

## Experiment HH-12: Pulse and Heart Rate Variability (HRV)

### Exercise 1: HRV in Resting Subject

Aim: To determine heart rate variability in a resting individual.

#### Procedure

1. Based on gender, weight, physical fitness level, smoking preference, health, or any other characteristics, separate the subjects into groups. Make sure each group is represented by an equal number of subjects; this number will depend on the time available, the number of groups created, and the number of subjects available.
2. Connect the recording equipment to a subject and instruct the subject to sit and relax for ten minutes. To analyze five minutes of pulse recording using an HRV analysis function, a total of ten minutes of data is required to properly perform the HRV analysis.
3. At the beginning of the ten-minute relaxation period, click on the Record button, located on the upper right side of the LabScribe Main window ([Figure HH-6-L1](#)). The signal should begin scrolling across the screen.

*Note: If the user clicks the Record button and there is no communication between the iWorx unit and computer, an error window will appear in the center of the Main window. Make sure the iWorx unit is turned on and connected to the USB port of the computer. Click OK and select the Find Hardware function from the LabScribe Tools menu.*

4. Click on the AutoScale button at the upper margin of the Pulse channel. Your recording should look like [Figure HH-6-L1](#).
  - If the signal on the Pulse channel is upside down when compared to trace in the figure click on the downward arrow to the left of the channel title and select the Invert function. The trace should now look similar to the one in the figure
  - If a larger signal is required, the pulse sensor should be moved from the finger to the thumb of the left hand.
5. Type <Subject's Name> Resting Pulse in the Mark box to the right of the Mark button. Press the Enter key on the keyboard to attach the comment to the data. Record the subject's resting Pulse for at least ten minutes. Mark the recording at one minute intervals using the Mark button or the Enter key.
6. Click Stop to halt recording.

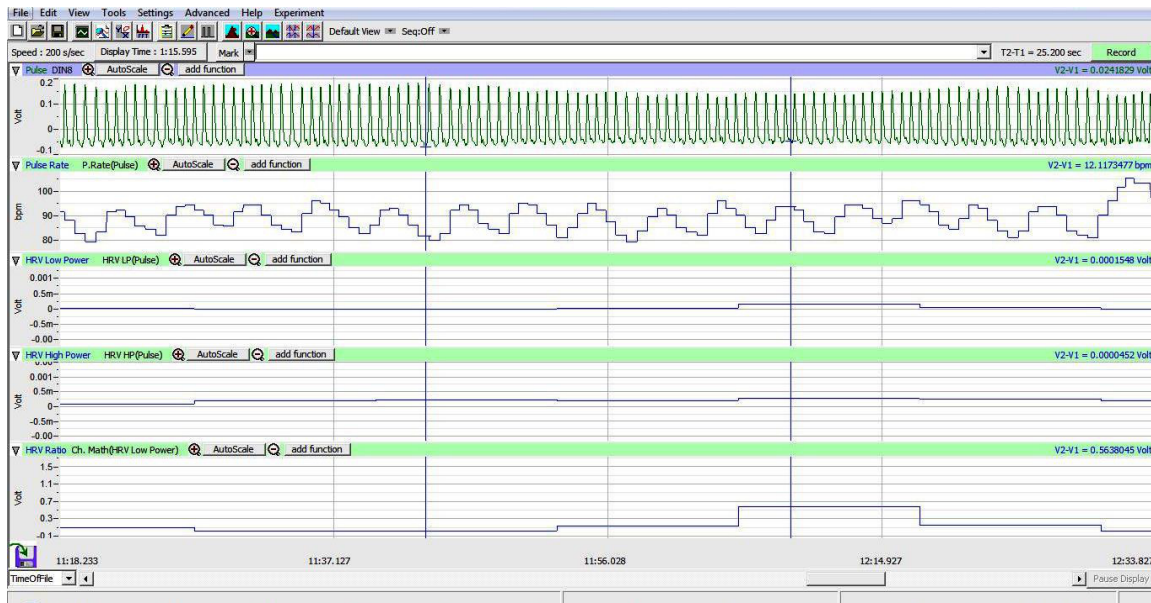


Figure HH-6-L1: The Pulse, heart rate, LP, HP, HRV ratio (from top to bottom) of a resting subject displayed in the Main window.

