

Projects and Stuff

Chameleon

Project Log

Contents

2012/05/06.....	3
2012/05/07.....	3
2012/05/12.....	5
2012/05/13.....	8
2012/05/15.....	8
2012/05/16.....	9
2012/05/19.....	10
2012/06/06.....	10
2012/06/10.....	10
2012/07/03.....	12
2012/07/04.....	12
2012/07/24.....	12
2012/07/30.....	13
2012/07/31.....	13
2012/08/05.....	14
2012/08/13.....	15
2012/08/27.....	16

2012/05/06

I began setting up the bare-bones of the project, starting with creating a new Git repository. I also started simple documentation about what the project goals are.

This project will be based upon the work that I've done on other capacitive-sensing projects. The main benefit of capacitive sensors over other methods, like IR LEDs and Diodes/transistors, is that the sensor itself has zero additional cost. While other sensor types require an actual sensor and maybe even an emitter of some sort, which costs money, capacitive sensors are just traces on a PCB. The argument could be made that the resistors and capacitors used with the capacitive sensors also cost money, but in production quantities, it's an order of magnitude cheaper. All of the external components for a capacitive sensor typically cost less than one cent total in production quantities.

I also began developing the schematics today. Because much of this project is based upon my previous work on capacitive sensors, much of the hard work and research is already done. So placing the major components was simple.

I'm considering which LED driver to use. Since there are 5 RGB LEDs (15 LEDs total), I'm thinking a 16-bit LED driver would be perfect. It will have to be a chip that can adjust the current or PWM duty cycle of each LED separately. I can also add a status LED to the bottom of the board with the remaining output.

2012/05/07

I've continued working through the schematic today, on a plane ride to Arizona. I've switched the display driver from the AS1107 to the PCA9635, which is better suited to optimally driving the smaller number of LEDs. This may not be the final decision on the driver, though, depending on price.

Each LED needs a current limiting resistor. Here's how I determined the value for each.

RED

Input Voltage = 5V

Forward Voltage = 1.8V (actually, it ranges from 1.8V to 2.6V, but a drop of only 1.8V means greater current, so I want to choose a resistor value based on this. If I used the

2.6V value, and the actual drop were 1.8V, then I might burn up my LED because the current limiting resistor wasn't of a high enough value)

My Desired Maximum Current = 15mA (or 0.015A for our calculation) (each LED can handle 30mA max, but 15mA should provide plenty of brightness. I may change this to 20mA if the prototype isn't bright enough)

As you may recall from Ohm's law, $E = IR$

To find the value of the resistance needed, you can deduce that $R = \frac{E}{I}$

But you have to recall that E in this case is reduced by the forward voltage of the LED, so

$$E = 5 - 1.8 = 3.2$$

And now we can plug everything in: $R = \frac{3.2}{0.015} = \sim 213.3$

Since 213.3 Ω isn't a common resistor value, we'll go with 220 Ω , which is slightly higher, but inconsequentially so.

GREEN & BLUE (same forward voltage)

Input Voltage = 5V

Forward Voltage = 2.8V (Actual values are 2.8V–3.6V)

My Desired Maximum Current = 15mA (or 0.015A for our calculation)

Following the same as above, we get

$$E = 5 - 2.8 = 2.2$$

And now we can plug everything in: $R = \frac{2.2}{0.015} = \sim 146.6$

Since 146.6 Ω isn't a common resistor value, we'll go with 150 Ω , which is slightly higher, but inconsequentially so.

I also added the ATTiny44 as the brains for this device. The ATTiny44 is completely swappable with the ATTiny84 if you need more memory (8k vice 4k). It's a microcontroller I've used in past projects as well. It is compatible with Atmel's QTouch library, and can control up to 4 QMatrix capacitive sensors. In this case, I only need to control 1.

While I've currently got the SPX29150T-L-5-0/TR in the schematic as the regulator, I'm going to have to change this. Since the battery will be providing a nominal 4.2V, I'm considering using a boost converter to operate at 5V.

One thing you'll notice looking at the schematics is that there are several capacitors associated with the LEDs. The 0.1uF Capacitors are intended to keep the LEDs from interfering with the capacitive sensor when they're switching on and off. These may not be required, because the PCA9635 "LED outputs programmable to logic 1, logic 0 or 'high-impedance' (default at power-up) when $\overline{\text{OE}}$ is HIGH". I'll have to read more into this, but as long as the outputs are pulled high or low (and not high-impedance), it shouldn't have negative effects on the sensor. The other key thing is to keep the LEDs as far away from the sensor as possible.

