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1 **TITLE**

2 What keeps us ticking? Sinoatrial node mechano-sensitivity: the grandfather-clock of
3 cardiac rhythm

4
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21

22 **ABSTRACT**

23 The rhythmic and spontaneously generated electrical excitation that triggers the
24 heartbeat originates in the sinoatrial node (SAN). SAN automaticity has been
25 thoroughly investigated, which has uncovered fundamental mechanisms involved in
26 cardiac pacemaking that are generally categorised into two interacting and
27 overlapping systems: the ‘membrane-’ and ‘Ca²⁺-clocks’. The principle focus of
28 research has been on these two systems of oscillators, which have been studied
29 primarily in single cells and isolated tissue, experimental preparations that do not
30 consider mechanical factors. SAN mechano-sensitivity has long been known to be a
31 contributor to SAN pacemaking – both as a driver and regulator of automaticity – but
32 its essential nature has been underappreciated. In this review, following a description
33 of the traditional ‘clocks’ of SAN automaticity, we describe mechanisms of SAN
34 mechano-sensitivity and its vital role for SAN function, making the argument that the
35 mechanics-oscillator is in fact the ‘grandfather-clock’ of cardiac rhythm.

36

37 **KEY WORDS**

38 Mechano-electric coupling; stretch; pacemaking; calcium-clock; membrane-clock;
39 heart rate

40

41 **ABBREVIATIONS**

42	AP	action potential
43	Ca ²⁺	calcium
44	CaMKII	calcium/calmodulin dependent protein kinase II
45	cAMP	cyclic adenosine monophosphate
46	HCN	hyperpolarisation-activated cyclic nucleotide-gated channels
47	<i>I_f</i>	“funny” current
48	<i>I_{Kr}</i>	rapid delayed rectifier potassium current
49	<i>I_{Ks}</i>	slow delayed rectifier potassium current
50	K ⁺	potassium
51	MDP	maximum diastolic potential
52	MSP	maximum systolic potential
53	NCX	sodium-calcium exchanger
54	LCR	local calcium releases
55	Na ⁺	sodium
56	RyR	ryanodine receptors
57	SAC _{NS}	cation non-selective stretch-activated channels
58	SAN	sinoatrial node
59	SDD	spontaneous diastolic depolarisation
60	SERCA	sarco/endoplasmic reticulum calcium-ATPase
61	SR	sarcoplasmic reticulum

62 **1. Introduction**

63 Perhaps not surprising for such a critical element to life, the heart can independently
64 maintain its function. Even when removed from the body it continues to beat – and
65 intrinsically regulate its activity – which, incidentally, is one of the principal reasons
66 that heart transplantation is possible. This is because the electrical excitation, which
67 initiates the heartbeat, is produced within the organ itself. The heart's intrinsic
68 pacemaker, the sinoatrial node (SAN), rhythmically generates action potentials (AP)
69 that propagate through the myocardium, causing the heart to contract. The myogenic
70 origin of cardiac excitation was first identified nearly 140 years ago by Walter Gaskell
71 (Gaskell, 1882), and its anatomical location within the heart a few decades later
72 (Keith and Flack, 1907). In the more than a century since, an entire field of research
73 investigating SAN automaticity has emerged, which has taught us much about what
74 drives pacemaker function, regulation, and dysfunction. Yet our understanding
75 remains incomplete, and fundamental questions unanswered.

76 Perhaps the most heavily studied – but still most highly contested – question
77 regarding the SAN relates to the mechanism(s) responsible for its automaticity: what
78 keeps us ticking? There is still no consensus as to the relative importance of the
79 various subcellular mechanisms involved in spontaneously generating the SAN AP
80 (Lakatta and DiFrancesco, 2009; Noble et al., 2010; Rosen et al., 2012). Yet, despite
81 contradictory perspectives regarding the relative importance of individual cellular
82 components for SAN automaticity, there is now general agreement that SAN
83 pacemaking consists of a robust, dynamic, and flexible system characterised by
84 multiple integrated sub-systems and contributors.

85 The SAN AP differs from the AP of working cardiomyocytes in multiple ways,
86 the most important for automaticity being the period of spontaneous diastolic

87 depolarisation (SDD, rather than diastolic rest), during which membrane potential
88 gradually depolarises from its most negative value (maximum diastolic potential,
89 MDP) towards the threshold for AP generation (Bartos et al., 2015). The slope of
90 SDD is the key to determining the frequency of SAN firing, and thus heart rate
91 (Mangoni and Nargeot, 2008). Two predominant systems contributing to SDD have
92 been identified and extensively studied: the so-called 'membrane-clock' (consisting
93 of sarcolemmal ionic currents) and the 'calcium (Ca²⁺)-clock' (comprising intracellular
94 Ca²⁺ cycling) (Lakatta et al., 2008; Difrancesco, 2010), which are mutually entrained
95 to form a system of coupled oscillators capable of generating SAN automaticity
96 (Lakatta et al., 2010).

