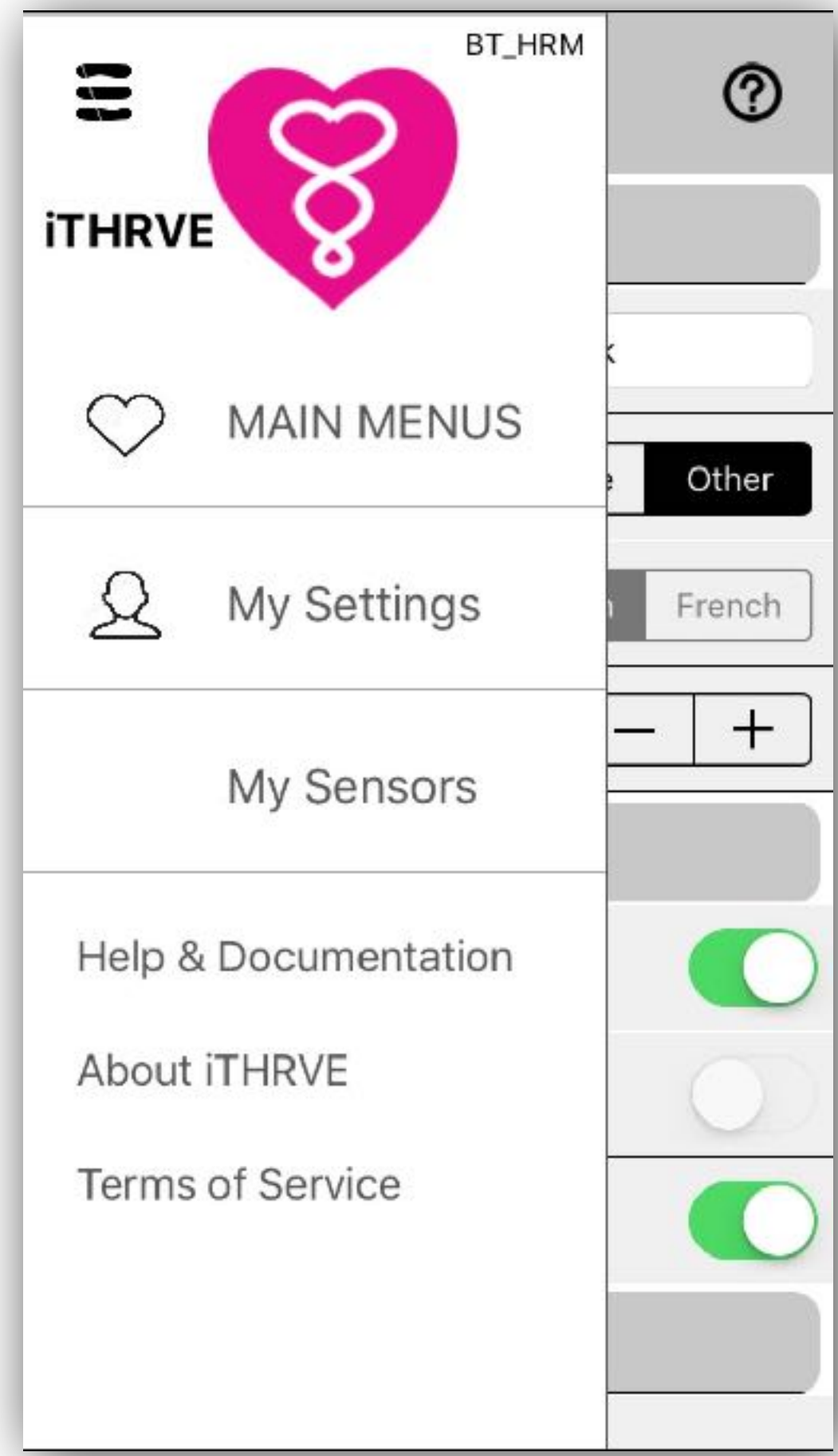
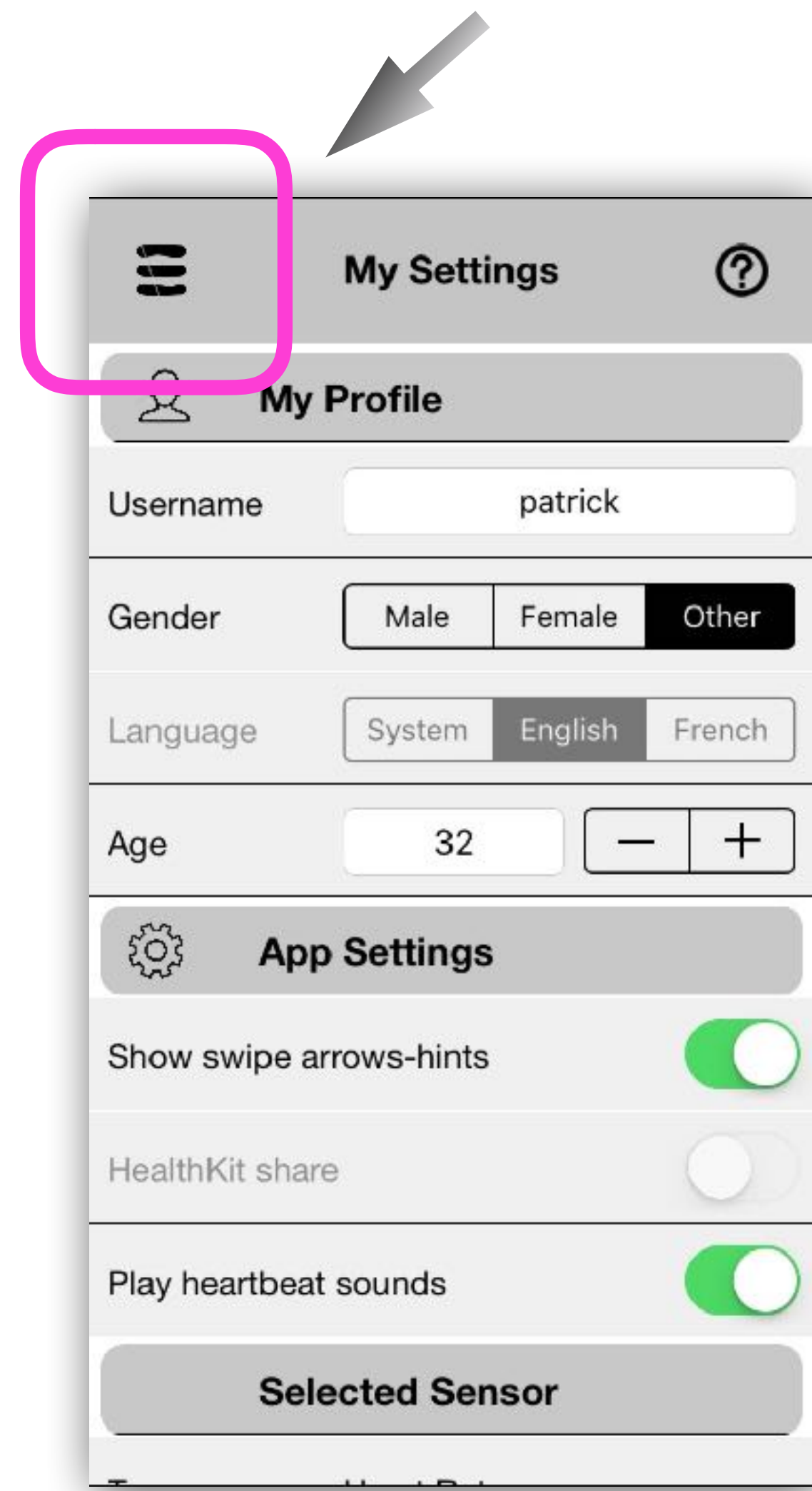


Insert  
Your Name, Your Gender & Your Age

Leave the swipe arrows selected.  
They will help you during the first uses  
of the app.

