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Multidisciplinary Synthesis on Heart Rate Variability
Spanning the Continuum of Time

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FROM PSYCHOLOGICAL MOMENTS TO MORTALITY: A
MULTIDISCIPLINARY SYNTHESIS ON HEART RATE VARIABILITY
SPANNING THE CONTINUUM OF TIME

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Highlights

- HRV is a psychophysiological marker of vagal function
- Everyday psychological moments both affect and are affected by the vagus
- The vagus plays a critical regulatory role over tightly integrated allostatic systems
- Changes in vagal function may provide an initial 'spark' that initiates a cascade of downstream effects
- In this way, the vagus may provide a structural link connecting moments to mortality

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