97 This understanding of pacemaker function, however, has been developed
98 based largely on investigations of mechanisms in isolated cells (and to a lesser
99 degree isolated tissue), which neglects factors acting in the whole heart. There are
100 various important *extracardiac* neurohumoral factors that influence heart rate by
101 acting directly on mechanisms of SAN automaticity, including those released locally
102 by the autonomic nervous system and circulating endocrine factors (MacDonald et
103 al., 2020b). There are also *intracardiac* factors that critically affect SAN function,
104 perhaps the most well established being stretch, which is a major determinant of *in*
105 *vivo* heart rate (Quinn and Kohl, 2012).

106 In this review, after outlining the principal components of the two classical
107 'clocks' of SAN automaticity and their mutual entrainment, we briefly summarise the
108 primary mechanisms of SAN mechano-sensitivity and the critical contribution of SAN
109 stretch to pacemaking, making an argument for its role as the 'grandfather-clock' of
110 cardiac rhythm (Fig. 1).

111

112 **2. The classical understanding of cardiac pacemaking**

113 *2.1 Membrane-clock*

114 During early SDD, the membrane-clock is driven by the “funny” current (I_f), an inward
115 cation current that becomes increasingly activated as membrane potential becomes
116 more hyperpolarised (Bartos et al., 2015). It is passed through hyperpolarisation-
117 activated cyclic nucleotide-gated (HCN) channels (DiFrancesco, 2010), of which there
118 are four isoforms. HCN isoforms 1, 2, and 4 are expressed throughout the human
119 heart and more prominently in the SAN than the atria, particularly HCN1, which in
120 human is almost exclusively expressed in the SAN (Li et al., 2015). The vital
121 importance of HCN channels for pacemaking has been corroborated in HCN knock-
122 out mice, which display the hallmarks of SAN dysfunction, including prolonged
123 recovery, prolonged conduction time, bradycardia, sinus dysrhythmia, and recurrent
124 sinus pauses (Fenske et al., 2013; DiFrancesco et al., 2021).

125 Although some assert that I_f is the predominant driver of SDD and the primary
126 pacemaking mechanism (DiFrancesco and Noble, 2012), inward transmembrane
127 Ca^{2+} currents also contribute to SDD. They are passed through both transient (T-
128 type) and long-lasting (L-type) Ca^{2+} channels (Mangoni and Nargeot, 2008). $Ca_v3.1$
129 T-type and $Ca_v1.3$ L-type Ca^{2+} channels contribute to the early portion of SDD, as
130 they become activated at a relatively low membrane potential (Mangoni et al., 2003).
131 SDD ends at the threshold for $Ca_v1.2$ L-type Ca^{2+} channels ($\sim -40mV$), at which point
132 their activation generates the upstroke of the SAN AP (Mesirca et al., 2015).
133 Although fast sodium (Na^+) channels do not trigger the upstroke in SAN cells (as
134 they do in working myocytes), they are heterogeneously expressed at low levels
135 throughout the SAN and appear to make some contribution to automaticity (Lei et al.,
136 2005).

137 Repolarising currents are also fundamental to the membrane-clock's
138 contribution to pacemaking, and in fact, prior to the identification of I_f their decay at
139 the end of the SAN AP was thought to be the main driver of SAN automaticity. The
140 rapid and slow delayed rectifier potassium (K^+) currents (I_{Kr} and I_{Ks}) repolarise SAN
141 myocytes to their MDP, but this occurs at the same time as a continuous reduction in
142 their total current. Repolarisation of the cell allows for a simultaneous increase in the
143 activation of I_f , driving depolarisation (Mangoni and Nargeot, 2008). Importantly, this
144 depolarisation is not prevented by inwardly rectifying K^+ channels (which stabilise
145 and maintain the negative resting membrane potential of working cardiomyocytes),
146 as they are minimally expressed or absent in SAN myocytes (Bartos et al., 2015).

147 So overall, the balance of depolarising inward and repolarising outward
148 membrane-clock currents is one of the main determinants of SDD slope and largely
149 responsible for the oscillations that drive SAN AP firing, which ultimately establish
150 heart rate.

