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[www.thepip.com](http://www.thepip.com)

## INSTRUCTIONS FOR USE

### 1. ACTIVATING PIP



**Activating PIP:** to activate PIP, simply hold it between the thumb and middle or index finger of one hand, as shown in the diagram above, ensuring that the tip of each finger makes contact with a gold sensor disc. After 3-6 seconds, the green status lamp will illuminate to indicate that PIP is ready.

### PIP: powered by science

We all experience stress in some form in our daily lives. No two people feel or respond to stress in the same way but we share a desire to keep it under control so that it doesn't become a problem. The PIP experience is a unique and engaging programme to help learn about, and continually manage, your own personal stress.

### Stimuli, Sweat, Stress

Stressful events or stimuli activate our sympathetic nervous system (SNS), which is in charge of mediating our neural and hormonal 'fight or flight' response. This vital function triggers our sweat glands, one manifestation of which is Electrodermal Activity (EDA).

### Electrodermal Activity (EDA)

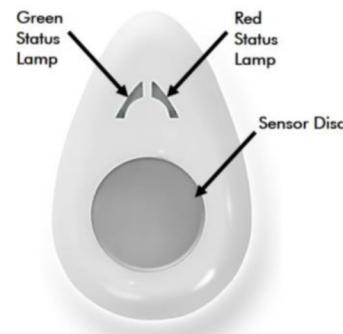
EDA results from sweat gland activity, which is controlled by the SNS. Variations in sweat secretion produce changes in the electrical conductance of the skin. There is a scientifically proven correlation between skin conductance and an individual's stress response.

**NOTE:** Before using PIP for the first time, fully charge the battery (approx. 4 hours).

**TIP:** If the status lamp fails to illuminate, or flashes red at intervals, you should recharge PIP.

**Deactivating PIP:** to deactivate PIP, simply put it down and don't touch it.

Approximately 5 minutes after you remove your fingertips from the sensor discs, PIP will automatically power itself off. The status lamp will extinguish to confirm that PIP is now powered off.



### PIP: how it works

PIP's precision gold-plated sensors take **eight measurements per second** by passing a tiny electrical current between the surface of your finger and thumb. PIP's algorithms will then process your EDA and immediately measure your level of stress.

PIP's accompanying apps clearly present your EDA reading and, via personal interaction, enable you to track, understand and ease your stress routinely over time.

### Why use the thumb & finger?

Our fingers are recognized scientifically as the best locations on the body for measuring an individual's EDA and are associated with 'emotional sweating'.

### 2. CHARGING

PIP contains a lithium battery, rechargeable via the micro-USB connector located in the base of the device. To charge, connect the micro-USB cable provided to PIP, as shown in the diagram below, and plug the other end either into a USB wall charger or desktop/laptop USB port.

