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## **METESENSITIVITY AND BIOFEEDBACK QUALITY IN THE LOOP OF PACED BREATHING IN HEALTHY VOLUNTEERS**

On 11 healthy volunteers aged from 20 to 27 years the effect of individual meteosensitivity on biofeedback quality in the loop of paced breathing with the start from free breathing under the control of heart rate variability parameters were examined. It was found that personal meteosensitivity IS linked with the condition of regulatory systems: low meteosensitivity IS associated with the optimal balance of regulatory systems of the body, and high – with its' deviation from the optimum. However, biofeedback in the loop of paced breathing and heart rate variability parameters has the same positive effect on the regulatory systems of healthy volunteers regardless of the initial meteosensitivity and can be used as a tool of meteoprophylaxis.

**Key words:** *heart rate variability, biofeedback, paced breathing, regulatory systems, meteosensitivity, meteoprophylaxis.*

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