151

152 2.2 Ca^{2+} -clock

153 Intracellular Ca^{2+} cycling has also been shown to be a predominant contributor to
154 SDD and SAN automaticity (Bartos et al., 2015). Local Ca^{2+} releases (LCR) from the
155 sarcoplasmic reticulum (SR) *via* ryanodine receptors (RyR) result in an increase in
156 cytosolic Ca^{2+} concentration. Some of this Ca^{2+} is returned to the SR by the
157 sarco/endoplasmic reticulum Ca^{2+} -ATPase (SERCA), while the remainder is
158 extruded from the cell by the Na^+ - Ca^{2+} exchanger (NCX), with 1 Ca^{2+} ion exiting for 3
159 Na^+ ions entering, which generates a electrogenic, depolarising current (Lakatta et
160 al., 2008, 2010). Unlike Ca^{2+} sparks released from the SR at rest in working
161 cardiomyocytes, LCR during SDD in the SAN are rhythmic, larger in amplitude, and

162 longer in duration (Sirenko et al., 2013). This may be in part explained by the fact
163 that while LCR were originally thought to be spontaneous, they are at least in part
164 triggered by Ca^{2+} influx *via* $\text{Ca}_v1.3$ L-type Ca^{2+} channels (Torrente et al., 2016). The
165 importance of diastolic intracellular Ca^{2+} cycling in SAN myocytes is further
166 enhanced by the fact that they have higher basal cyclic adenosine monophosphate
167 (cAMP) and Ca^{2+} /calmodulin dependent protein kinase II (CaMKII) levels than
168 working cardiomyocytes, which results in greater phosphorylation of Ca^{2+} handling
169 proteins (L-type Ca^{2+} channels, RyR, and phospholamban) and an increase in their
170 activity (Vinogradova et al., 2000, 2006).

171 Overall then, the rate and amplitude of intracellular LCR, and the balance
172 between Ca^{2+} reuptake into the SR by SERCA and extrusion *via* NCX, are important
173 determinants of SDD slope, and thus of heart rate (Vinogradova and Lakatta, 2009).

174

175 *2.3 Coupled-oscillator system*

176 The combined action of the membrane- and Ca^{2+} -clocks form a robust and
177 redundant system for SAN automaticity. These individually defined 'clocks' are tightly
178 coupled, as the action of one influences the other (Bogdanov et al., 2006; Mattick et
179 al., 2007; Lakatta et al., 2008). Changes in membrane potential driven by the
180 membrane-clock influence intracellular Ca^{2+} balance, while LCR, as part of the Ca^{2+} -
181 clock, activate NCX, which is found in the cell membrane and directly alters its
182 potential. Activity of the two clocks is further coordinated through entrainment by
183 mutual intracellular regulatory mechanisms (MacDonald et al., 2020b). In fact, the
184 clocks are so tightly coupled and interdependent one must question whether it is
185 even productive or beneficial to distinguish between them; the oscillatory nature of
186 the SAN is the result of the combined activity of the various components of the

187 membrane- and Ca^{2+} -clocks, even though none alone are independently oscillatory.
188 None of I_f , trans-sarcolemmal Ca^{2+} or Na^+ flux, activation of NCX by LCR, or the
189 decay of I_K can independently produce the rhythmic membrane potential oscillations
190 that result in SAN automaticity. Also, the SAN continues to fire even with the loss of
191 individual clock components, indicating a protective redundancy. So, the system
192 driving SAN automaticity is best thought of as a system of coupled-oscillators (rather
193 than individual 'clocks').

194 It is important to recognise, however, that the activity of an individual
195 pacemaker cell in well-coupled SAN tissue will not be able to excite the entire node
196 alone. Thus, not only are the cellular contributors to automaticity within SAN cells
197 mutually entrained, but so must be the activity of individual cells within SAN tissue,
198 resulting in their synchronous excitation (Jalife, 1984). One mechanism by which this
199 tissue-level entrainment of cellular activity may occur is through cyclic stretch of the
200 SAN as the right atrium fills and contracts, which directly influences cell-level
201 automaticity due to the inherent mechano-sensitivity of SAN myocytes (Quinn and
202 Kohl, 2012, 2021). In fact, as described below, SAN mechano-sensitivity might itself
203 be considered a 'mechanics-clock' (or better 'mechanics-oscillator'), as stretch
204 effects are a key driver – and perhaps a master controller – of cardiac pacemaking.

