

HRV (SDNN) · LAST 90 NIGHTS

Low 48 ms · 7-night average

Your normal range is 52–58 ms (the last 60 nights before this week).

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.

At a glance

7-night average

48 ms

low

Your normal range

52–58

middle 55 ms

Latest night

40 ms

woke 4 Oct

Nights measured

84 of 90

4 readings a night

Last 30 nights

53 ms

–2 ms vs the 30 before

Highest night

59

20 Sep

Lowest night

40

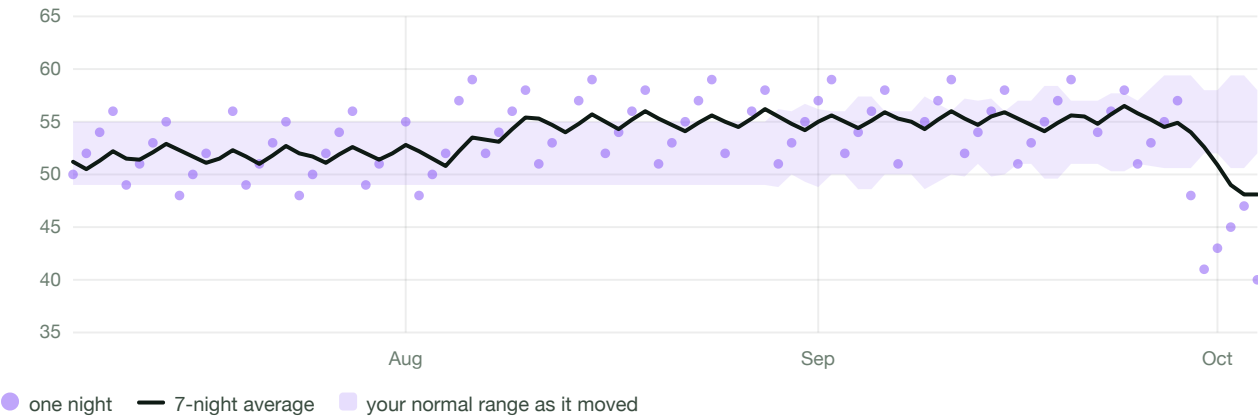
4 Oct

90-night average

53 ms

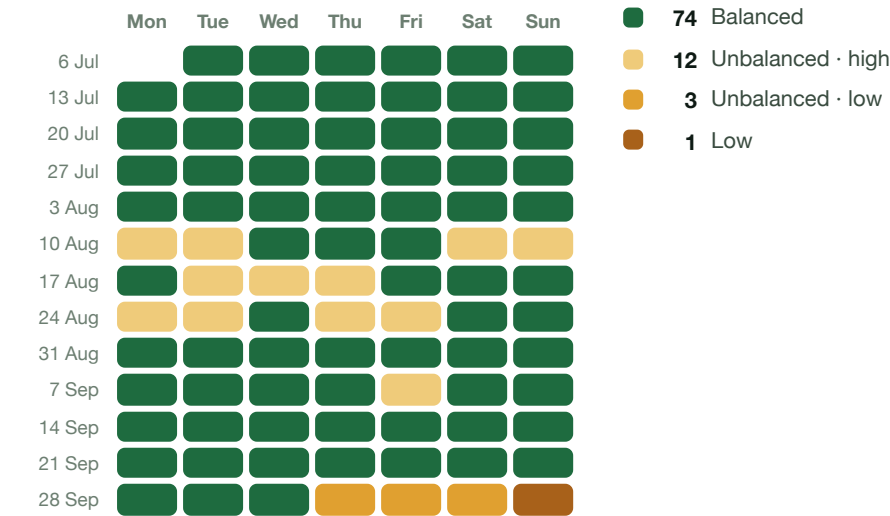
Night by night

ms · overnight readings only



Status, night by night

Each square is one morning



HRV (CONTINUED)

Checked alongside HRV

Last 3 nights vs your usual

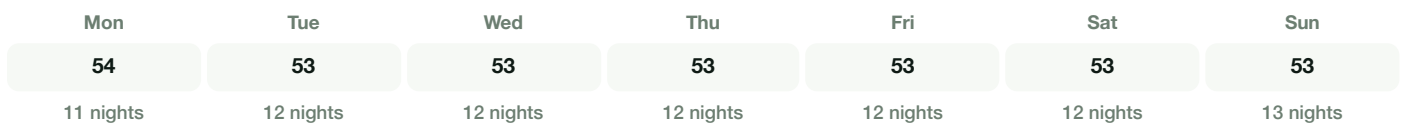
A high HRV is only read as good when these are normal too. If one is up, Metrya holds Recovery instead of rewarding the high number.

SIGNAL	RECENT	USUAL	CHANGE	
Resting heart rate	57 bpm	52	+5	● up
Breathing rate	14.5 breaths/min	14.5	±0.0	● normal
Wrist temperature	34.60 °C	34.60	±0.00	● normal

Patterns

Descriptive only — what happened, not why

Average by the morning you woke up (all nights: 53 ms).



Month by month

Average of the measured nights (part months at each end)



How to read this

- This report uses HRV (SDNN): Apple Watch's overnight heart rate variability, in milliseconds. Daytime readings are left out because they change with what you are doing.
- HRV is very personal. A number that is normal for one person is low for another, so Metrya only compares you with your own last 60 nights, never with other people.
- One night means little: alcohol, a late meal, a hard workout or a short night can move it a lot. The 7-night average is what the status reads.
- Status: Balanced = the 7-night average is inside your normal range. Unbalanced = above or below it. Low = well below it.
- Different watches and different measures (SDNN vs RMSSD) give different numbers. Only compare nights measured the same way.