

## overview



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## wearing the chest sensor



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.

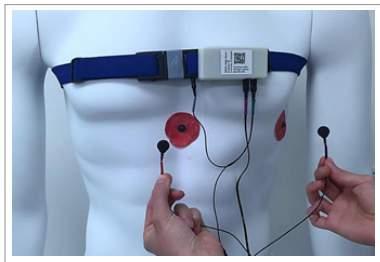


5. Peel off the covering from the two electrode stickers. Place the stickers on your body as shown in the picture below.

6. Attach the ECG connectors to the stickers. You will hear them snap like a button.

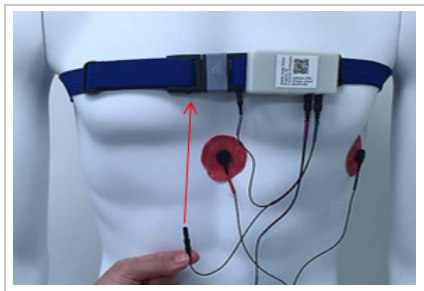
positive – center of chest

negative – left side of ribcage

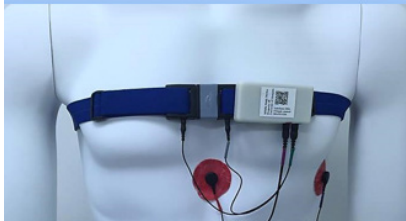


continued on next page

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



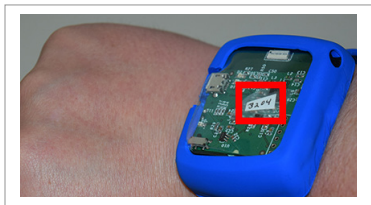
**DONE! Your equipment and cables should look like this:**



## wearing the wrist sensors



1. Make sure the wrist sensor is charged.
2. Wear the wrist sensor so that the ID number is facing right-side-up from your point of view, as shown below.



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

## verifying data collection



To verify data collection, use the icons under the Sensor Data Quality heading near the top of the Study app home screen.

✓ green check mark: good data quality!

⚠ red caution: data is being collected, but something's not right  
(i.e. sensor is not being worn properly)

✗ red X: no data is being collected  
(i.e. sensor needs charging, sensor is powered off)

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.

## charging the devices



All devices should be charged every night using the device charger and cables.



The charging port is found on the bottom of the smartphone.



The charging port is found on the side of the chest sensor.



The charging port is found on the side of the wrist sensor.



The charging port is on the clasp of the Band. Attach with the gold connector points aligned.

## start 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	

## surveys



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 MINUTES

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## privacy



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

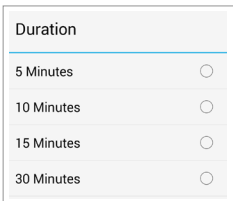
1. Tap the *Turn On* button under Privacy.



2. Tap *Set Privacy Duration*.



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



#### 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

## smoking/eating report



1. To report that you have smoked or eaten, tap the Report Smoking or Report Eating button.



Report  
Smoking



Report Eating

2. When the question appears, tap *YES* to confirm or *CANCEL* to cancel the report.



### Smoking Self Report

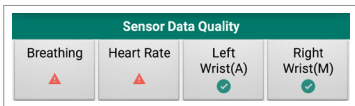
Have you just smoked?

CANCEL YES

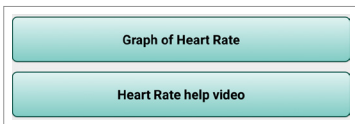
## graphs and troubleshooting



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.