205

206 **3. The contribution of SAN stretch to cardiac pacemaking**

207 *3.1 The physiological importance of stretch effects on heart rate*

208 The direct effects of stretch on SAN activity were first established by Starzinsky and
209 von Bezold, who showed in rabbits with severed connections between the heart and
210 the autonomic nervous system that an increase in venous return caused sinus
211 tachycardia (Starzinsky and von Bezold, 1867). More generally known, however, is

212 the work of Francis Bainbridge, who demonstrated that right atrial distention by
213 intravenous fluid injection caused an acute increase in heart rate in anaesthetised
214 dogs (Bainbridge, 1915). This response was later corroborated in humans by
215 passively lifting the legs of healthy subjects to increase venous return to the heart –
216 without a simultaneous change in arterial pressure – which similarly increased heart
217 rate (Roddie et al., 1957; Donald and Shepherd, 1978). This effect is now commonly
218 known as the ‘Bainbridge’ Response. An acute increase in heart rate or SAN beating
219 rate in response to sustained atrial or SAN stretch has been shown to also occur in a
220 multitude of experimental animals across the invertebrate (Sénatore et al., 2010) and
221 vertebrate (Pathak, 1973) phyla, and most recently in zebrafish (MacDonald et al.,
222 2017) (although interestingly not in mouse SAN, whose beating rate tends to
223 decrease with stretch (Cooper and Kohl, 2005)) This evolutionary conservation
224 demonstrates the fundamental nature of stretch effects on SAN automaticity. While
225 originally considered to be an extracardiac, neurohumorally-mediated effect, an
226 increase in beating rate with stretch is observed not only in intact animals, but also in
227 isolated hearts and right atrial tissue (Blinks, 1956), the SAN (Deck, 1964), and
228 single SAN cells (Cooper et al., 2000) (Fig. 2), indicating that *intracardiac*
229 mechanisms are key contributors. For a comprehensive summary of the clinically
230 and experimentally observed effects of stretch on SAN function, please see (Quinn
231 and Kohl, 2012, 2021).

232 The acute increase in SAN automaticity that occurs with distension of the right
233 atrium *via* the Bainbridge Response is a critical regulator of heart rate, which along
234 with stretch-induced changes in ventricular stroke volume *via* the Frank-Starling
235 mechanism allows the heart to match cardiac output (heart rate × stroke volume) to
236 changes in venous return on a beat-by-beat basis (Quinn and Kohl, 2016). The

237 Bainbridge Response also opposes the baroreceptor response (the Bezold-Jarisch
238 or Depressor Reflex, which reduces heart rate when arterial blood pressure is
239 increased, von Bezold and Hirt, 1867; Jarisch and Richter, 1939), thus preventing
240 excessive bradycardia or over-distension of the right atrium, while maintaining
241 cardiac output and adequate circulation during hemodynamic changes that increase
242 both venous return and arterial pressure. Thus, the increase in heart rate with SAN
243 stretch is vital for maintaining balanced cardiovascular system performance, while
244 also matching the throughput of the left and right sides of the heart over any period
245 of time (Quinn and Kohl, 2012; Quinn, 2015). Being a fundamental autoregulatory
246 mechanism of cardiac function, it is perhaps not surprising that the mechanisms of
247 the SAN stretch response are not only intrinsic to the heart, but in fact to SAN
248 myocytes themselves (Cooper et al., 2000), reflecting their inherent mechano-
249 sensitivity.

250

251 *3.2 Mechanisms of SAN mechano-sensitivity*

252 Although the cellular mechanisms of the SAN stretch response remain incompletely
253 understood (Quinn and Kohl, 2012, 2021), it is clear that they relate to *acute*
254 feedback of the heart's mechanical status to its electrical activity, a process known
255 as "mechano-electric feedback" or "mechano-electric coupling" (Quinn et al., 2014;
256 Quinn and Kohl, 2021). Clinical and experimental observations of the acute effects of
257 SAN stretch can generally be explained by evoking a mechano-sensitive trans-
258 sarcolemmal current with a reversal potential between the MDP and maximum
259 systolic potential (MSP) of SAN myocytes. Cation non-selective stretch-activated
260 channels (SAC_{NS}), with a reversal potential between -20 and 0 mV (Guharay and
261 Sachs, 1984) would pass such a current. In fact, stretch of single SAN myocytes

262 results in activation of a current with a reversal potential of ~ -11 mV (Cooper et al.,
263 2000) and its pharmacological block with *Grammostola spatulata mechanotoxin-4*,
264 (GsMTx-4) reduces the increase in SAN beating rate seen with stretch (Cooper and
265 Kohl, 2005).

266 Nevertheless, the molecular identity of SAC_{NS} in the SAN has not yet been
267 determined (Peyronnet et al., 2016) and one must be cautious not to fall into a
268 'plausibility trap' by assuming its importance (Quinn and Kohl, 2011), as there are
269 several other mechano-sensitive components within SAN cells that may account for
270 the response to stretch. In particular, mechano-sensitivity of membrane- and Ca²⁺-
271 clock components (Quinn and Kohl, 2012) may additionally mediate the effects of
272 SAN stretch on automaticity.