2012/05/12

While I was originally planning to use the PCA9635, I'm now leaning toward the PCA9685 for a couple reasons, directly from the PCA9685 Datasheet:

- *The PCA9685 allows staggered LED output on and off times to minimize current surges. The on and off time delay is independently programmable for each of the 16 channels.*
- *The PCA9685 has 4096 steps (12-bit PWM) of individual LED brightness control. The PCA9635 has only 256 steps (8-bit PWM).*

Also, since we'll be using a Lithium-Polymer battery with a nominal voltage of 3.7V, I've selected the NP1402 Boost regulator. This chip will boost the battery input, which ranges from about 3.2V-4.2V, to an output of 5V.

The NP1402 requires a few external components to operate correctly.

The most important external component is probably the inductor. The datasheet gives a formula to determine the maximum inductor value, and also gives 27uH as the minimum acceptable value. So, using the formula below, we can determine the range of inductors acceptable for our application:

$$L \leq M \left(\frac{V_{in}^2}{V_{out} I_{Omax}} \right)$$

Where:

$$M = 8 \times 10^{-6}$$

So,

$$L \leq (8 * 10^{-6}) \left(\frac{3.7}{5 * 0.200} \right) = 0.000008(3.7) = 0.0000296 \cong 29.6\mu H$$

The datasheet also notes that as inductor value decreases (toward 27uH), you get the following effects:

- Ability to supply higher output current
- Increased ripple
- Reduced Efficiency

So it's really a matter of finding a good balance. I performed a search on Digikey for surface mount inductors between 29uH and 33uH, and with a current saturation of at least 200mA (since I'm expecting to see peak currents of no higher than 200mA). I also limited the component height to 2mm, so that I can ensure the final product will fit in its case. Inductors often tend to be tall components, and I can't afford to place a part that will stick up 5 or 6mm off the board. I'll be selecting a 33uH inductor, since that's a common value, and easily procurable. Since the inductor I'm using for input filtering on the AVR microcontroller fits all of these specifications, I'll just order 2 per board. That works out well.

Next is the diode.

The Boost Regulator datasheet recommends a diode with the following characteristics:

- Small forward voltage, $V_F < 0.3 \text{ V}$
- Small reverse leakage current
- Fast reverse recovery time/ switching speed
- Rated current larger than peak inductor current
- Reverse voltage larger than output voltage

I was able to find one, using Digikey's parametric search, with the following characteristics, perfectly in line with what's needed:

- Forward voltage = 0.29V @ 250mA
- Reverse leakage current is a maximum of 100uA @ 30V
- Reverse recovery time is 5nS, extremely low
- Rated for up to 750mA, well above our peak current of ~200mA
- Reverse voltage 40V, well above out peak voltage of ~5V

Last are the capacitors. The important factors for the input capacitor are a small ESR and a value around 10uF.

The output capacitor requirements are a bit more strict. The datasheet recommends a tantalum capacitor around 47uF to 68uF (or using smaller value capacitors in series to achieve the same overall capacitance). A low ESR is also important. I found a 47uF capacitor with an ESR of 90mOhms, well below the specifications recommended.

I also updated the BOM quite a bit. Still more to do, but it's getting there. The schematics are still a work in progress at this point, but I should have them just about complete by the end of the day. I'm pausing at this point to upload my current progress via Git.

I've been continuing work on the schematics, and making good progress. Almost everything is in place now. It's almost time to annotate the schematics, and move toward the board design.

I was selecting a USB connector today for charging the battery, and found that cheaper isn't always better. The very cheapest USB jacks don't have very detailed datasheets, something that I think is important. It's good to know as much as possible about a part in order to ensure it has the best chance at meeting your needs. For instance, the cheaper models have no information about the current-handling capability of the pins on the connector. This is pretty important if I'm charging something. So I'm going with a connector priced \$0.39, rather than the ultra-cheap \$0.25 connectors.

Manufacturing is expensive. Right now I'm looking the following:

Components for PCB:	~\$5.00
Battery:	~\$1.66
Case:	~\$1.00
PCB Manufacturing:	~\$1.50
Assembly:	~\$Unknown yet

Around \$10.00 or so per board. This isn't even including shipping costs.

