

If you have any questions or problems with the equipment, please call **Cesar Olmos** at **310-339-7162**.

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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

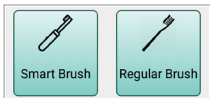
Sensor Data Quality	
Left Wrist ✗	Right Wrist ✓

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.

brushing your teeth



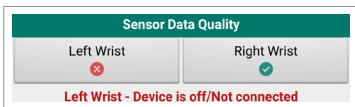
Tap the appropriate button to select whether you will be using the smart toothbrush or a regular toothbrush.



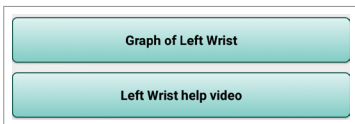
graphs and troubleshooting



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.

if you need privacy



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

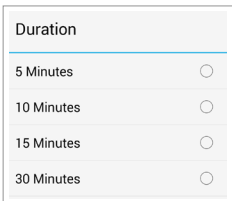
1. Tap the *Turn On* button under Privacy.



2. Tap *Set Privacy Duration*.



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

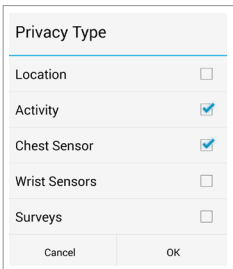


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4. Tap *Set Privacy Type*.



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



6. Tap *Start* when finished.



taking off the equipment



Take off all equipment right before bed.

1. Remove the two wristbands. 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.

2. 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.