273 To start, I_f has been shown to be mechano-sensitive. In cell expression
274 systems, the activation, deactivation, and current amplitude of HCN channels are
275 altered by mechanical stimuli (Calloe et al., 2005; Lin et al., 2007), which results in a
276 frequency-dependent alteration in the rate of cell excitation (Lin et al., 2007). Other
277 components of the membrane-clock have also been shown to be mechano-sensitive,
278 including L-type (but interestingly not T-type) Ca²⁺ channels (Calabrese et al., 2002;
279 Lyford et al., 2002), fast Na⁺ channels, and delayed rectifier K⁺ channels (Morris,
280 2011). Components of the Ca²⁺-clock have likewise been shown to be mechano-
281 sensitive in other cardiac cell types, as axial stretch of ventricular myocytes results in
282 an increase of Ca²⁺ sparks (Iribe et al., 2009). Lowered extracellular Ca²⁺ and
283 pharmacological inhibition of SERCA (which prevents the reuptake of Ca²⁺ into the
284 SR) or of RyR (which prevents Ca²⁺ release from the SR) results in a reduction in the
285 response to SAN stretch (Arai et al., 1996). These findings, along with the immediate
286 change in SAN cell beating rate that occurs with acute changes in intracellular Ca²⁺

287 concentration (Yaniv et al., 2011), support the potential importance of Ca²⁺ handling
288 mechano-sensitivity for the SAN stretch response. Ultimately, if any of the above
289 mechanically-induced changes seen in other cell types occur in SAN myocytes, they
290 could make significant contributions to SAN mechano-sensitivity, and while the
291 specific mechanism(s) leading to the acute response of the SAN to stretch remain
292 unclear, it seems reasonable to assume that like the coupled-oscillator system
293 driving automaticity, multiple mechanisms are involved. What is clear, is that stretch
294 generally leads to an increase in SAN beating rate, which may be important for *in*
295 *vivo* SAN function.

296

297 *3.3 Mechanical entrainment of SAN activity*

298 *In vivo*, during atrial diastole the ventricles are contracting, pulling the atrio-
299 ventricular valve-plane apically and causing stretch of the tissue containing the SAN
300 (Hales et al., 2012). The SAN continues to be stretched as blood returns to the heart
301 and fills the right atrium. Peak SAN stretch levels coincide with the period of SDD, as
302 membrane potential is moving toward the threshold for AP generation, so any
303 stretch-induced depolarising currents will act to mechanically 'prime' pacemaker cells
304 for excitation. This allows for beat-by-beat adaptation of heart rate to changes in
305 venous return, such as occur with exercise, alterations in posture, or modulation of
306 thorax-abdomen pressure gradients caused by respiratory activity (Quinn and Kohl,
307 2012).

308 At the tissue level, stretch of the SAN may play another important role. While
309 the majority of SAN cells will experience stretch-induced depolarisation during a
310 similar period of SDD, cells that are not firing synchronously will experience it at
311 some other point in the cardiac cycle. The response to this 'out of phase' stretch may

312 act to entrain (or reset) the electrical activity of those cells *via* a phenomenon known
313 as 'phase-resetting', so that excitation is more uniformly timed across the entire
314 SAN. It has been shown that injection of a sub-threshold depolarising current pulse
315 into spontaneously beating SAN cells (as would occur with SAN stretch) can result in
316 an increase or a decrease in their beating rate, depending on the timing of the
317 stimulation within the cardiac cycle (Anumonwo et al., 1991), which can entrain SAN
318 cell activity (Verheijck et al., 1998). This phase-resetting behaviour has been shown
319 to also occur in SAN tissue (Fig. 3) (Sano et al., 1978; Jalife and Antzelevitch, 1979),
320 has been corroborated by computational modelling (Ypey et al., 1982; Reiner and
321 Antzelevitch, 1985; Guevara and Jongsma, 1990; Anumonwo et al., 1991; Coster
322 and Celler, 2003; Krogh-Madsen et al., 2004; Tsalikakis et al., 2007; Huang et al.,
323 2011), and is a phenomenon by which stretch-induced sub-threshold depolarisation
324 may act to normalise heterogenous electrical activity across individual non-
325 synchronous cells and help prevent irregularly fast or arrhythmic groups of cells from
326 over-taking pacemaking by their mutual entrainment (Abramovich-Sivan and
327 Akselrod, 1999). Since the SAN is constantly subjected to oscillating cyclic stretch *in*
328 *vivo*, stretch may thus act to specifically enhance SDD and to 'smooth out'
329 differences in automaticity between cells across the node to stabilise rhythm
330 (Ushiyama and Brooks, 1977).

