

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.

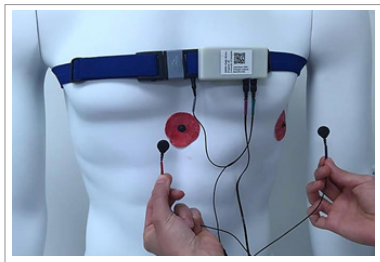


5. Peel off the covering from the two electrode stickers. Place the stickers on your body as shown in the picture below.

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

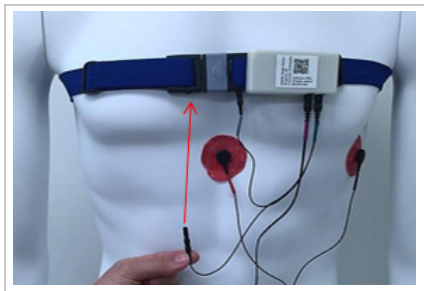
positive – center of chest

negative – left side of ribcage

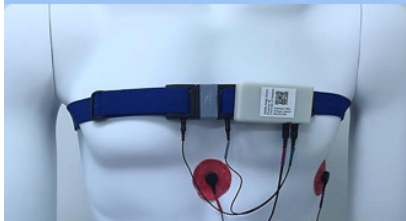


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7. Plug the remaining breathing connector into the open gold connector on the clasp.



DONE! Your equipment and cables should look like this:



wearing the wrist sensors



1. Make sure 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			
Breathing ✗	Heart Rate ⚠	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.

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!

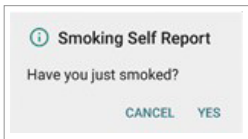
if you smoke a cigarette



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



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



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.

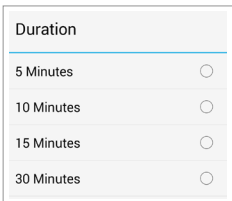
1. Tap the *Turn On* button under Privacy.



2. Tap *Set Privacy Duration*.



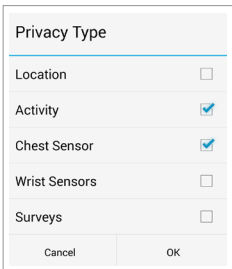
3. Choose how long you want to be in Privacy Mode.



4. Tap *Set Privacy Type*.



5. Tap the checkboxes to choose which features you want to put in Privacy Mode then tap *OK*.



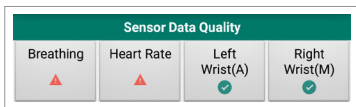
6. Tap *Start* when finished.



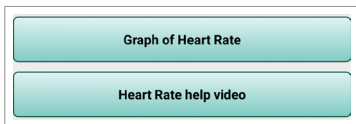
graphs and troubleshooting



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.



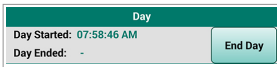
When finished, use the smartphone's Back button to manually return to the mCerebrum app.

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!

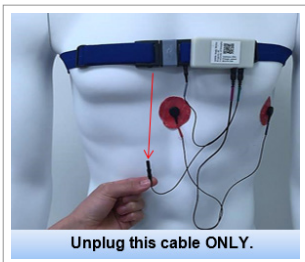


2. Take the two wristbands off. Place each wristband face-down on the center of the charger.

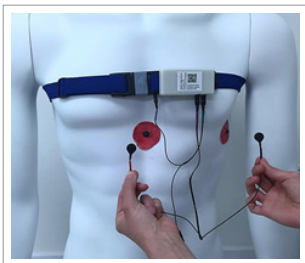


Blue LED lights on the charger will slowly flash on and off repeatedly to confirm the wristband is charging.

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

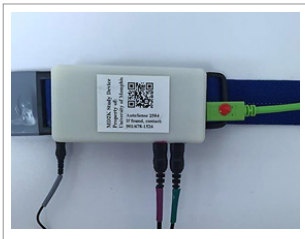


4. Remove the two ECG connectors from the electrode stickers.



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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.