2012/05/13

KiCad can be tricky sometimes. One issue I've had in the past is that when I use FreeRoute, there doesn't seem to be a good way to tell the router what areas to avoid (AKA, Keepout regions). This is particular problematic when dealing with capacitive sensors. You don't want traces running behind your sensors.

The workaround is to create fill zones, not attached to any net, in areas you want to keep traces away from. Then, when you export a Spectra Design File for use in FreeRoute, you edit the file prior to opening FreeRoute. Here's a short description of the process: <http://permalink.gmane.org/gmane.comp.cad.kicad.user/5755>

2012/05/15

I've been working heavily today on placing and routing. This project is actually pretty difficult to route due to a number of factors:

- Overall size of the board compared to number of components. There's not a lot of free space for tracks
- The shape of the board. The actual area for routing traces is a ring, because we don't want any traces near the capacitive sensor. This is a big challenge!

I've been routing many of the easy traces, and most important traces by hand. While it doesn't look as neat, I turned off the automatic 45 degree trace bends for hand-routing. Otherwise it's simply too restricting on this particular board. I'm turning it back on for autorouting.

If the autorouter has problems in a particular area after several passes, I'll stop the program, move components or route by hand, and then restart. It's getting there, but this is slow work. You simply cannot leave everything up to an autorouter and expect it all to work perfectly.

One thing I've found very useful is this: make all the critical routes by hand. Go through the process several times of letting FreeRoute work for a bit and then adjusting by hand until FreeRoute can complete all of the routes. Then let FreeRoute run overnight on a reasonably powerful computer. The "Batch Optimizer" will run in several passes, and slowly will make things better and better. For instance, in this project, after several initial routing passes, there were about 50-something vias. Vias are a small plated hole that transfers a signal from the front of the board to the back (or to other layers on multi-layer boards), and they're one of those things that are

necessary, but generally should be avoided as much as you're able to. So, I let the optimizer continue running, and by pass 10, the via count was down to 40. That's a pretty impressive improvement.

The last thing to keep in mind is that by this point, you should better than the autorouter which important traces should go where, and what unusual circumstances need to be taken into account on your board. For instance, once autorouting was done on this project, there were two traces running under the "Y" QMatrix line of my capacitive sensor, as it routed to the AVR microcontroller. Ideally, you don't want anything running under "Y" lines, as they tend to greatly decrease sensitivity of the sensors. So, once autorouting was complete and the optimizer had done about as well as it could, I stopped it and pushed those two traces away from the "Y" line.

2012/05/16

Today was another day of routing. It's a repetitive process of testing the autorouter, moving things to better placement, and trying again with the autorouter until things get as good as possible. And I think I've about gotten to that point. There are no trace failures, and overall everything looks pretty good.

I'm going to do a quick git push, though, before I Back Import the Spectra Session file from FreeRoute to PCBNew. That way, I notice a problem in the future, I can go back to this point and easily correct it, rather than having to rip up all the traces and start from scratch.

I sent off the Gerber files to PCBCart for manufacture today. I ordered a set of prototype boards with the same specifications that the final boards will have. But first I made a few last edits to part placement and routing. Then I did a "Design Rule Check" to ensure all my pads are connected, all of my trace widths are wide enough, nothing's crossing that shouldn't be, etc.

Then I plotted the Gerber and Drill files per PCBCart's specifications, reviewed the Gerber's layer by layer for errors. Finding none, I zipped the Gerbers up and sent them away.

Now it's a matter of waiting for the boards to be made and sent back. In the meantime, I have several other projects to be working on.

2012/05/19

I installed Atmel Studio 6 and used the QTouch Project Builder to generate the skeleton for this project. It almost feels like cheating. You input how many sensors, which microcontroller you'll be using, and which pins you're using for each channel, and it creates a ready-to-go project. This is very convenient, and will probably cut a full day or two of development time, since I don't have to manually fill all this out in the source files. Wizards can be nice sometimes.

2012/06/06

I've received the initial prototype boards from PCBCart, and they look fantastic. I assembled the first board, and have applied power, and nothing burnt up. That's always a good start.

