

# HRV Protocol and Sample Report

Athletes are required to comply with the following recommendations:

- 1) Avoid caffeine type substances close to the test;
- 2) You must not eat 2 hours prior to starting the assessment;
- 3) The standard protocol requires at least 5 minutes of analysis (Protocol built in the Mini Cardio Unit)
- 4) The athlete lying in the supine position on a bed, in a room with dark lights and steady temperature
- 5) Conditions must be kept the same for each test over time for the sequence of analysis.

**The best time ever is in the morning just after waking-up and before breakfast.**

Hosand creates an evaluation grid able to automatically benchmark itself with respect of trend of values of each athlete.(not population based like many other systems)

After at just 5 tests Hosand Heart Rate eValuation will provide an athlete specific result allowing coaches monitor and prescribe on an athlete specific basis.

## **Sample HRV Trend analysis**

**Decide from the information when an athlete is fully recovered or needs further time to recover from training or competition.**

