 0.11
	Female (95)	868 ± 118	21.4 ± 11.9	3.06	30.6 ± 12.4	5 ± 8	57 ± 59	35 ± 53	2.87 ± 3.32	0.38 ± 0.16
65 - 74	Male (84)	906 ± 123	19.1 ± 10.7	2.95	29.6 ± 13.2	4 ± 7	70 ± 112	22 ± 29	4.77 ± 5.34	0.36 ± 0.19
	Female (62)	873 ± 110	19.1 ± 11.8	2.95	27.8 ± 11.8	4 ± 6	45 ± 56	29 ± 38	2.97 ± 3.18	0.36 ± 0.15

Source: Voss A et al., 2015

N = 1906 healthy subjects age 25-74 years (excluded 2201 subjects from study due to cardiac arrhythmia, diseases, medication, and pregnancy)
Short term 5 minute duration measurements using ECG

Fonte: <https://elitehrv.com/hrv-demographics-age-gender>

Age Range	Gender	rMSSD	ln(rMSSD)	Elite HRV	HRV4Training	Bioforce	ithlete
18-25	Male	86.5	4.5	68.7	86.5	89.2	89.2
	Female	68.7	4.2	65.1	68.7	84.6	84.6
25-35	Male	66.0	4.2	64.5	66.0	83.8	83.8
	Female	55.7	4.0	61.8	55.7	80.4	80.4
35-45	Male	50.4	3.9	60.3	50.4	78.4	78.4
	Female	45.6	3.8	58.7	45.6	76.4	76.4
45-55	Male	39.6	3.7	56.7	39.6	73.6	73.6
	Female	41.7	3.7	57.4	41.7	74.6	74.6
55-65	Male	32.1	3.5	53.3	32.1	69.4	69.4
	Female	32.5	3.5	53.5	32.5	69.6	69.6
65-75	Male	30.6	3.4	52.7	30.6	68.4	68.4
	Female	24.8	3.2	49.4	24.8	64.2	64.2
75+	Male	33.1	3.5	53.9	33.1	70.0	70
	Female	25.5	3.2	49.9	25.5	64.8	64.8

Fonte: <https://elitehrv.com/normal-heart-rate-variability-age-gender>