

# PARTICIPANTS NEEDED TO WEAR HEART RATE DEVICES FOR RESEARCH

EVER WONDERED WHICH COMMON DEVICE IS BEST  
AT TRACKING HEART RATE VARIABILITY (HRV)?

The purpose of this study is to test the validity of the  
sleep heart rate variability (HRV) readings provided by an  
Apple watch, Oura ring, and WHOOP bracelet compared to  
the gold standard of a Polar heart rate monitor.



## Interested?

- Must be 18 years old
- Must have an iPhone
- Must be willing/able to wear all 4 devices to sleep for 2 nights in a row
- Must be willing/able to fill out a survey in the morning with their previous night's HRV

## Benefits:

- \$10 for participating AND completing all surveys
- Try state of the art devices (apple watch, whoop, oura ring, etc.)

For more information:

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