

# Heart Rate Variability in Healthy Children Younger than 18 Months

Anna Wiedemann<sup>1</sup>, and Gudrun Gröppel<sup>1,2\*</sup>

## Abstract

**Introduction:** A study ( ) on heart rate variability (HRV) in healthy children younger than 18 months. The study aimed to determine the normal range of HRV parameters in this age group. A total of 30 children were included in the study, divided into two age groups: 0-12 months (n=15) and 12-18 months (n=15). HRV parameters were measured using a standard protocol. The results showed that HRV parameters increased with age, with the 12-18 month group showing significantly higher values than the 0-12 month group. The study concludes that HRV parameters in healthy children younger than 18 months are within the normal range and increase with age.

**Methods:** A total of 30 children were included in the study, divided into two age groups: 0-12 months (n=15) and 12-18 months (n=15). HRV parameters were measured using a standard protocol. The results showed that HRV parameters increased with age, with the 12-18 month group showing significantly higher values than the 0-12 month group. The study concludes that HRV parameters in healthy children younger than 18 months are within the normal range and increase with age.

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**Conclusion:** HRV parameters in healthy children younger than 18 months are within the normal range and increase with age.

**Keywords:** Heart rate variability, children, HRV, 0-12 months, 12-18 months, A

Heart rate variability (HRV) is a measure of the variation in time between successive heartbeats. It is a reflection of the autonomic nervous system's control of the heart. HRV is an important indicator of cardiovascular health and is used to assess the risk of cardiovascular disease. In children, HRV is used to assess the autonomic nervous system's response to stress and to identify children at risk of cardiovascular disease. The present study aimed to determine the normal range of HRV parameters in healthy children younger than 18 months. The study included 30 children, divided into two age groups: 0-12 months (n=15) and 12-18 months (n=15). HRV parameters were measured using a standard protocol. The results showed that HRV parameters increased with age, with the 12-18 month group showing significantly higher values than the 0-12 month group. The study concludes that HRV parameters in healthy children younger than 18 months are within the normal range and increase with age.

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