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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.

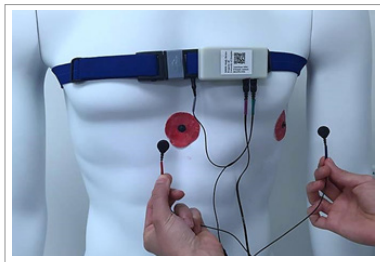


5. Peel off the covering from the two electrode stickers. Place the stickers on your body as shown in the picture below.

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

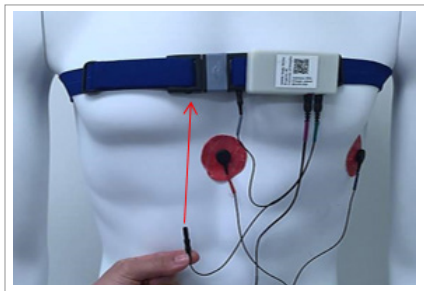
positive – center of chest

negative – left side of ribcage

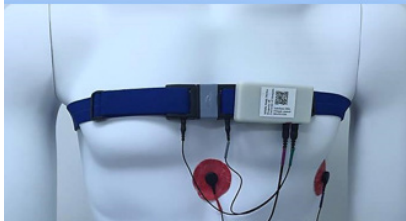


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7. Plug the remaining breathing connector into the open gold connector on the clasp.



DONE! Your equipment and cables should look like this:



wearing the wrist sensor



1. Make sure the 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.


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 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.

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.



Place the wrist sensor face-down on the center of the charger. The blue LED lights on the charger confirm the sensor is charging.

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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 MINUTE!

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privacy



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

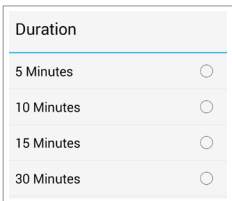
1. Tap the *Turn On* button under Privacy.



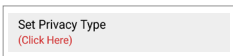
2. Tap *Set Privacy Duration*.



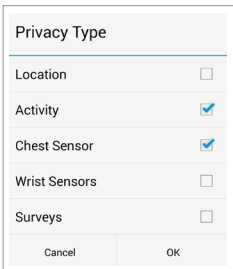
3. Choose how long you want to be in Privacy Mode.



4. Tap *Set Privacy Type*.



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



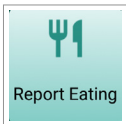
6. Tap *Start* when finished.



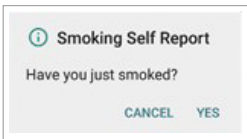
smoking/eating report



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



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



intervention apps



If you are experiencing stress or withdrawal symptoms, you may wish to complete an intervention exercise. To do this, tap the Intervention button (shown above) and then select one of the Intervention apps on the next screen.



The Mood Surfing app contains 3 exercises. Select one of the following to begin an exercise.

Use your Imagination

Use Your Imagination can help you identify and manage negative thoughts/emotions.

Notice and Accept

Notice and Accept can help you pinpoint and reduce physical symptoms of stress and withdrawal.

Surf the Mood

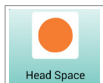
Surf the Mood can help you guide your mind to a calm place away from negative thoughts.

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The Thought Shakeup app is designed to help you reframe negative thoughts that may contribute to stress. Tap the *Shakeup Your Thoughts* button to begin the exercise.

Shakeup Your Thoughts

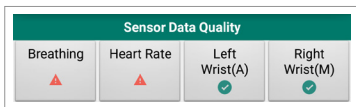


The HeadSpace app offers modules to help regulate stress. All of the modules are available for you; however, we recommend starting with the *Basic Take 10* module. Upon your first visit to HeadSpace, you will be guided through a brief tutorial with instructions on how to use and navigate the app.

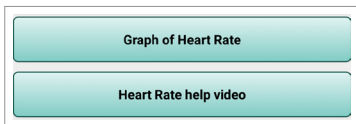
graphs and troubleshooting



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.