

Normal Heart Rate While Sleeping

Sleep While sleep differs from wakefulness in terms of the ability to react to stimuli, it still involves active brain patterns, making it more reactive than a coma or disorders of consciousness. Compared to sleeping on the back, side sleeping has been reported to help reduce heartburn, sleep apnea, and back pain, whereas sleeping on the back may Sleep is a state of reduced mental and physical activity in which consciousness is altered and certain sensory activity is inhibited. During sleep, there is a marked decrease in muscle activity and interactions with the surrounding environment 1fba104d63

Variability (or Variation) in the beat-to-beat interval is a physiological phenomenon. Power spectral analysis of the beat-to-beat variations of heart rate or the heart period (R-R interval) partitions the total variance (the "power") of a continuous series of beats into its frequency components, typically identifying two or three main peaks: Very... 1fba104d63

Bradycardia asymptomatic type 1 atrioventricular block. In Bradycardia (from Ancient Greek βραδύς (bradús) 'slow' and καρδία (kardía) 'heart'), also called bradyarrhythmia, is a resting heart rate under 60 beats per minute (BPM). Resting heart rates of less than 50 BPM are often normal during sleep in young and healthy adults and athletes. While bradycardia can result from various pathological processes, it is commonly a physiological response to cardiovascular conditioning or due to asymptomatic type 1 atrioventricular block 1fba104d63

During sleep, most of the body's systems are in an anabolic state, helping to restore the immune, nervous, skeletal, and muscular systems; these are vital processes that maintain mood, memory, and cognitive function, and play a large role in the function of the endocrine and immune systems. The internal circadian clock promotes sleep daily at night... 1fba104d63 A study found that CTG monitoring didn't significantly improve or worsen the outcome, in terms of preventable child death... 1fba104d63 Sleep occurs in repeating periods, during which the body alternates between two distinct modes: rapid eye movement sleep (REM) and non-REM sleep. Although REM stands for "rapid eye movement", this mode of sleep has many other aspects, including virtual paralysis of the body. Dreams are a succession of images, ideas, emotions, and sensations that usually occur involuntarily in the mind during certain stages of sleep. 1fba104d63

Sleep sex sexual acts while in non-rapid eye movement (NREM) sleep. Sexual behaviors that result from sexsomnia are not to be mistaken with normal nocturnal sexual 1fba104d63

CTG monitoring is widely used to assess fetal well-being by identifying babies at risk of hypoxia (lack of oxygen). CTG is mainly used during labour. A review found that in the antenatal period (before labour), there is no evidence to suggest that monitoring women with high-risk pregnancies benefits the mother or baby, although research around this is old and should be interpreted with caution. Up-to-date research is needed to provide more information surrounding this practice. 1fba104d63

Cardiotocography While electrophysiological Cardiotocography (CTG) is a technique used to monitor the fetal heartbeat and uterine contractions during pregnancy and labour. The machine used to perform the monitoring is called a cardiotocograph. CTG measures fetal heart rate based on the fetal electrocardiogram, and uterine contractions based on the electrohysterogram 1fba104d63

Fetal heart sounds were described as early as 350 years ago and approximately 200 years ago mechanical stethoscopes, such as the Pinard horn, were introduced in clinical practice. 1fba104d63 Resting heart rates of less than 50 BPM are often normal during sleep in young and healthy adults and athletes. In large population studies of adults without underlying heart disease, resting heart rates of 45–50 BPM appear to be the lower limits of normal, dependent on age and sex. Bradycardia is most likely to be discovered in the elderly, as age and underlying cardiac disease progression contribute to its development. 1fba104d63 ==

Variability == 1fba104d63

Sleep cycle Heart rate variability, well known to increase. positively with delta-wave activity, while secretion of thyroid-stimulating hormone correlates inversely 1fba104d63

Tachycardia can lead to fainting. 1fba104d63

Sleep and weight [medical citation needed][clarification needed] While sleeping more than an average. A regular sleep schedule can contribute to weight loss. cortisol 1fba104d63

When the rate of blood flow becomes too rapid, or fast blood flow passes on damaged endothelium, it increases the friction within vessels resulting in turbulence and other disturbances. According to the Virchow's triad, this is one of the three conditions (along with hypercoagulability and endothelial injury/dysfunction) that can lead to thrombosis (i.e., blood clots within vessels). 1fba104d63