I have already discovered a few changes to make from my original design and plans:

1. The sensor should be placed on the board opposite the SMT components, so that the sensor is flush against the top of the enclosure. This should be very simple to do. Place on opposite side, use 2 vias, and mirror the sensor so that no other movement of traces or parts is required.
2. The USB Micro-B connector should be moved slightly inward on the board, and a slight flat area should be routed off the edge of the circular PCB where the connector sits. This way the PCB will fit properly and snugly in the enclosure.
3. I originally specified the inner height of the enclosure at 10mm, which makes the overall height of the enclosure 16–18mm; quite thick! Instead, if the components are on the bottom of the board, against the battery, the inner height can be reduced significantly. Eyeballing it, it looks like about 5mm, making the overall enclosure height 11–13mm. This is much closer to what someone would expect for a beverage coaster; approximately ½ inch total.

This evening I will be testing the battery, installing it with the board, and testing that the Atmel AVR microcontroller can be programmed.

2012/06/10

I got a bit too excited in assembling the initial prototype, and soldered up the whole thing in one go. The microcontroller wouldn't program, and when I powered the device via USB, the boost converter burnt up. Not nice.

The better way to do this sort of thing is to solder up one 'block' at a time. For instance, in my second attempt, I first soldered up the microcontroller block, which includes only:

- Microcontroller (IC1)
- Input inductor (L1)
- Decoupling Capacitor (C1)
- Reset line components (R5, S2, and C3)
- ISP Header (P1)

By assembling only these components, I was able to check that the microcontroller was wired up correctly and could be programmed. Once confirmed, I added the crystal and crystal capacitors, and checked again that the AVR Microcontroller was programmable.

Then I moved on, block by block, until everything was soldered in.

Knowing that there was something wrong with the power regulation block on the first prototype, I dug a bit to find what the problem might be.

D1, the schottky diode used in the power regulation block, is incorrectly placed on the PCB. The schematic uses a 2-pin representation of the diode, since a diode only actually has two parts, an anode and a cathode. The actual device used, though, has three pins, one of which has no electrical connection. Basically, the cathode was unconnected, which caused some significant problems. I corrected this in the prototype by canting the diode to the side so that the anode and cathode are both connected. The only real problem with this, other than aesthetics, is that that third pin provides additional physical stability for the chip. I don't foresee this being a problem with the prototyping, but it will clearly need to be corrected in the final product.

On the firmware side of things, I'm using Donald R. Blake's USI TWI Slave driver, which is based on Atmel's Application Note AVR312: Using the USI Module as an I2C slave. I may rewrite/refine his code in the future, but for initial testing, there's no point in reinventing the wheel.

Another trip-up: QMatrix can be used with ATTiny44A, or ATTiny84, but not ATTiny44, which is what I ordered. Whoops. New chip on the way.

NOTE 2012/07/03: Contacted Atmel, and this is untrue. ATTiny44 and ATTiny44A are drop-in replaceable in touch applications. (But for my application, I'm now going with ATTiny84 for the larger memory.)

A few further changes I plan to make on the next iteration of Chameleon:

- Place sensor and LEDs on one side of the board, remaining components on the other
- Improve connection of battery leads to board. Use double-holes for strain-relief
- Correct D1 placement
- Add TP3, which will be VCC

2012/07/03

It has been a busy few weeks at work, which has prevented much work on this project. Getting back to it now.

2012/07/04

One thing to note: Since I failed to add an on/off switch the prototypes, I've found that if the battery voltage decreases too much, as I try to charge the battery and operate the circuit at the same time, the battery charges just enough to start blinking, powers the LDO, and depletes the small charge that had built up in the battery. This cycle repeats over and over again, resulting in the LEDs blinking at a rate of about 1Hz. I've remedied this temporarily by powering the circuit via a 5V bench supply that can supply a greater amount of current than the little wall-USB adapter I'm using. This seems to be effective.

2012/07/24

I found that the resistors I used for pull-ups on the TWI lines for the PCA9685 were valued too high. I was using 10K resistors. I discovered the problem when trying to use a logic analyzer to troubleshoot I2C. The LED driver would never acknowledge, and there were what looked like momentary pulses where there should have been none. At first I thought it was the code I was using, so I tried another well-known I2C library, and same results.

Pulling out my o-scope, I found a lot of crossover on the bus. Researching on the internet, I found that 10K is often much too high a value for the pull-ups on I2C. People seemed to find success with values between 1.2K and 3K. So I bought a book of

0805 resistors from Adafruit to try different values (0805, because finding books of 1205 or 1210 seems about impossible).

