overview

v

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

2. Plug the breathing connectors into the outside socket of the chest sensor.

3. Plug one end of the breathing connector into the gold connector on the clasp as shown.

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

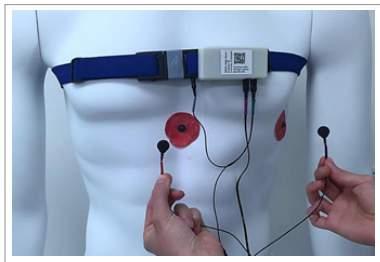4. Plug the ECG connectors into the inside socket of the chest sensor.

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

6. Attach the ECG connectors to the stickers. You will hear them snap like a button.
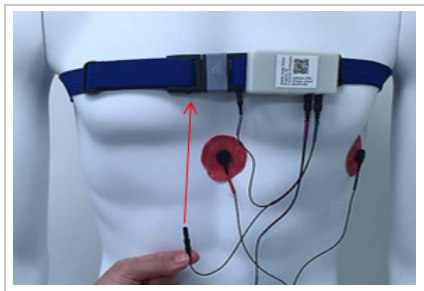
positive – center of chest
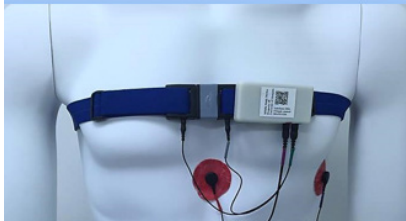
negative – left side of ribcage

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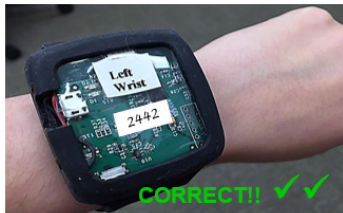

DONE! Your equipment and cables should look like this:

1. Make sure the wrist sensor is charged.

2. Wear the wrist sensor with the labels right-side-up when you look at your wrists.

Left Wrist

2442

CORRECT!! ✓✓

Right Wrist

2445

CORRECT!! ✓✓

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

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			
Breathing	Heart Rate	Left Wrist	Right Wrist
❌	⚠️	✅	✅

If you see any red icons, tap the icon to see tips and instructions about how to fix the problem.

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.

Day	
Day Started: **N/A**	**Start Day**
Day Ended: **N/A**	

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.

Survey
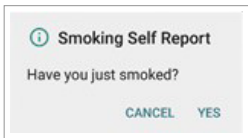
Time to take a Survey

CANCEL   OK   DELAY 10 MINUTE

if you smoke a cigarette

1. If you smoke a cigarette, tap the Smoking Report button.

Smoking Report

2. When the question below appears, tap *YES* to verify smoking has occurred or *CANCEL* to cancel the smoking report.

ⓘ Smoking Self Report

Have you just smoked?

CANCEL   YES

After tapping *YES*, sometimes you will get a survey. Sometimes you will not.

if you need privacy

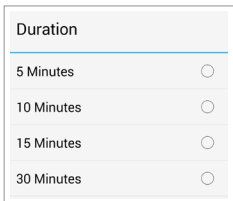Privacy Mode allows you to turn off features for a limited amount of time.

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

Privacy	
Not Active	Turn On

2. Tap *Set Privacy Duration*.

Set Privacy Duration
(Click Here)

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

Duration	
5 Minutes	○
10 Minutes	○
15 Minutes	○
30 Minutes	○

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	☐
Activity	☑
Chest Sensor	☑
Wrist Sensors	☐
Surveys	☐
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.

Sensor Data Quality			
Breathing	Heart Rate	Left Wrist(A)	Right Wrist(M)
⚠	⚠	✓	✓
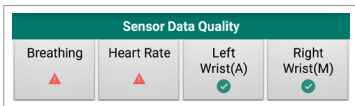
One the next screen, you can tap to view the graph of data, troubleshooting videos, or tips for getting good data.

Graph of Heart Rate

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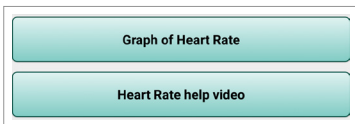
When finished, use the smartphone's Back button to manually return to the mCerebrum app.

taking off the equipment
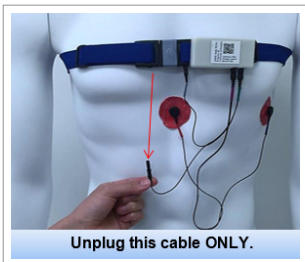
⌄

Take off all equipment right before bed.

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

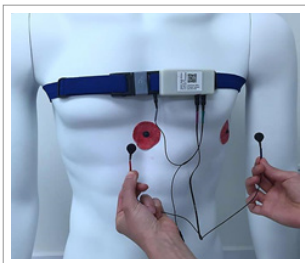| Day	
Day Started: 07:58:46 AM	
Day Ended: -	End Day

2. Take the two wristbands off and plug in the charging cables.

3. Unplug the breathing cable shown below from the chest band.

Unplug this cable ONLY.

4. Remove the two ECG connectors from the electrode stickers.

4. Take off the chest band and plug in the charging cable.

5. 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.