

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 |
|------|----------|-------|
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- 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.