Case Report

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Measurement of the Parameters of Pulse Rate Variability (Resting Test, Orthostatic Test, Metronomic Breathing Test) After Intake of 1 and 3 Cups of Instant Coffee in A 60-Year-Old Man

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ABSTRACT

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Case Report

The Pulse Rate Variability (PRV) is a very valuable quantitative method for studying the reactions of the two departments (sympathetic and parasympathetic) of the autonomic nervous system to various factors and substances. The parameters of the Pulse Rate Variability (PRV) were measured in a 60-year-old man with a height of 178cm, weight 75kg and BMI = 24. The measurement was performed using a PPG sensor placed on the finger of the left hand (Heart Rhythm Scanner - Biocom Technologies - USA). The first HRV measurement was taken at rest 45 minutes after consuming 1 cup of instant coffee in the morning after sleep (see Figure 1). The second PRV test was done after consuming 2 more cups of instant coffee. It includes resting measurements and a orthostatic test (see Figure 2). The third measurement was performed after the second study. It includes measurement of PRV parameters at rest and a metronomic breathing test (see Figure 3). All these data show the changes in PRV after consuming 1 cup of instant coffee and after 3 cups of instant coffee. From this one can get an idea of how instant coffee affects PRV [1-8].

Figure 1.

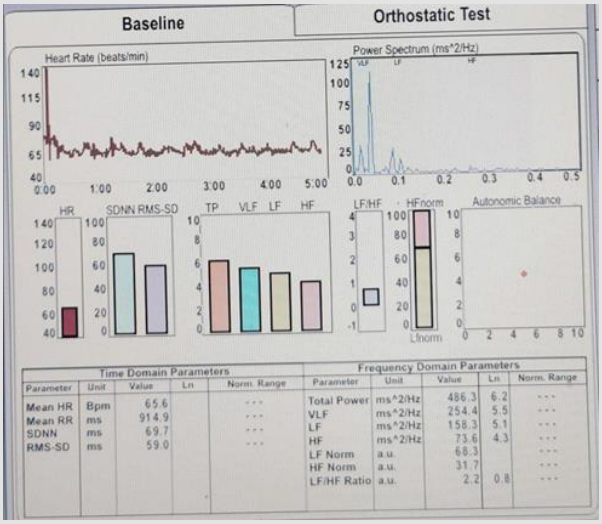

Figure 2.

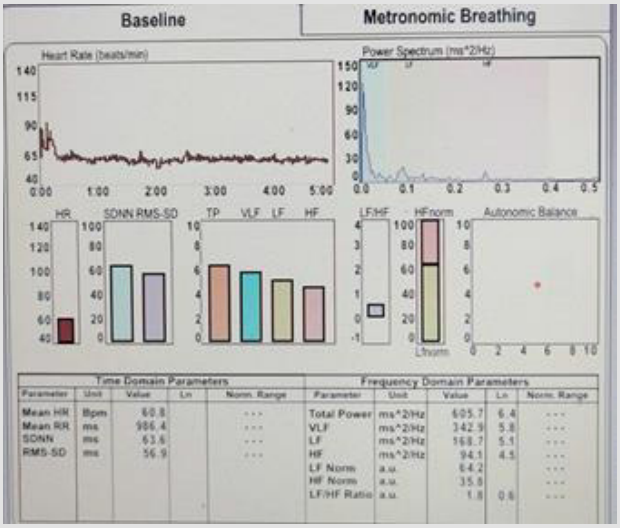

Figure 3.

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