

HRV Reading Check: Metric, Method, Context

A starting sheet for HRV Biofeedback: Resonance Breathing, Measurement and Evidence. No device is needed to learn the questions.

- Name the exact metric: RMSSD, SDNN or a proprietary score.
- Write its unit; do not compare milliseconds with an app's points.
- Identify the signal source and recording duration.
- Record posture, timing, movement and breathing conditions.
- Check signal quality before interpreting a result.

Metric and unit

Method and conditions

What remains unknown

Before you compare two numbers

Different methods or conditions can produce different values. A paced-breathing session and an ordinary resting recording do not ask the same question. A reading is not a diagnosis or a target for everyone. [07-01, 07-04]

Reading A	Reading B
Metric / unit:	Metric / unit:
Device / duration:	Device / duration:
Posture / time:	Posture / time:
Breathing / quality:	Breathing / quality:

One difference that limits the comparison

A careful sentence describing the observation

The full HRV Measurement Literacy Workbook adds pdf explaining metrics, signal sources and comparison limits. Visit avonoria.com for availability.

Source article: HRV Biofeedback: Resonance Breathing, Measurement and Evidence

[07-04] A Practical Guide to Resonance Frequency Assessment for Heart Rate Variability Biofeedback Source

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.