7. Select Save As in the File menu, type a name for the file. Choose a destination on the computer in which to save the file, like your lab group folder). Designate the file type as \*.iwxdata. Click on the Save button to save the data file.

### Data Analysis

1. Scroll to the first minute of the ten minute recording from the resting subject.
2. Use the Display Time icons to adjust the Display Time of the Main window to include the first minute of data. The first minute of data can also be selected by:
  - Placing the cursors on either side of the one minute section of data
  - Clicking the Zoom between Cursors button on the LabScribe toolbar to expand the segment of data to the width of the Main window.

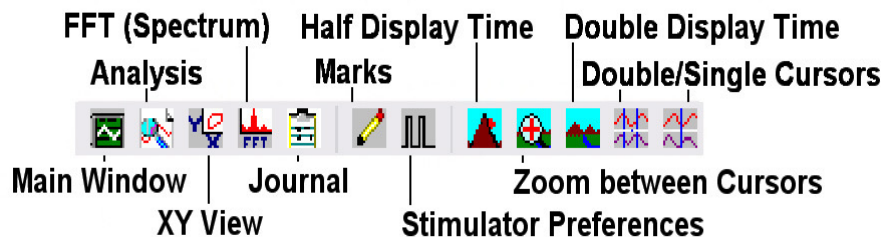


Figure HH-6-L2: The LabScribe toolbar.

- Click on the Analysis window icon in the toolbar ([Figure HH-6-L2](#)) or select Analysis from the Windows menu to transfer the data displayed in the Main window to the Analysis window ([Figure HH-6-L3](#)).

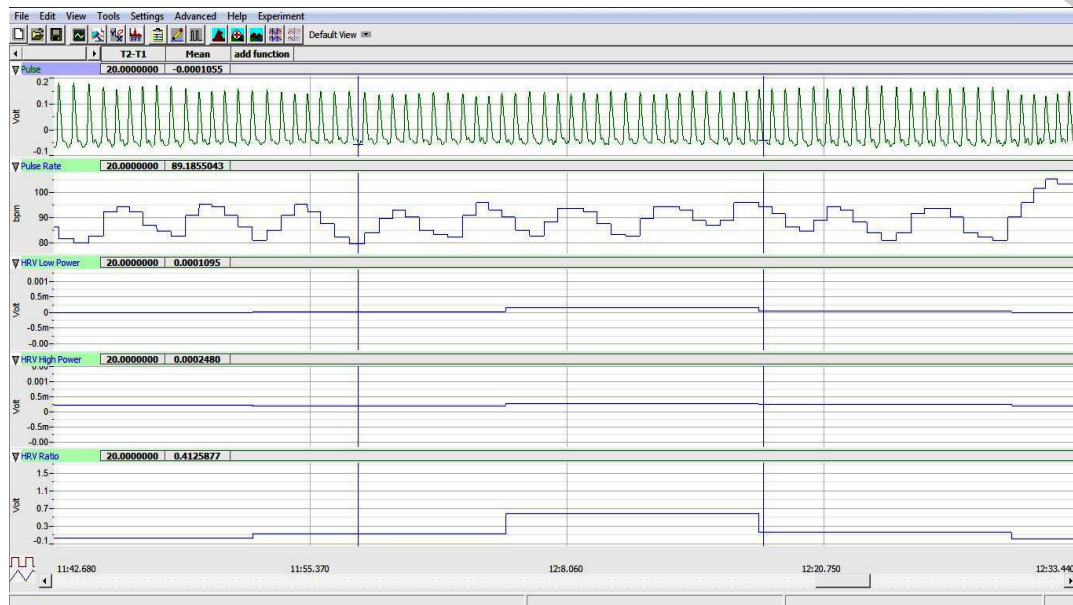


Figure HH-6-L3: The Pulse, heart rate, LP, HP, HRV ratio (from top to bottom) of a resting subject displayed in the Analysis window.

