Cardiovascular and Cardiorespiratory Interactions – From Physiological Mechanisms to Clinical Applications
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Between the Heartbeats: What Heart Rate Variability (HRV) Reveals — From ECG to Smartwatches

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Heart rate variability (HRV) provides valuable insights into autonomic cardiovascular regulation and reflects the complex mechanisms controlling heart rhythm. This talk will introduce the physiological basis of HRV, key parameters, and current recommendations for its assessment and interpretation. Selected examples from clinical Holter ECG recordings will illustrate how HRV analysis can provide information beyond conventional heart rhythm assessment. Finally, the growing role of wearable devices in HRV monitoring will be discussed, highlighting both their potential and limitations in clinical practice.