

Experiment HH-6: Heart Rate Variability (HRV)

Equipment Required

PC or Mac Computer

IWX/214, USB cable, IWX/214 power supply

C-AAMI-504 ECG cable and electrode lead wires

Alcohol swabs

Disposable ECG electrodes

Mechanical or electronic metronome

Step or platform, 30cm high

Start the Software

1. Click on LabScribe
2. Click Settings → Human Heart → HeartRateVariability
3. Once the settings file has been loaded, click the **Experiment** button on the toolbar to open any of the following documents:
 - Appendix
 - Background
 - Labs
 - Setup (opens automatically)

ECG Cable Setup

1. Locate the C-AAMI-504 ECG cable and electrode lead wires ([Figure HH-6-S1](#)) in the iWorx kit.



Figure HH-6-S1: The C-AAMI-504 ECG cable with three lead wires attached.

2. Insert the AAMI connector on the end of the ECG cable into the isolated inputs of Channels 1 and 2 of the IWX/214 ([Figure HH-6-S2](#)).
3. Insert the connectors on the red, black, and green electrode lead wires into the matching sockets on the lead pedestal of the ECG cable.
4. Instruct the subject to remove all jewelry from their wrists and ankles. As an option, using the area just under each clavicle will give a better recording.
5. Use an alcohol swab to clean and scrub a region with little or no hair, on the inside of the subject's right wrist/clavicle. Let the area dry.
6. Remove a disposable ECG electrode from its plastic shield, and apply the electrode to the scrubbed area on the wrist/clavicle.
7. Repeat Steps 5 and 6 for the inside of the left wrist/clavicle and the inside of the right ankle.
8. Snap the lead wires onto the electrodes, so that:
 - the red (+1) lead is attached to the right wrist or under the right clavicle,
 - the black (-1) lead is connected to the left wrist or under the left clavicle,
 - the green (C or ground) lead is connected to the right leg or on the abdomen.
9. Instruct the subject to sit quietly with their hands in their lap. If the subject moves, the ECG trace may move off the top or bottom of the screen. If any muscles in the arms or upper body are moved, electromyograms (EMGs) from the muscles will appear on the ECG recording as noise.



Figure HH-6-S2: The ECG cable connected to an IWX/214.