

## HEG TRAINING QUICK START GUIDE

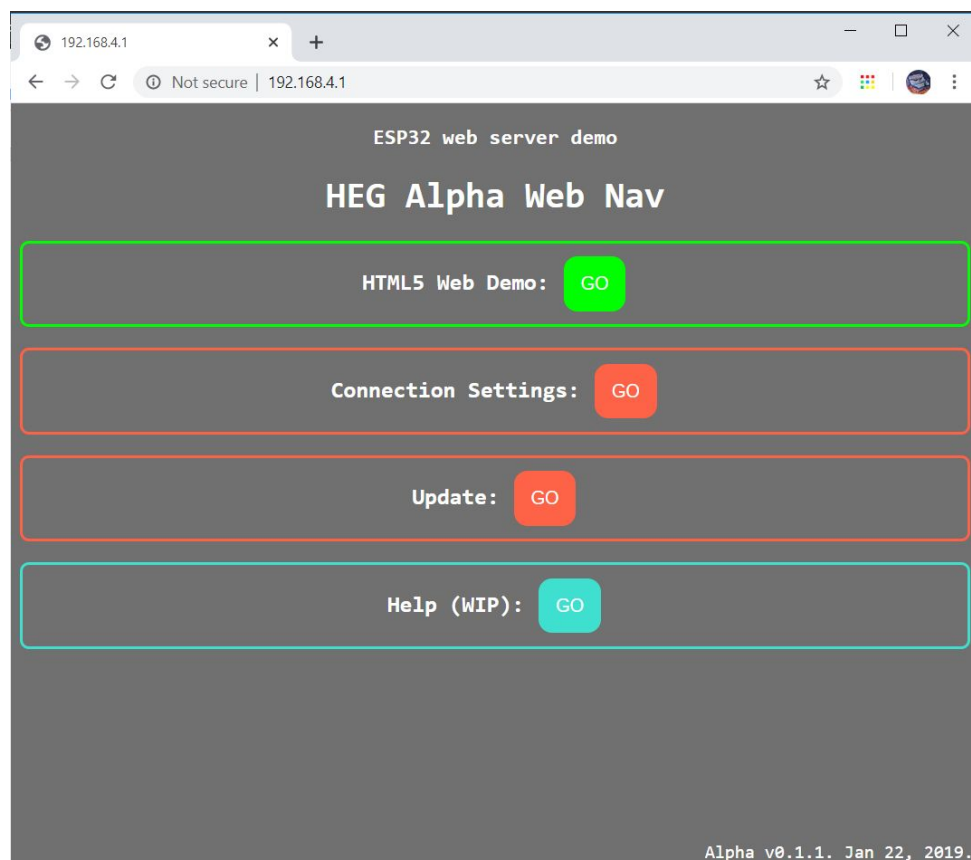
### **Step 1: Power up your HEG device via the microUSB port or battery port.**

*\*Important\** Some power sources can add noise and ruin the signal fidelity. For instance, powering my laptop from a specific wall plug in my room and the HEG from my laptop creates a noisy signal, then it disappears when I unplug it - due to interference from the power port in the wall.

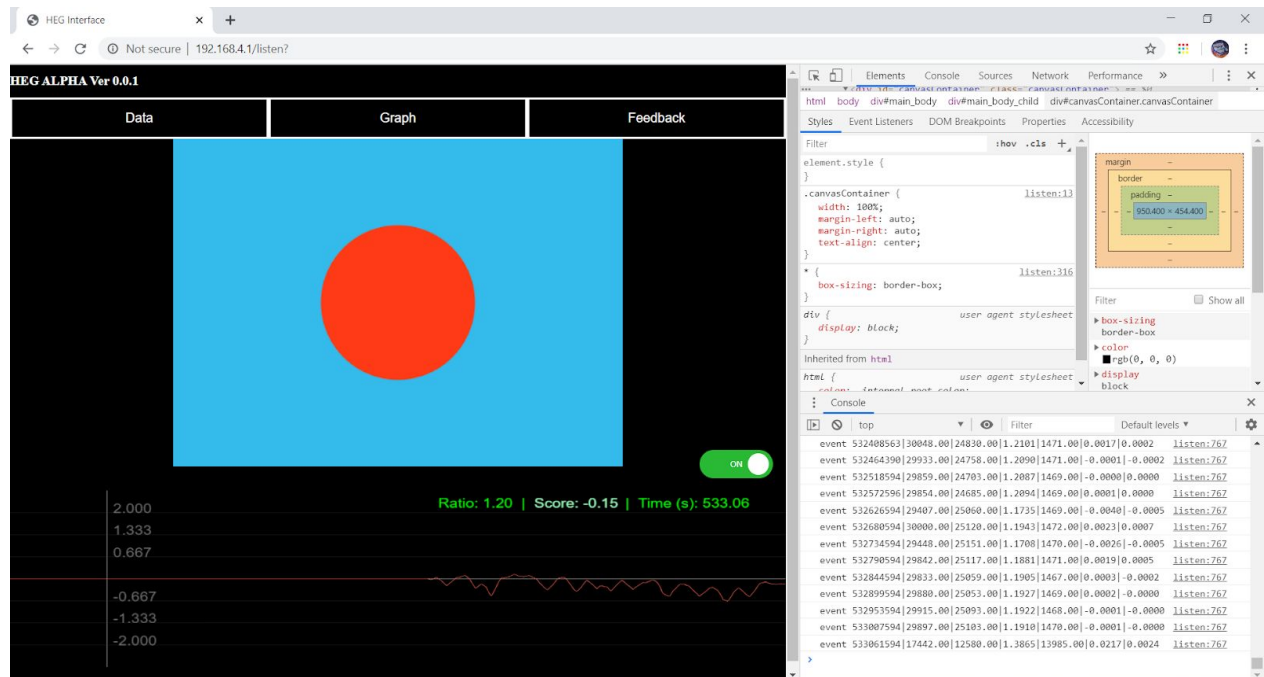
### **Step 2: On your laptop or phone, scan for WiFi signals until you find “My\_HEG” listed. Connect with password “12345678”**

**Step 3: From your preferred internet browser (works best on Chrome or Firefox), in the address bar enter <http://192.168.4.1> (or click this link if viewing digitally). If that doesn't work or if on an Apple product, try <http://esp32.local>.**

### **Step 4: From the main interface page that shows up, select “HTML5 Web Demo”**



**Step 5: Click the Red slider that says “OFF” to turn the sensor ON. This should cause the sensor LEDs to flash and for a data stream to come through. You can right click on the page anywhere and click “Inspect” in the menu that pops up.**



**Step 6 (optional): Click on the Data menu after accumulating some data on the graph. Click “Save Data” to save a csv file with your data. Simply refresh the page to reset the session right now until we build more features to make that bit smoother. You can also replay CSVs via the Replay CSV button, it will ask you for a file formatted like the ones it saves. If it doesn’t replay on the first try of the button, try again.**

#### Other Notes:

- Change y-scale in the Graph menu if your score goes above or below the default graph scale.
- A highly fluctuating score indicates either the headband is not fully secure against your forehead or that the power supply is corrupting the signal. Try to reseat the headband on your head so it’s completely flush against your forehead like a piece of tape.
- The Help page has WIP documentation on various signal issues.