331

332 **4. SAN mechano-sensitivity: the grandfather-clock of cardiac rhythm**

333 Even though it was discovered over 110 years ago (Keith and Flack, 1907), our
334 understanding of the SAN continues to develop. For instance, it has just recently
335 been revealed that there are two distinct and competing pacemaker regions within
336 the SAN, localised near the superior and inferior *vena cava*, which preferentially

337 drive fast and slow heart rates, helping explain previous observations of pacemaker
338 shifts in response to various physiological inputs (Brennan et al., 2020). With the
339 importance for re-evaluating previous experimental evidence in mind, we propose
340 that the strong emphasis put on the contributions of the membrane- and Ca^{2+} -clocks
341 to SAN automaticity have meant that a critical contributor – the mechanics-oscillator
342 – has been largely overlooked. While the importance of the Bainbridge Response as
343 a beat-by-beat regulator of heart rate in response to changes in venous return is well
344 established, the fundamental importance of diastolic tension and mechanical
345 oscillations to SDD and SAN automaticity are underappreciated yet critical, as SAN
346 mechano-sensitivity may be involved in maintaining the regularity of baseline rhythm
347 and entraining cells across the node. The contribution of mechanical load to SDD
348 was first established in 1964 by Klaus Deck, using microelectrode recordings of
349 membrane potential during equi-biaxial stretch of cat and rabbit isolated SAN tissue
350 (Deck, 1964). The critical nature of a ‘minimal’ diastolic tension for the generation
351 and stabilisation of rhythmic SAN excitation was confirmed soon after, as slack
352 isolated SAN tissue often shows irregular or no rhythm, and application of
353 physiological levels of baseline stretch restore regular activity (Fig. 4) (Brooks et al.,
354 1966; Lange et al., 1966; Ushiyama and Brooks, 1977). In such cases it is apparent
355 that missed beats or SAN quiescence are due to the failure of the other pacemaker
356 ‘clocks’ to sustain SDD in the absence of a sufficient mechanical preload, which
357 when applied restores function through a positive shift in MDP towards the AP
358 threshold, resulting in regular, spontaneous AP generation. The importance of an
359 adequate preload for SAN pacemaking may in fact be present from the very first
360 heartbeat during embryonic development, as fluid pressure build-up in the quiescent

361 cardiac tube appears to be a pre-requirement for the initiation of spontaneous
362 cardiac excitation during ontogenesis (Rajala et al., 1976, 1977; Chiou et al., 2016).

363 A consequence of the apparent vital role of stretch for SAN automaticity is that
364 it may be an important consideration in some forms of SAN dysfunction. The SAN
365 stretch response is related to tissue structure and stiffness (MacDonald et al.,
366 2020a), so as SAN dysfunction is associated with structural changes in advanced
367 age and cardiac pathologies (in particular increased fibrosis), it is reasonable to
368 hypothesise that there may be a causal link between changes in SAN structure and
369 its function due to an altered stretch response, which may be further exasperated by
370 changes in SAN mechano-sensitivity with electrical remodelling (Kistler et al., 2004;
371 Morris and Kalman, 2014; Csepe et al., 2015). Furthermore, the stabilisation of heart
372 rate by stretch appears to be functional only within a certain range, as excessive
373 stretch results in irregular rhythms (Lange et al., 1966) and multifocal activity
374 (Hoffman and Cranefield, 1960), so may be involved in SAN dysfunction in
375 pathologies associated with atrial volume overload (Sparks et al., 1999; Morton et
376 al., 2003; Sanders et al., 2003).

377

378 **5. Conclusion**

379 Clearly SAN automaticity is driven by the combined actions of multiple oscillators
380 that drive SDD and ultimately cause membrane potential to cross the threshold for
381 AP generation. The importance of diastolic load and cyclic stretch for SAN function
382 has been previously underappreciated. They may in fact be crucial for the
383 stabilisation of pacemaking through the mechanical priming and entrainment of SAN
384 cells, and through their effect on the activity other mechanisms contributing to SAN

385 automaticity, making SAN mechano-sensitivity the 'grandfather-clock' of cardiac
386 rhythm (Fig. 1).