After replacing the 10K resistors with 1.5K resistors, I am finally getting an acknowledge from the PCA9685 when I address it (write: 170, read: 171).

Not it's just a matter of programming this baby!

Also, the PCA9685 has very fine pitch leads, and is difficult to solder correctly. I only just finally got all of the LEDs on both full prototypes working today! If the LEDs don't light, it's very likely these tiny connections to the chip that are at fault.

2012/07/30

I'm trying to pull the RESET line low, and for some reason it's not working. I did notice that I doubled up on the pull-up resistors on the reset line. I put one 10k near the AVR's Reset pin and another near the PCA9685's Reset pin, effectively dropping the resistance to 5k. While this shouldn't prevent me from being able to toggle Reset via the AVR, I'm removing the resistor near the PCA9685.

Wow. I feel stupid. Of course I can't set RESET low. It would reset the AVR. (Well, you can if you program the RSTDISBL fuse, but then you need a high-voltage programmer [AVR042: AVR Hardware Design Considerations]). To remedy this on the prototype, I'm going to use the PA7 on the AVR, which I had designated as "Mode" to toggle the PCA9685. This necessitates some creative cutting (of the Reset line to the PCA9685) and splicing the mode IO pin to the Reset line on the PCA9685. I'll also replace the 10K resistor to the PCA9685's Reset.

Correction: Simply cut the reset line (as mentioned above) and tie OE to ground. Problem solved.

2012/07/31

Another little issue, which will be pretty easy to correct, is that I didn't place the LEDs in order around the board. So instead of a simple 'for' loop counting up, I have to be a bit more creative. Oh well. Will fix in the next version. In the meantime I've replaced the single for loop with three in order to get the lighting animation working with all LEDs lighting in the correct order.

One other thing of note: the resistor values I'm currently using are acceptable, but at 100% brightness, the LEDs are really just too bright. 1% brightness using PWM is still surprisingly bright. In the next iteration, I will use higher valued current limiting resistors, which will give me a more appropriate range of brightness values. Double the current resistance would probably be a good start.

2012/08/05

I ran into another problem this past week. All three of my boards were no longer programmable. I'm inserting the forum post I wrote, asking for assistance with this problem:

Problem synopsis: I've been working on a prototype project built on custom PCBs utilizing the ATTiny84. I have 3 separate prototype boards. Two have external power source (lithium battery with boost converter), one does not. Other than that they are all exactly the same. I have successfully programmed the tiny84's on these boards dozens of times each, and have not had problems. This evening I was writing new code and programmed one board, and there was a mismatch (sadly, didn't get a screenshot, but it was something like 0x00 != 0x01). I started over, and then began getting 'initialization failed' errors, which I was unable to account for or resolve.

Considering that my code may have (somehow?) damaged the chip, I switched to another known-good board and tried to simply reach the chip via avrdude with the following command:

```
avrdude -c usbtiny -p attiny84
```

I got 'initialization failed' on this board as well. Both boards are externally powered. So, moving on, I applied the jumper to my USBtinyISP and tried reaching the non-externally-powered prototype board. Same result. All three of these boards were able to accept programming earlier in the day, and no physical changes had been made since.

I have on hand some boards from a different project which use the ATTiny44, so I tried the same thing with these, and AVRdude was able to talk to this chip no problem. Likewise, I was able to communicate with an ATmega16 on another board.

It seems I only have problems programming the ATTiny84.

1. USBtiny from kit. I've used it hundreds of times successfully.
2. Windows 7 Pro. I've had no problems using this computer for AVR programming over the past several months
3. I'm using Atmel Studio 6, but programming via AVRdude. The target chip is ATTiny84.
4. The USBtinyISP has worked without problem for a few years (since 2007!)
5. The attached screenshot shows several failed attempts to reach my chip on 3 different boards, and

then a successful attempt to reach an actual ATtiny44 on a completely different target board. As you'll see on the screenshot, I'm typing in ATtiny44, vice 84, but I should still get a message that there's a chip address mismatch if everything were working correctly.

6. I don't have a camera on hand, but the kit has worked without problem for years, and there is no visible damage or faults. The USBtinyISP can currently program an ATtiny44 or ATmega16, but not an ATtiny84.

