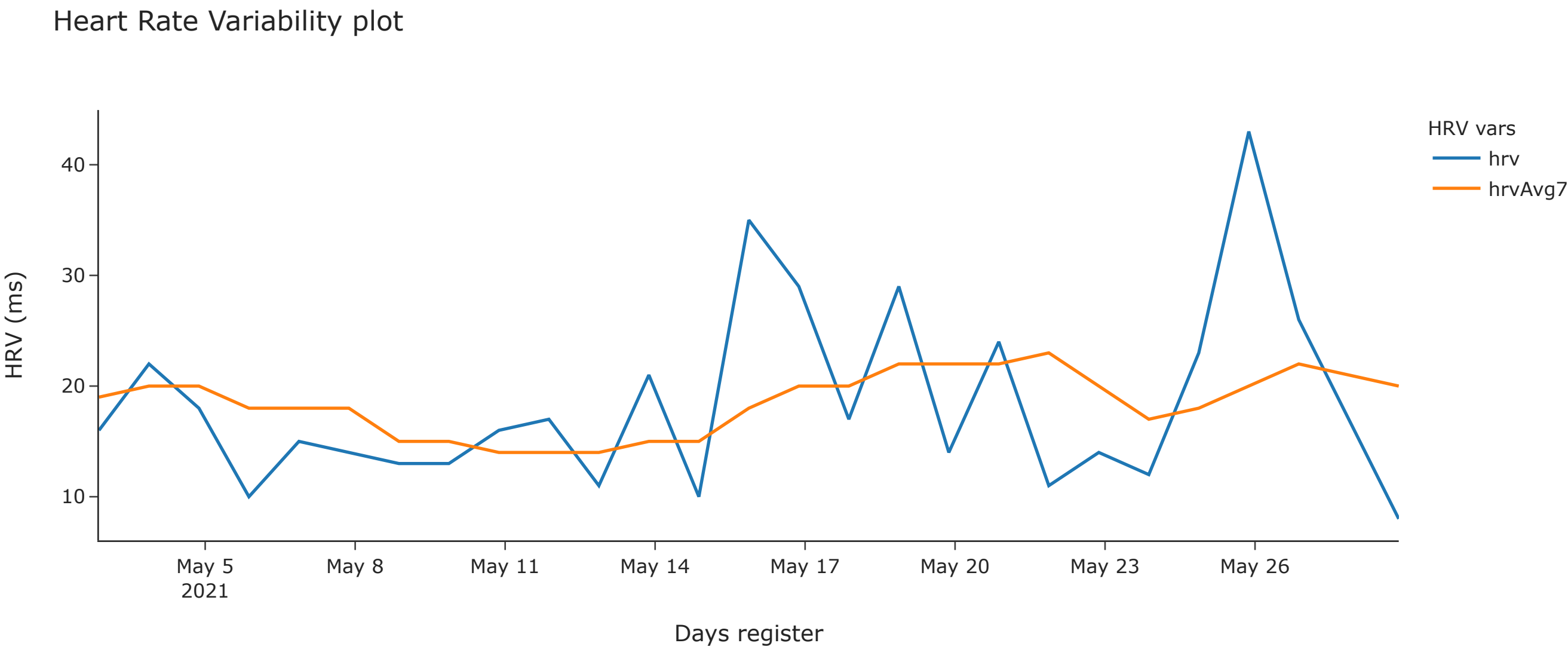


HRV daily and 7 days average evolution

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A decrease in the average values may indicate a greater predisposition to stress. The values should always be taken when waking up, being relaxed and lying down, so the data will be adequate for a correct analysis.