- Look at the Function Table that is above the uppermost channel displayed in the Analysis window. The name of the mathematical function used in the analysis, Mean, appears in this table. The values for the Mean from each channel are seen in the table across the top margin of each channel.
- Place the cursors on either side of a fifteen to twenty second section of data recorded in the first minute. The section of data selected should be clear of artifacts on the Pulse channel.
- The values for the mean heart rate, mean LP coefficient, mean HP coefficient, and mean HRV ratio within the first minute of rest can be recorded in the on-line notebook of LabScribe by typing their names and values directly into the Journal, or on a separate data table.
- The functions in the channel pull-down menus of the Analysis window can also be used to enter the names and values of the parameters from the recording to the Journal. To use these functions:
  - Place the cursors at the locations needed to select a fifteen to twenty second segment of data that is clear of artifacts.
  - Transfer the names of the mathematical functions used to determine the amplitudes and time intervals to the Journal using the Add Title to Journal function in the Pulse Channel pull-down menu.
  - Transfer the values for the amplitudes and beat period to the Journal using the Add Ch. Data to Journal function in the Pulse Channel pull-down menu.

8. Use the same analysis to measure the mean values of heart rate, LP, HP, and HRV ratio from the other one-minute segments of the recording. You should see the heart rate of a resting subject fluctuate in a cyclical manner, known as respiratory sinus arrhythmia (RSA), which is caused by breathing. The subject's heart rate is displayed to demonstrate any variations in heart rate that occur during the recording period, but the heart rate function is not a required part of the heart rate variability analysis.
9. Record the values for the parameters from all five time segments in [Table HH-6-L1](#).

### **Questions**

1. Did the LP values of the subject at rest go up or down as his or her HP values went up?
2. How do the HRV ratios from the first through the fifth minute of the rest period compare? Is your subject more or less "stressed" as the rest period passes?
3. How do the resting HRV ratios of the subjects in your study group compare? To make a comparison use the HRV ratio from each subject's fifth minute in the rest period.
4. How does the mean resting HRV ratio of the study group compare to the mean resting HRV ratios from other study groups? Again, use the ratio from the fifth minute in each rest period.
5. Which study group had the lowest resting HRV ratio?
6. Which study group had the highest resting HRV ratio?
7. What can the study group with the highest resting HRV ratio do to reduce their HRV ratio?

### **Exercise 2: HRV After Exercise**

Aim: To determine heart rate variability in an individual during recovery from exercise.

#### **Procedure**

1. The subject will elevate his or her heart rate by performing a three minute step test. Place the step against the side of a lab bench or up against a wall to prevent it from slipping from under the feet of the subject.
2. The step test is three minutes long at the rate of 24 complete steps per minute. Each step is composed of four movements, each movement takes place on the beat of a metronome that is set to 96 beats per minute. The four movements in each step are:
  - 1st beat: Lift right foot up on step.
  - 2nd beat: Push the body up using the right leg, lift the left foot on the step.
  - 3rd beat: Lower the right foot to the ground.
  - 4th beat: Lower the left foot to the ground.
3. Disconnect the pulse sensor attached to the IWX/214.
4. Instruct the subject to begin the three-minute step test.

5. As soon as the three-minute step test ends, the subject should sit in a chair.
6. Quickly connect the pulse sensor to the subject's finger or thumb.
7. Click on the Record button and begin recording the subject's Pulse for at least ten minutes. The same computed functions recorded during Exercise 1 will be recorded in this exercise.
8. Click Stop to halt recording.
9. Select Save in the File menu.

### ***Data Analysis***

1. Use the same techniques used in Exercise 1 to measure the mean heart rate, LP, HP, and HRV ratios from the first through fifth minute of recovery from exercise.
2. Record the values for each parameter for all five time segments in the Journal using the techniques used in Exercise 1, or on a separate data table.
3. Record the values for the parameters in [Table HH-6-L1](#).

### ***Questions***

1. How do the HRV ratios in the first through fifth minutes of recovery from exercise compare? Is your subject less "stressed" at the end of the recovery period?
2. How does the HRV ratio from the fifth minute of the resting period compare to the HRV ratios from the first through the fifth minute of the recovery from exercise period?
3. How do the recovery HRV ratios of the subjects in your study group compare? To make a comparison use the HRV ratio from each subject's fifth minute in the recovery period.
4. How does the mean recovery HRV ratio of the study group compare to the mean recovery HRV ratios from other study groups? Again, use the ratio from the fifth minute in each recovery period.
5. Which study group had the lowest recovery HRV ratio?
6. Which study group had the highest recovery HRV ratio?
7. What can the study group with the highest recovery HRV ratio do to reduce their HRV ratio?

