

Heart rate variability

Purpose of the Examination

The examination is designed to study the autonomic innervation of the heart. Many factors such as breathing affect the heart rate variability. The heart's capacity to react to stimuli is studied by measuring the heart rate variability during deep breathing and that way the state of the autonomic nervous system can be examined.

Preparing for the Examination

The examination does not require any special preparations. You can take your regular medication as usual and eat normally before the examination.

Examination Process

The examination does not cause pain and it lasts approximately half an hour.

The examination cannot be performed to people with a pacemaker or diagnosed atrial fibrillation.

Two sensors are placed on your chest to record your pulse. During the recording you will first rest on a bed for one minute and breath normally. After this you are instructed to breathe deeply for one minute.

After the Examination

The clinical neurophysiologist will analyse the examination and write a report about it. The report is directed to the clinic/ward that ordered the examination. They will inform you of the examination results and any possible follow-ups.