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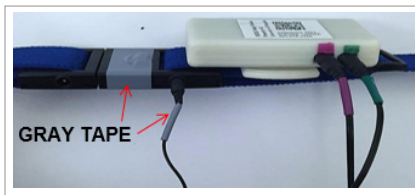
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wearing the chest sensor



1. Plug the breathing connector marked with gray tape into the gold connector on the clasp marked with gray tape.



2. Wear the chest band under the armpits and underneath your clothing.



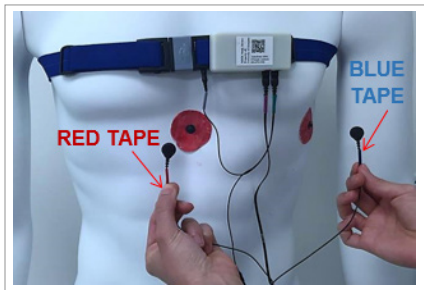
**White box on the left side of your body.
Cables pointing down towards your feet.**

3. Peel off the covering from the two white stickers. Place the stickers on your body as shown in the picture below.

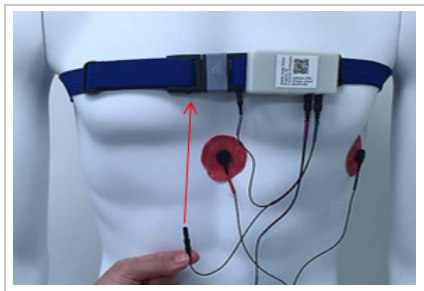
4. Attach the circle connectors to the stickers.

red tape – center of chest

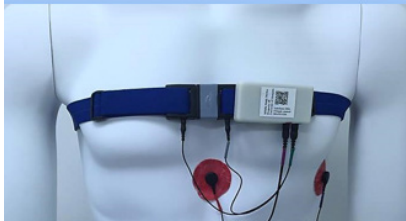
blue tape – left side



5. Plug the remaining breathing connector into the open gold connector on the clasp.



DONE! Your equipment and cables should look like this:



wearing the wrist sensors



1. Make sure the wrist sensor is charged.
2. Wear the wrist sensor as shown, with the device face-up on your wrist and the buckle going over the top.



Note: It is important to always wear each sensor on the same wrist (left or right).

The wrist sensor may be warm while charging. This is expected and you should not be concerned. Please remove it from the charger 5 minutes before wearing to allow the band to cool sufficiently.

sensor data quality



✔ green check mark: good data quality!

⚠ yellow caution: something's not right

✖ red X: it's not working at all

Sensor Data Quality			
Breathing	Heart Rate	Left Wrist	Right Wrist
⚠	⚠	✔	✖

If you see any red or yellow icons during the day, wait 30-60 seconds. If the icons are still red/yellow, tap the icon to see tips and instructions about how to fix the problem.

If that doesn't work, contact a staff member to address the issue.

how to start your day



IMPORTANT! You must press the Start Day button every morning after you put on the equipment. If you do not press Start Day, you will not get the phone surveys.



how to take a survey

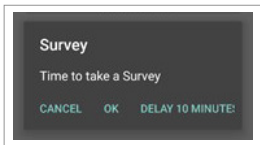


When you get a survey, the phone will vibrate and make a sound. You will see the screen below.

Tap *CANCEL* to not take the survey.

Tap *OK* to take the survey.

Tap *DELAY 10 MINUTES* to wait 10 minutes.



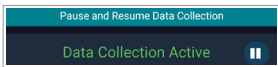
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if you need privacy

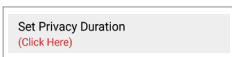


Privacy Mode allows you to turn off features for a limited amount of time.

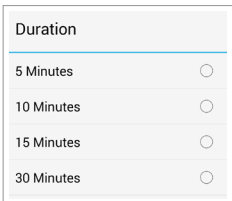
1. Tap the *pause* button under Pause and Resume Data Collection.



2. Tap *Set Privacy Duration*.



3. Choose how long you want to be in Privacy Mode.



continued on next page

4. Tap *Set Privacy Type*.

Set Privacy Type
([Click Here](#))

5. Tap the checkboxes to choose which features you want to put in Privacy Mode then tap *OK*.

Privacy Type	
Location	<input type="checkbox"/>
Activity	<input checked="" type="checkbox"/>
Chest Sensor	<input checked="" type="checkbox"/>
Wrist Sensors	<input type="checkbox"/>
Surveys	<input type="checkbox"/>
Cancel	OK

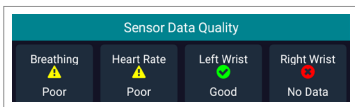
6. Tap *Start* when finished.

START

graphs and troubleshooting



If you wish to view the plotter graph or troubleshooting tips for one of the sensors, tap the appropriate sensor button under the Sensor Data Quality heading.



On the next screen, you can tap to view the graph of data, troubleshooting videos, or tips for getting good data.

When finished, use the smartphone's Back button to manually return to the mCerebrum app.

taking off the equipment



Take off all equipment right before bed.

1. You must tap the *End Day* button before you take off the equipment!

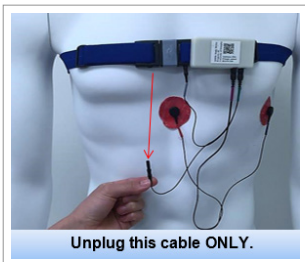


2. Take the two wristbands off. Place each wristband face-down on the center of the charger.

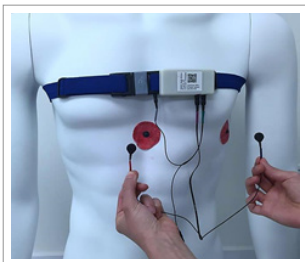


Blue LED lights on the charger will slowly flash on and off repeatedly to confirm the wristband is charging.

3. Unplug the unmarked breathing cable from the chest band.



4. Pop off the two circle connectors from the white stickers.



4. Take off the chest band and plug in the charger with the orange dot facing up.



5. Open the silver cover on the bottom of the phone and charge it using the Samsung cable.



IMPORTANT! Please make sure you leave all the equipment on the charger while you sleep each night.

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