

## overview



### **table of contents**

[wearing the wrist sensors](#)

[sensor data quality](#)

[brushing your teeth](#)

[graphs and troubleshooting](#)

[if you need privacy](#)

[taking off the equipment](#)

## wearing the wrist sensors



1. Make sure each 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!

⚠ red caution: something's not right

✗ red X: it's not working at all

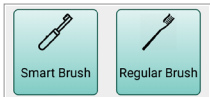
Sensor Data Quality	
Left Wrist ✗	Right Wrist ✓

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

## brushing your teeth



1. Tap the appropriate button to select whether you will be using the smart toothbrush or a regular toothbrush.



2. Tap the Start Camera button.

**START CAMERA**

3. When you are ready to brush/floss, tap the Video Record icon to begin recording.



4. Brush/floss your teeth. Ensure that your face is clearly visible throughout the video.

## brushing your teeth



5. When have completed brushing/flossing, tap the Stop icon to end the recording.



6. Tap the OK button to save the video.

RETRY

OK

**Note:** If you need to restart, tap Retry to cancel the recording and start again.

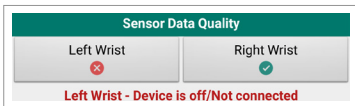
7. When you are finished, tap the Return to App button to exit and return to the app's home screen.

**RETURN TO APP**

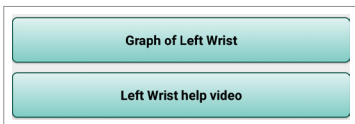
## graphs and troubleshooting



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.



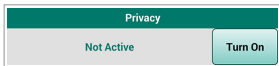
When finished, use the smartphone's Back button to manually return to the mCerebrum app.

if you need privacy

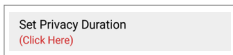


Privacy Mode allows you to turn off features for a limited amount of time.

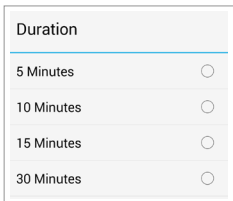
1. Tap the *Turn On* button under Privacy.



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



## taking off the equipment



Take off all equipment right before bed.

1. Remove the two wristbands. 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.

2. Open the cover on the bottom of the phone and charge it using the cable.



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