387

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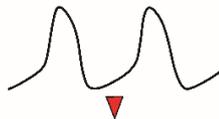
613 **FIGURES**

614 **Figure 1. The grandfather-clock of cardiac rhythm.** Summary of the role of
 615 mechano-sensitivity in sinoatrial node (SAN) automaticity, entrainment, and
 616 regulation.
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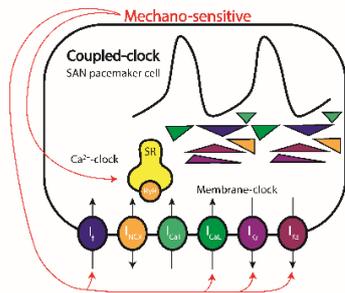


A. Driving Automaticity

Stretch-induced depolarisation by stretch-activated channels contributes to spontaneous diastolic depolarisation

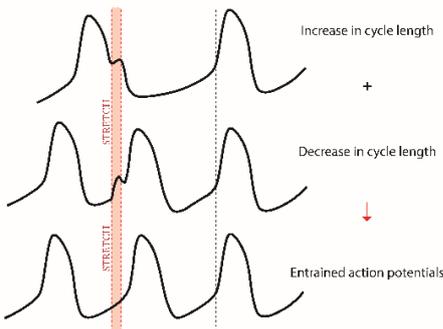


Mechano-sensitivity of coupled-clock components contributes to both driving and regulation of automaticity



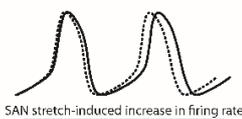
B. Entrainment of SAN Tissue

Mechanical entrainment of SAN *via* phase-resetting



Baseline diastolic tension / pre-load is important for maintenance of regular rhythm

