

## **INSTRUCTIONS FOR DATA ANALYSIS OF HEART RATE VARIABILITY**

- 1) Each cassette tape is accompanied by the Heart Rate Variability Data Sheet (see sheet).
- 2) Tapes are brought to Dr. Russell's office in the VA Hospital on a weekly basis.
- 3) Analysis is done on the Zymed Holter 2010 system in Dr. Russell's office.
- 4) Tapes are inserted into the cassette replay module of the Holter analysis system, which digitizes data and displays all recorded ECG waveforms on the computer system. The HRV functions of the Zymed software will be used to generate indices of HRV. Reports and graphic plots will be generated for each tape to show the following indices of heart rate variability. (See Heart Rate Variability Data Sheet)
- 5) Data sheets are picked up from Dr. Russell's office and sent to Linda Evans for entry into the database.