

Determination of the Stress-Index After Long Walking and 4 Cups of Instant Coffee in Adult Man

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ABSTRACT

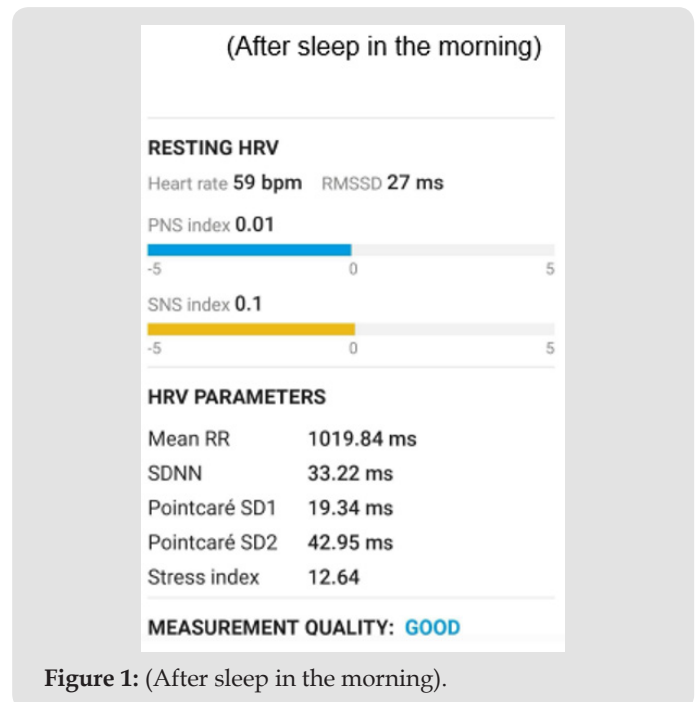
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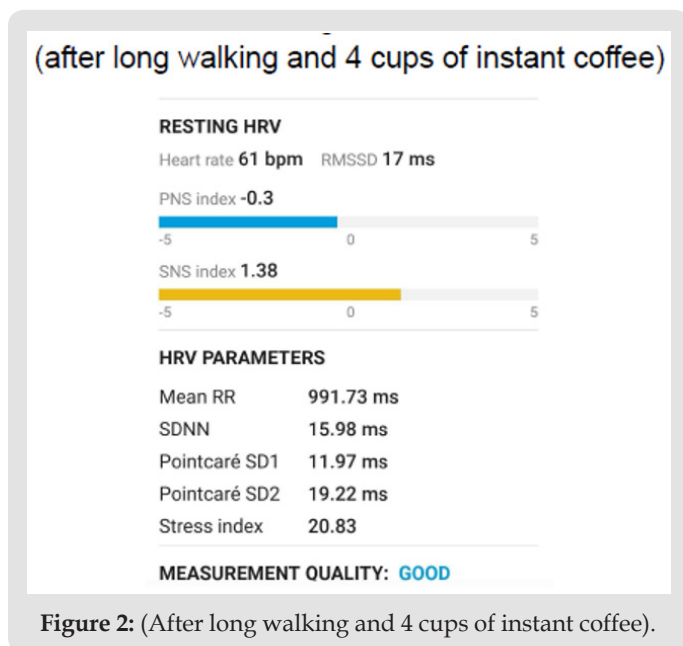
Case Report

It is known that coffee and its caffeine have an invigorating and stimulating effect on the human body. The mechanism of action is carried out by activating the sympathetic nervous system and increasing stress hormones. We measured the level of stress and other parameters of Pulse Rate Variability (PRV) in a 60-year-old man [1,2].

He is 178 cm tall, weighs 75 kg and has a BMI of 24. In our case, we measured the Stress-Index and other parameters of Heart Rate Variability (HRV) for 1 minute 30 seconds using a chest belt with Heart Rate Monitor

“Kalenji” (with Bluetooth) and the Software “Kubios HRV”. The first measurement is after waking up at 8 o’clock in the morning at complete rest (see Figure 1). The second measurement was made after prolonged moderate walking (12 km) and consumption of 4 standard instant coffee cups (see Figure 2). The comparison shows that the stress-index is significantly higher after the combination of exercise and instant coffee. In our case you can compare the other parameters of (PRV) too [3,4].





Conflict of Interest

The author declare that they have no conflict of interest.

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