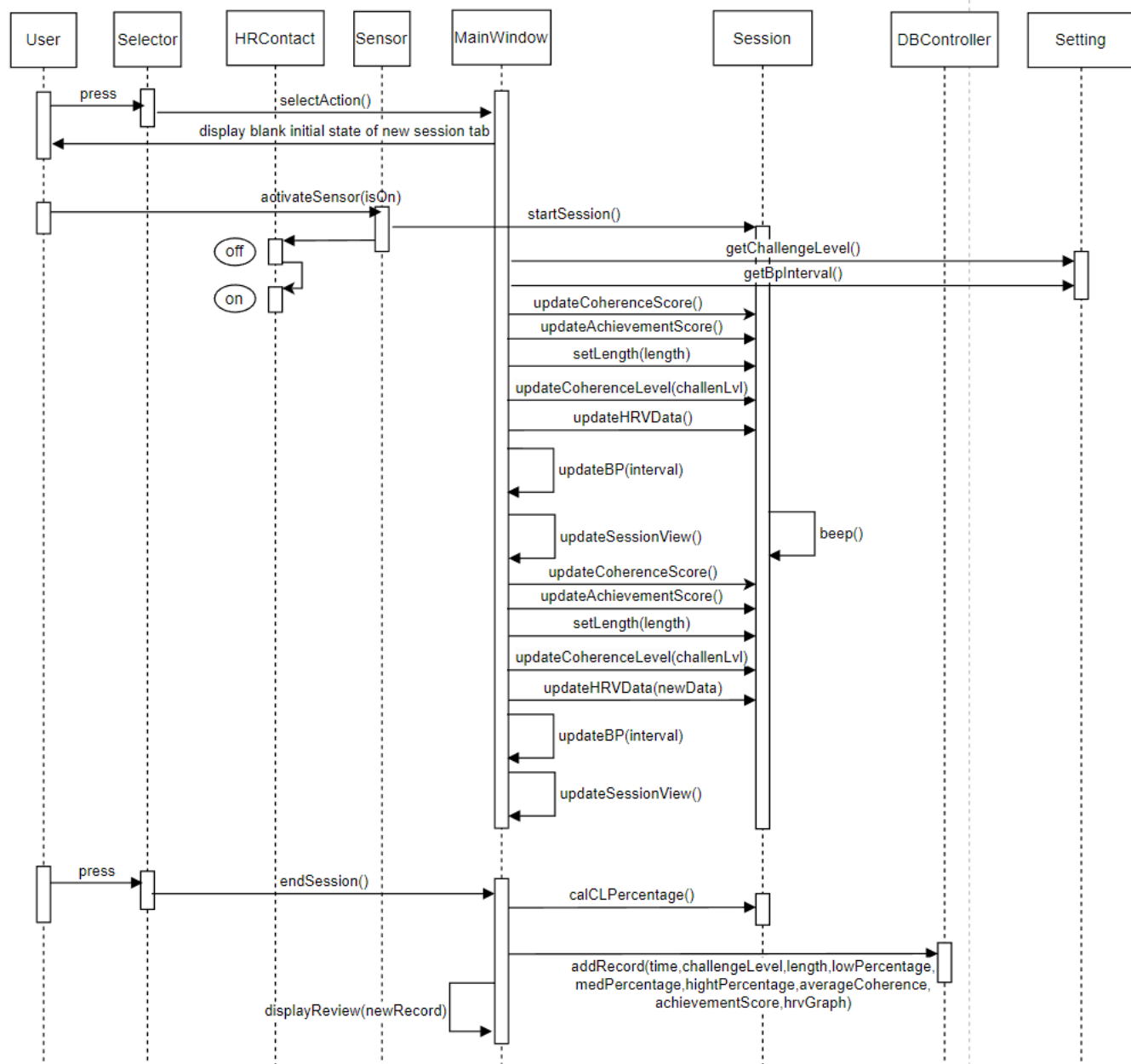


## Start New Session(Start New Session Use Case)



### Explanation:

Initially in the main menu screen, the user first presses the selector to confirm the sub-menu 'Start New Session'. After pressing the selector button, the pulse sensor needs to be activated by pressing the sensor button, and the HR contact light is illuminated if the sensor is on. The sensor starts detecting the user's pulse and gets coherent values, from which the value of the current session is calculated. The breath pacer will be activated based on breath pacer's time interval from setting. The coherence score monitors heart rhythm data and updates the score every 5 seconds. The achievement value is total sum of coherence scores sampled every 5 seconds. The length of time will be continuously updated throughout the session. Based on the above data, HRV graph is also updated every 5 seconds and coherence level lights changes based on challenge level. In addition, a beep sound is made for each new level of coherence produced.

Finally, press the selector button again to end this session. The sensor and HR Contact lights then turn off, and the record of this session will be saved to the database. A complete summary of the data will be displayed at the end of this session.