

# Sleeping Heart Rate Variability Chart

## Client Information:

Name: ..... Date:

Age: ..... Gender: ..... Contact Information:

Sleep Stage	HRV Range (milliseconds)
NREM 1	20-30
NREM 2	30-40
NREM 3	40-50
REM	30-40

Date	HRV (ms)	Notes

- NREM 1: Lightest stage of sleep
- NREM 2: Deeper stage of NREM sleep
- NREM 3: Deepest stage of NREM sleep
- REM: Rapid eye movement sleep

## Interpretation:

- A higher HRV indicates a more relaxed and adaptable heart.
- A lower HRV suggests a more stressed and less adaptable heart.