Any ideas? I was on such a roll tonight, and then this came up 😞

Thanks,

- Jack

I really didn't get any responses that were too helpful. Mostly just people suggesting I check that everything was connected properly. Since I suddenly was unable to communicate with the chips on 3 different boards, and hadn't made any hardware changes that affected all three boards, I was a bit stuck.

Today, though, I considered that maybe I needed to once again adjust the resistor values (R1, R2, & R3) on the ISP lines to the PCA9685 in case they were just too low for the programmer for some reason. Maybe the programmer had been able to *JUST BARELY* program the chips, and for some reason that line was now crossed? I replaced the 1.5K resistors with 2.7K resistors, and kept the 10K resistor for R3. Happily, everything worked out. I have now successfully programmed the chips, and they're animating exactly as expected.

2012/08/13

At this point I've identified numerous areas for improvement, and today I'll start incorporating those changes back into the schematics and PCB design.

- LED current limiting resistors -> At the current values of 150 and 220 Ohms the LEDs are brighter than necessary. Even at 1% Pulse Width Modulation they're pretty bright. The best solution seems to be to dim them via the resistors, so that I get a more widely useable range of brightness. Using the calculations we previously used to determine the resistor values, I'm now aiming for a maximum current of 10mA, rather than the previous 15mA. This results in resistors of 320 Ohms for Red LEDs and 220 Ohms for Blue and Green LEDs. The red status

indicator LED is quite bright as well, so I'll increase its current limiting resistor to 330 as well.

- Began breaking all the tracks on the PCB. There are going to be enough modifications to the original design that a full re-route will be required.
- Moved the USB connector slightly toward the center of the board, and added a straight cut to accommodate placement of the connector. This way it's not sticking out past the edge of the board, and will fit correctly inside the case.
- Reduced the size of the test point and battery pads.
- Modified Diode D1 to use pins 1 & 3 (correct) rather than 1 & 2, and updated this in the PCB design.
- Increased the lead lengths on the SOT23-5 package to make soldering easier.
- Increased the lead lengths on the PLCC-5050 LED package to make soldering easier.
- Tied OE on the PCA9685 to ground directly.

I'll work on routing shortly, but for now I'll make a quick Git push.

I've adjusted the firmware test a bit, and now have successfully been able to sense touches. The red status LED blinks when my finger or a cup/glass of water is over the sensor, but doesn't blink if an empty cup/glass is placed over it.

2012/08/27

I've still been having minor problems getting some of the boards to program correctly. Since the ISP and I2C lines are shared, I thought I should take another look to see if Atmel had any advice on sharing these lines. Perhaps the PCA9685 is interfering with programming the ATtiny84 in some way. I thought I'd seen mention of this topic before.

AVR Note AVR042 (AVR Hardware Design Considerations) does cover this. Here's what it says:

If additional devices are connected to the ISP lines, the programmer must be protected from any device, other than the AVR, that may try to drive the lines. This is especially important with the SPI bus, as it is similar to the ISP interface. Applying series resistors on the SPI lines, as depicted in Figure 4-2, is the easiest way to achieve this.

Unfortunately, while a diagram is provided, no values are given for the series resistors. Some research online at the [AVRFreaks](#) forums showed that people have gotten good results with values from about 1k to 4.7k. Since I'm already using 1.5k resistors as pull-ups, I'll try these first, and make substitutions as necessary. I've not placed series resistors on the SCK (SCL) and MOSI (SDA) lines going to the PCA9685.

Hopefully that will correct the issue.

2012/09/09

After some additional research, I've made some additional changes on the pull-up and series resistors on SCK and MOSI. Since I have a resistor kit, I can test these changes and make adjustments as needed in the next version of the prototypes.

I found that the ideal resistor values for pull-ups allow for no more than 3mA of current. I'll look for a good reference for this value, but several knowledgeable people quoted this number as the ideal. Since I'm working with 5V, $\frac{5V}{0.003} \approx 1.7k$. Since 1.7k is the minimum value, and I know I don't want to go much higher than the minimum, I searched for resistors with values from 1.8k to 2.1k, and found a 1.8k that fit my needs.

Similarly, I found that when using I2C, a series resistor value of 80–100 ohms is recommended. I might try a higher value. Some people suggested 300, but the consensus seems to be 100 is a good value, so that's what I'm using.