### **Exercise 3: HRV During a Test**

Aim: To determine heart rate variability in an individual who is taking a psychological test.

#### ***Procedure***

1. Select a psychological test that the subject can perform while his or her Pulse is recorded:
  - A personality test.
  - A "lie detector" test.

- An analogy test.
  - A practice MCAT or GRE test.
  - A Stroop “color” test.
2. Allow the subject to rest for a total of fifteen minutes to fully recover from Exercise 2. The ten-minute recovery period from the previous exercise can be included in the fifteen rest period.
  3. At the end of the fifteen-minute recovery/rest period, click the Record button and record the subject’s Pulse, heart rate, LP, HP, and HRV Ratio values for a five-minute baseline period.
  4. Continue to record from the subject as they take a timed psychological test. Type Test Begins in the Mark box to the right of the Mark button. Press the Enter key on the keyboard to attach the comment to the data at the point the subject begins the test.
  5. Type Test Ends in the Mark box. Press the Enter key when the subject finishes the psychological test or when five minutes of testing have elapsed, whichever is earlier.
  6. Continue to record the subject’s Pulse, heart rate, LP, HP, and HRV ratio during a ten-minute post-test period.
  7. Click Stop to halt recording.
  8. Select Save in the File menu.

### ***Data Analysis***

1. Use the same techniques used in Exercises 1 and 2 to measure the mean heart rate, LP, HP, and HRV ratios from the first through fifth minute of the pre-test, test, and post-test segments.
2. Record the values for each parameter for all fifteen time segments in the Journal using the techniques used in Exercises 1 and 2, or on a separate data table.
3. Record the values for the parameters in [Table HH-6-L1](#).

### ***Questions***

1. How do the HRV ratios in the first through fifth minutes of the testing period compare? Is your subject more or less stressed at the end of the testing period?
2. How does the HRV ratio from the fifth minute of the resting period compare to the HRV ratios from the first through the fifth minute of the testing period?
3. How do the testing HRV ratios of the subjects in your study group compare? To make a comparison use the HRV ratio from each subject’s fifth minute in the testing period.
4. How does the mean testing HRV ratio of the study group compare to the mean testing HRV ratios from other study groups? Again, use the ratio from the fifth minute in each testing period.
5. Which study group had the lowest testing HRV ratio?
6. Which study group had the highest testing HRV ratio?
7. What can the study group with the highest testing HRV ratio do to reduce their HRV ratio?
8. How do the HRV ratios in the first through fifth minutes of the post-test period compare? Is your subject more or less stressed at the end of the post-test period?



9. How does the HRV ratio from the fifth minute of the resting period compare to the HRV ratios from the first through the fifth minute of the post-test period?
10. How do the post-test HRV ratios of the subjects in your study group compare? To make a comparison use the HRV ratio from each subject's fifth minute in the post-test period.
11. How does the mean post-test HRV ratio of the study group compare to the mean post-test HRV ratios from other study groups? Again, use the ratio from the fifth minute in each post-test period.
12. Which study group had the lowest post-test HRV ratio?
13. Which study group had the highest post-test HRV ratio?
14. What can the study group with the highest post-test HRV ratio do to reduce their HRV ratio?
15. Which study group showed the healthiest recovery from the "stress" of the test? You decide which values to compare to best make this determination.

**Table HH-6-L1:Heart Rate and HRV Values for Each Five Minute Task.**

Min	Heart Rate (BPM)					HRV LP				
	Rest	PostExer	PreTest	Test	Post Test	Rest	PostExer	PreTest	Test	Post Test
1st										
2nd										
3rd										
4th										
5th										

**Table HH-6-L1:Heart Rate and HRV Values for Each Five Minute Task (continued).**

Min	HRV HP					HRV Ratio				
	Rest	PostExer	PreTest	Test	Post Test	Rest	PostExer	PreTest	Test	Post Test
1st										
2nd										
3rd										
4th										
5th										