

# Average Sleeping Heart Rate

An essential aspect of sleep is that it provides the human body with a period of reduced functioning that allows for the systems throughout the body to be repaired. This time allows for the body to recharge and return to a phase of optimal functioning. It is recommended that adults get 7 to 9 hours of sleep each night. Sleep is regulated by an internal process known as the circadian rhythm. This 24-hour cycle regulates periods of alertness and tiredness that an individual experiences. The correlation between psychological stress and sleep is complex and not fully understood. In fact, many studies have found a bidirectional relationship between stress and sleep. This means that sleep quality can affect stress levels, and stress levels can affect sleep quality. Sleep change depends on the type of stressor, sleep perception, related psychiatric conditions, environmental factors, and physiological limits... 416386600a == Physiology == 416386600a 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... 416386600a 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. 416386600a Tachycardia is a high heart rate, defined as above 100 bpm at rest. 416386600a == Variability == 416386600a 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. 416386600a 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. 416386600a In order to determine in which... 416386600a The human body and most living organisms depend on sleep for neural recovery. All known animals sleep or exhibit some form of sleep behavior, and the importance of sleep is self-evident for humans, as nearly a third of a person's life is spent sleeping. Sleep deprivation is common, affecting about one-third of the population. 416386600a 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. 416386600a

Psychological stress and sleep Due to these changes in heart rate variability, which can harm the capabilities and strength of the heart, the risk of heart disease greatly increases Sleep is a naturally recurring state

of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity, and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep, and reduced interactions with surroundings 416386600a

Sleep deprivation person's life is spent sleeping. Sleep is important because adequate sleep, or restful sleep, is essential for maintaining overall health, brain performance, emotional regulation, and metabolic balance. The US National Sleep Foundation recommends Sleep deprivation, also known as sleep insufficiency or sleeplessness, is the health condition of not having adequate duration or quality of sleep to support proper alertness, performance, and health. Scientific research demonstrates that inadequate sleep produces chronic consequences for overall health, ranging from attentional lapses to long-term neurodegenerative changes. It can be either chronic or acute and may vary widely in severity. Persistent sleep insufficiency can contribute to cognitive decline, emotional instability, and biological wear that has effects similar to accelerated aging. Sleep deprivation is common, affecting about one-third of the population. This means it can occur over both short and long periods 416386600a

Development of the game... 416386600a 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. 416386600a

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. 416386600a

Sleep cycle It is sometimes called the ultradian sleep cycle, sleep-dream cycle, or REM-NREM cycle, to distinguish it from the circadian alternation between sleep and wakefulness. experiences a light sleep. The heart rate and body temperature The sleep cycle is an oscillation between the slow-wave and REM (paradoxical) phases of sleep. Eye movement has stopped by this time. Brain wave frequency and muscle tonus is decreased. In humans, this cycle takes 70 to 110 minutes. Within the sleep of adults and infants there are cyclic fluctuations between quiet and active sleep. These fluctuations may persist during wakefulness as rest-activity cycles but are less easily discerned 416386600a

Electroencephalography shows the timing of sleep cycles by virtue of the marked distinction in brainwaves manifested during REM and non-REM sleep. Delta wave activity, correlating with slow-wave (deep) sleep, in particular shows regular oscillations throughout a good night's sleep. Secretions of various hormones, including renin, growth hormone, and prolactin, correlate positively with delta-wave activity, while secretion of thyroid-stimulating hormone correlates inversely. Heart rate variability, well known to increase during REM, predictably also correlates inversely with delta-wave oscillations over the ~90-minute cycle. 416386600a 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. 416386600a 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. 416386600a 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... 416386600a

Kingdom Hearts Birth by Sleep Kingdom Hearts Birth by Sleep is a 2010 action role-playing game developed and published by Square Enix in collaboration with Disney Interactive Studios Kingdom Hearts Birth by Sleep is a 2010 action role-playing game developed and published by Square Enix in collaboration with Disney Interactive Studios for the PlayStation Portable, serving as the sixth installment in the Kingdom Hearts series. An international version of the game titled Kingdom Hearts Birth by Sleep Final Mix was released in Japan in January 2011, featuring the changes made in the

non-Japanese versions. The game was released on UMD worldwide in 2010. 2: Birth by Sleep - A Fragmentary Passage, was released in January 2017 as a part of a bundle of games called Kingdom Hearts HD 2.8 Final Chapter Prologue. A direct sequel, Kingdom Hearts 0 416386600a

Sleep disorders are classified by the International Classification of Sleep Disorders into insomnia disorders, sleep-related breathing disorders (such as obstructive sleep apnea), central disorders of hypersomnolence (such as narcolepsy), circadian rhythm sleep disorders, parasomnias, and sleep-related movement disorders. When a person struggles to fall or stay asleep without an obvious cause, it is referred to as insomnia, which is the most common sleep disorder. Other sleep disorders include sleep apnea, narcolepsy, idiopathic hypersomnia (excessive sleepiness at inappropriate times), restless legs syndrome, jet lag disorder, rapid eye movement sleep behavior disorder, sleepwalking, and night terrors (also known as sleep terrors). 416386600a

Respiratory rate such as crying, sleeping, agitation and age significantly influence respiratory rates. [citation needed] Nonetheless, respiratory rate is widely used to The respiratory rate is the rate at which breathing occurs; it is set and controlled by the respiratory center of the brain. A person's respiratory rate is usually measured in breaths per minute 416386600a

Heart rate variability It is measured by the variation in the Heart rate

variability (HRV) is the physiological phenomenon of variation in the time interval between heartbeats. 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 416386600a

A study found that CTG monitoring didn't significantly improve or worsen the outcome, in terms of preventable child death... 416386600a

Sleep 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. 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 416386600a

The game utilizes an overhauled battle system different from previous games in the series which features new elements. It is a prequel to the original Kingdom Hearts, taking place ten years before its events. The game centers on the journeys of Ventus, Terra, and Aqua, characters briefly featured in Kingdom Hearts II, in their quest to locate the missing Master Xehanort and protect the worlds from creatures known as the Unversed. The player has access to the three characters' different scenarios when playing. 416386600a

Heart rate Heart rate is the frequency of the heartbeat measured by the

number of contractions of the heart per minute (beats per minute or bpm). The heart rate varies according to the body's physical needs, including the need to absorb oxygen and excrete carbon dioxide. 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. It is usually equal or close to the pulse rate measured at any peripheral point. The heart rate Heart rate is the frequency of the heartbeat measured by the number of contractions of the heart per minute (beats per minute or bpm)  
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== Measurement == 416386600a

Cardiotocography The machine used to perform the monitoring is called a cardiotocograph. 5 contractions in 10 minutes, averaged over a 30-minute window The NICHD nomenclature defines baseline fetal heart rate as: "The baseline FHR is determined Cardiotocography (CTG) is a technique used to monitor the fetal heartbeat and uterine contractions during pregnancy and labour 416386600a

== Characteristics == 416386600a

Sleep disorder Listening to slower-pace music before bed can help decrease the heart rate, making it A sleep disorder, or somnipathy, is a medical disorder that disrupts an individual's sleep patterns and quality. This can cause serious health issues and affect physical, mental, and emotional well-

being. Polysomnography and actigraphy are tests commonly ordered for diagnosing sleep disorders. experienced better sleep quality than those who did not listen to music 416386600a

Sleep disruptions can be caused by various issues, including teeth grinding (bruxism). Managing sleep disturbances that are secondary to mental, medical, or substance... 416386600a The US National Sleep Foundation recommends... 416386600a

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