

Experiment HH-12: Pulse and Heart Rate Variability (HRV)

Equipment Required

PC or Mac Computer

IXTA, USB cable, IXTA power supply

PT-104 Pulse plethysmograph

Mechanical or electronic metronome

Step or platform, 30cm high

Pulse Sensor Setup

1. Locate the PT-104 in the iWorx kit.
2. Insert the DIN8 connector of the PT-104 into channel A5 of the IXTA.
3. Place the plethysmograph on the volar surface (where the fingerprints are located) of the distal segment of the subject's left middle finger or thumb, and wrap the Velcro strap around the end of the finger to attach the unit firmly in place. It is important that the sensor fit snugly, but not be too tight as to cut off circulation.
4. 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-S1: The PT-104 pulse sensor connected to an IXTA.