FIRSTBEAT LIFESTYLE ASSESSMENT:

RECOMMENDATION FOR FURTHER CONSULTING

Firstbeat Lifestyle Assessment is based on measurement of heart rate and heart rate variability. Heart rate variability means the variation in the time between consecutive heartbeats in milliseconds. The 3-day Lifestyle Assessment measurement is conducted with a professional Bodyguard 2 measurement device (ECG accuracy, 1000 Hz).

The method evaluates autonomic nervous system function to identify various physiological states, such as stress, recovery and exercise. Lifestyle Assessment provides information about individual stress factors, sufficiency of recovery, quality of sleep and the health and fitness effects of exercise. This information is applied to improve well-being, health and performance.

Firstbeat Lifestyle Assessment is not a diagnostic tool, but changes in health and well-being are reflected in the functioning of the autonomic nervous system. Weakened recovery is usually caused by some acute stressor, such as stress, lack of sleep, fever, alcohol, poor physical fitness or overweight. Chronic illnesses and medications that affect the heart rate can also affect the result.

Normally we recommend a more detailed check (e.g. a health inspection), if the result of this heart rate variability -based measurement is untypical without a known chronic illness or acute stress factor (e.g. fever or use of alcohol) and the client feels very tired or not well.

Based on your result, we recommend a more detailed check because:

[ ]  The amount and quality of your recovery during sleep was exceptionally low, compared to the reference values, without a known explanation (such as a chronic illness or an acute stress factor, such as alcohol or fever).

[ ]  Your result showed a very high heart rate level throughout the measurement, especially during sleep, when it is recommended for the resting heart rate to be below 70 bpm.

[ ]  Your results showed an exceptionally low heart rate variability level throughout the measurement, especially during sleep, without a known explanation (such as a chronic illness or an acute stress factor, such as alcohol or fever).

[ ]  Other reason / Specialist’s comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_