Central sleep apnea This type of sleep apnea can also be an indicator of Arnold–Chiari malformation. maintaining normal breathing rhythm by inflating the patient's lungs at regular intervals whose specifics, such as the breathing rate and the duration Central sleep apnea (CSA) or central sleep apnea syndrome (CSAS) is a sleep-related disorder in which the effort to breathe is diminished or absent, typically for 10 to 30 seconds either intermittently or in cycles, and is usually associated with a reduction in blood oxygen saturation. CSA is usually due to an instability in the body's feedback mechanisms that control respiration 1fba104d63

In a healthy person during sleep, breathing is regular, so that the concentration of oxygen and carbon dioxide in the blood stays fairly constant: After exhalation, the blood oxygen falls and carbon dioxide rises. Exchange of gases with a lungful of fresh air is necessary to replenish oxygen and rid the bloodstream of carbon dioxide. Oxygen and carbon dioxide receptors in the body (called chemoreceptors) send nerve impulses to the brain, which then signals for reflexive opening of the larynx (enlarging the opening between the vocal cords) and movements of the rib-cage muscles and diaphragm. These muscles expand the thorax (chest cavity) so that a partial vacuum is made in the lungs and air rushes in... 1fba104d63 Modern-day CTG was developed and introduced in the 1950s and early 1960s by Edward Hon, Roberto Caldeyro-Barcia and Konrad Hammacher. The first commercial fetal monitor (Hewlett-Packard 8020A) was released in 1968. 1fba104d63 == Signs and symptoms == 1fba104d63

Heart rate variability It is measured by the variation in the beat-to-beat interval. Heart rate variability (HRV) is the physiological phenomenon of variation in the time interval between heartbeats. It is measured by the variation in the Heart rate variability (HRV) is the physiological phenomenon of variation in the time interval between heartbeats 1fba104d63

Bradycardia is a low heart rate, defined as below 60 bpm at rest. When a human sleeps, a heartbeat with rates around 40–50 bpm is common and considered normal. When the heart is not beating in a regular pattern, this is referred to as a arrhythmia. Abnormalities of heart rate sometimes indicate heart disease. 1fba104d63 Methods used to detect beats include ECG, blood pressure, ballistocardiograms, and the pulse wave signal derived from a photoplethysmograph (PPG). ECG is considered the gold standard for HRV measurement because it provides a direct reflection of cardiac electric activity. 1fba104d63 == Physiology == 1fba104d63

Tachycardia In general, a resting heart rate over 100 beats per minute is accepted as tachycardia in adults. In general, a resting heart rate over 100 beats per minute is accepted Tachycardia, also called tachyarrhythmia, is a heart rate that exceeds the normal resting rate. Heart rates above the resting rate may be normal (such as with exercise) or abnormal (such as with electrical problems within the heart). also called tachyarrhythmia, is a heart rate that exceeds the normal resting rate 1fba104d63

== Complications == 1fba104d63 The American Heart Association states the normal resting adult human heart rate is 60–100 bpm. An ultra-trained athlete may have a resting heart rate of 37–38 bpm. 1fba104d63 Other terms used include cycle length variability, R-R variability

(where R is a point corresponding to the peak of the QRS complex of the ECG wave; and R-R is the interval between successive Rs), and heart period variability. Measurement of the R-R interval (often termed normal-to-normal or N-N interval when additional filtering is used) is used to derive heart rate variability. 1fba104d63 Tachycardia is a high heart rate, defined as above 100 bpm at rest. 1fba104d63 Bradycardia may be associated with symptoms of fatigue, dyspnea, dizziness, confusion, and syncope due to reduced blood flow to the brain. The types of symptoms often depend on the etiology of the slow heart rate, classified by the anatomical location of a dysfunction within the cardiac conduction system. Generally, these classifications involve the broad categories of sinus node dysfunction (SND), atrioventricular... 1fba104d63

Heart rate When a human sleeps, a heartbeat with rates around 40-50 bpm is common and considered normal. It is usually equal or close to the pulse rate measured at any peripheral point. bpm at rest. It is also modulated by numerous factors, including genetics, physical fitness, stress or psychological status, diet, drugs, hormonal status, environment, and disease/illness, as well as the interaction between these factors. The heart rate varies according to the body's physical needs, including the need to absorb oxygen and excrete carbon dioxide. When the heart is not beating in a regular Heart rate is the frequency of the heartbeat measured by the number of contractions of the heart per minute (beats per minute or bpm) 1fba104d63

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