



# PATH TO HEART RATE VARIABILITY

Heart Rate Variability (HRV) provides insights into the functioning of the autonomic nervous system and the balance between parasympathetic and sympathetic activity. We recognise that to carry out high quality HRV analysis you need high quality, reliable and repeatable ECG signals.

The Equivital LifeMonitor provides clinical grade ECG data in lab and real-world settings with accurately determined interbeat interval for further analysis. Our solution is compatible with leading, validated HRV software packages.

## HRV Features

### Data Collection:

- Clinical quality data from lab to field
- ECG, respiratory and temperature data
- Time-stamped data stored on the LifeMonitor for post-session download
- 48-h operating life (extendable with added battery pack)
- Up to 30 days of 24-h data can be stored on the device

### Access to Raw Data

- The downloaded data provides the researcher with access to 2-channels of raw 256-hz ECG waveforms
- The Interbeat Interval data, based on the R-R peaks
- Data can be exported as .CSV or Excel

### Data Quality

- The Equivital LifeMonitor is an FDA cleared, CE-approved medical device
- Hundreds of peer-reviewed published papers

### HRV Data Analytics

- Compatible with leading, validated HRV analytics packages, including:
  - AD Instruments
  - Kubios
  - Vivosense
- Easy to export raw data to custom HRV software

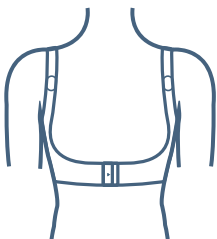
## Unlock the power of your data

The Equivital LifeMonitor is the preferred choice for ambulatory research.



## How it Works

### Data Collection



### Data Storage



### Data Download



### Data Export



For studies with larger subject numbers or multiple sites, Qiosk is the optimal data management solution.

The Equivital team would be delighted to discuss specific details of your current, and future, research and work with you to find an optimised solution for your HRV needs.

Contact us today to find out more on [info@equivital.com](mailto:info@equivital.com)

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