

PREVIEW_ Alessandro Ferretti - Presentation (SD 2016) 1

Alessandro Ferretti: We think that the heart beats regularly, it does, but generally, there are differences. A well-rested healthy heart, will have more variations within the beat. So, if we take for example someone that has 60 beats per minute, the beats of a well-rested and healthy heart tends to beat not every one second.

Can be 0.9, 1.1, 1.2, 0.7, so it tends to vary. So, the bigger the heart rate variability is, generally speaking, there are some congenital problems, but generally speaking, the higher is the variation, the better is the association with health.

And these are distributions across individuals. So, you can actually see that this is normal untrained individuals, the bigger is the number, the better it is to a certain extent.