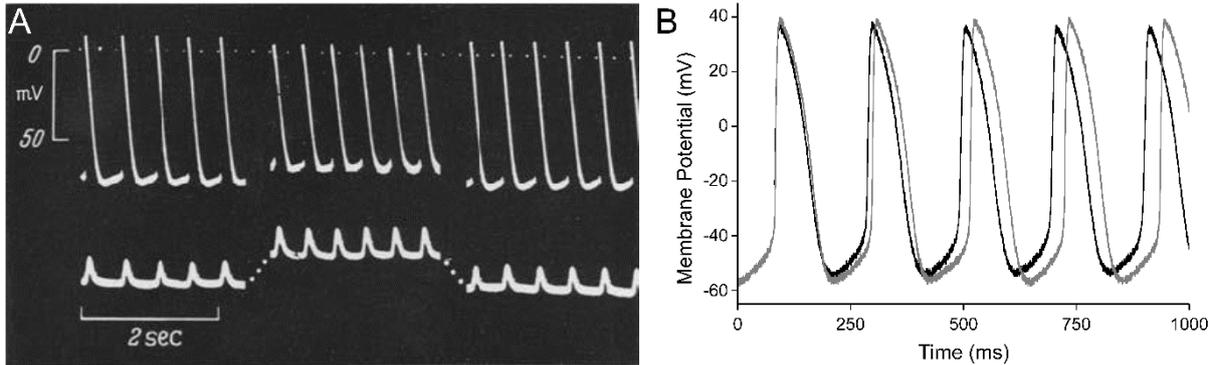
C. Regulating Firing Rate



Bainbridge Response: beat-by-beat matching of heart rate to venous return

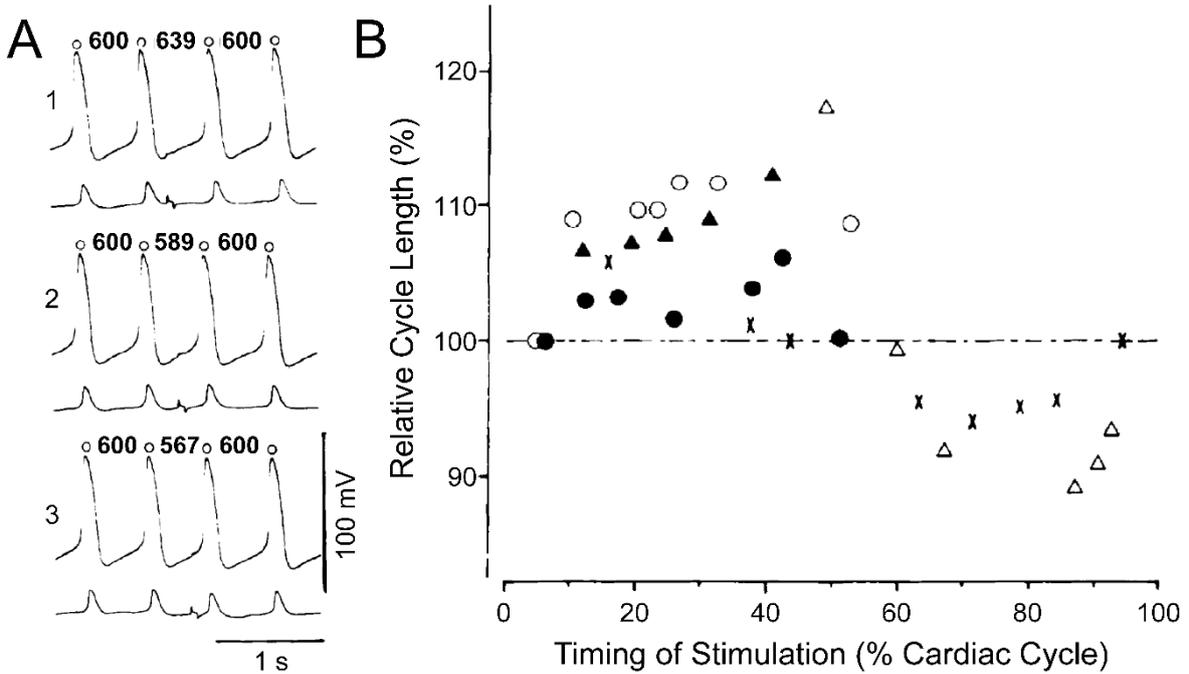
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619 **Figure 2. Stretch-induced increase in the beating rate of isolated sinoatrial**
620 **node preparations. (A)** Intracellular sharp electrode recording of transmembrane
621 potential (top) and applied and generated force (bottom; passive stretch and active
622 contraction pointing upwards) in spontaneously beating cat isolated sinoatrial
623 (SAN) tissue (from Deck, 1964) and **(B)** patch-clamp recording of transmembrane
624 potential in a spontaneously beating rabbit isolated SAN cell (light curve, before
625 stretch; dark curve, during stretch) (from Cooper et al., 2000). Both show an increase
626 in beating rate during stretch, accompanied by a reduction in the absolute value of
627 maximum diastolic and maximum systolic potential.
628



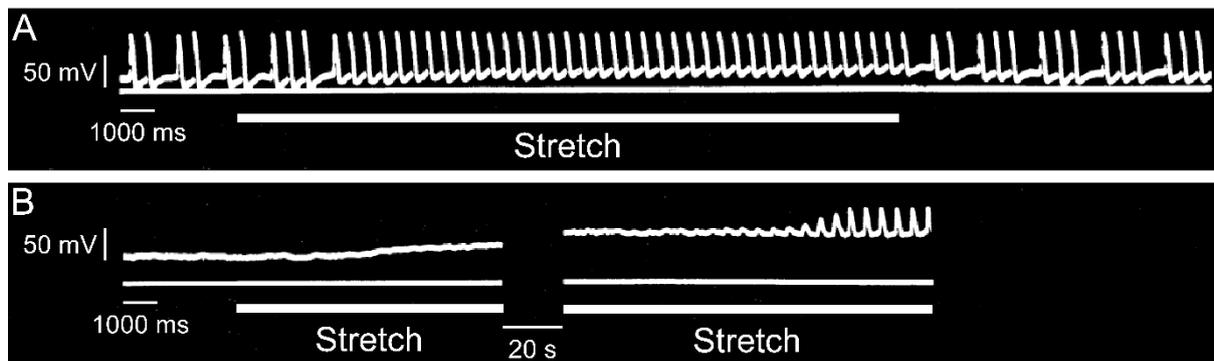
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631 **Figure 3. Phase-resetting in the sinoatrial node (SAN).** (A) Application of
 632 subthreshold square-wave pulse in the early (1), middle (2), and late (3) phase of the
 633 cardiac cycle in the rabbit isolated SAN (lower tracings in each section are action
 634 potentials from the SAN region close to the atrium to show time of stimulus artifacts)
 635 and (B) the relationship between cycle length and time of stimulation in the cardiac
 636 cycle, showing that sub-threshold depolarising current pulses result in an increase or
 637 a decrease in cycle length, depending on the timing of the stimulation within the
 638 cardiac cycle. From (Sano et al., 1978).
 639



640
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642 **Figure 4. Effects of physiological levels of baseline stretch on isolated**
643 **sinoatrial node (SAN) beating rate.** Floating microelectrode recordings of
644 transmembrane potential in cat isolated SAN, showing a stretch-induced shift of the
645 maximum diastolic potential towards less negative values, resulting in: (A)
646 restoration of regular rhythm in a SAN with irregular activity at slack length or (B)
647 initiation of spontaneous excitation in a previously quiescent SAN. In both examples,
648 tissue length was increased by ~40% from slack, with periods of stretch indicated by
649 the lower horizontal lines. From (Lange et al., 1966).
650



651