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// heartio.h - HEART RATE MONITOR I/O FUNCTIONS
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```
// MAINTENANCE HISTORY
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```
// DATE          PROGRAMMER AND DETAILS
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```
// 05-10-15     JS          Original
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```
void heart_sleep (int ms);
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```
    // Sleep until the required number of  
    // milliseconds have elapsed since the last  
    // sleep or since the start of the program
```

```
bool heart_beat ();
```

```
    // Detect whether a heartbeat is active and  
    // return true if a heartbeat is in progress
```