Turn OFF or ON the heart beats  
sounds. Better to leave them ON for  
the first use of the app.



# Selecting a new HRV Bluetooth sensor

**Only if you are using HRV Bluetooth sensor**

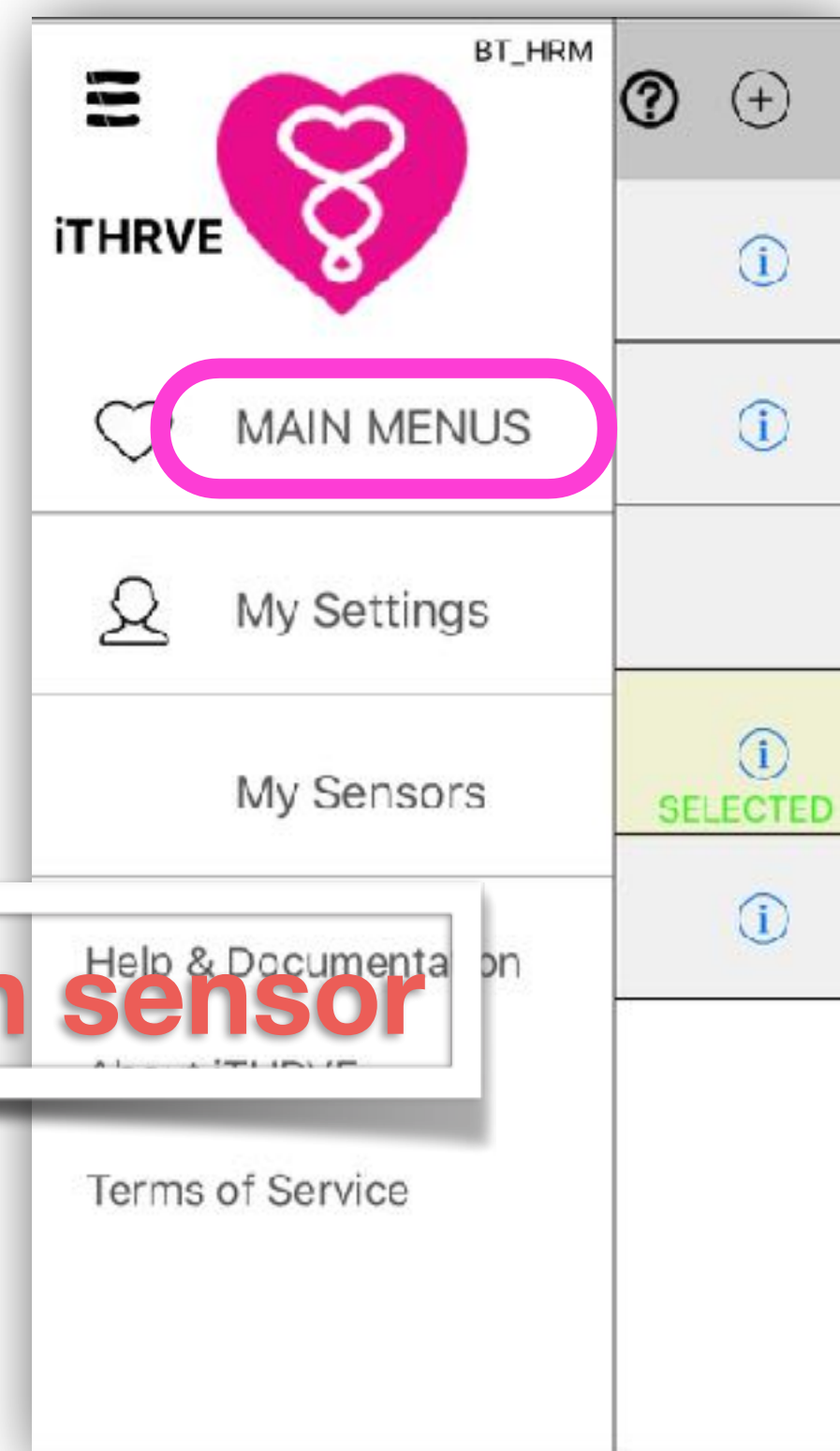
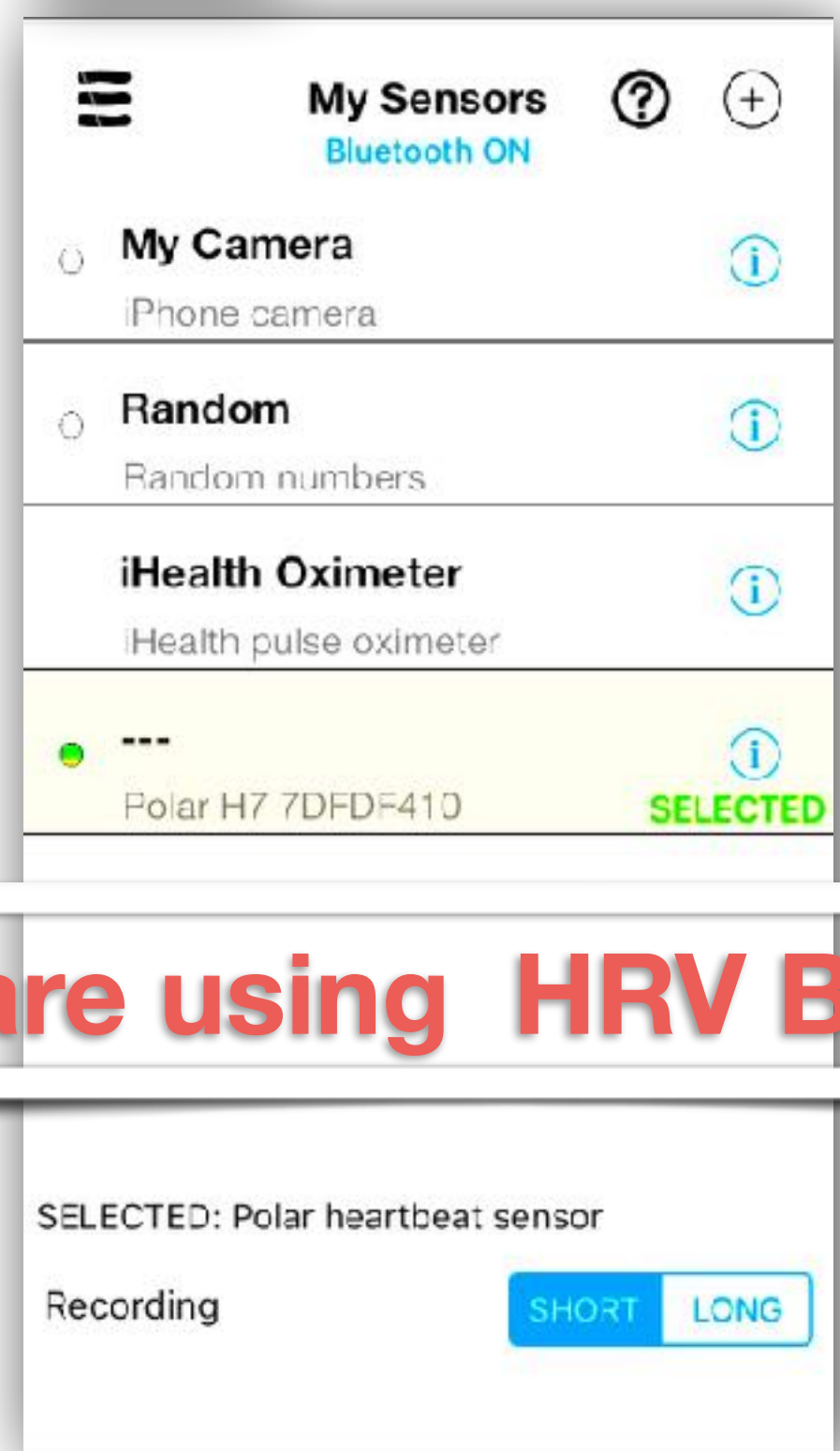
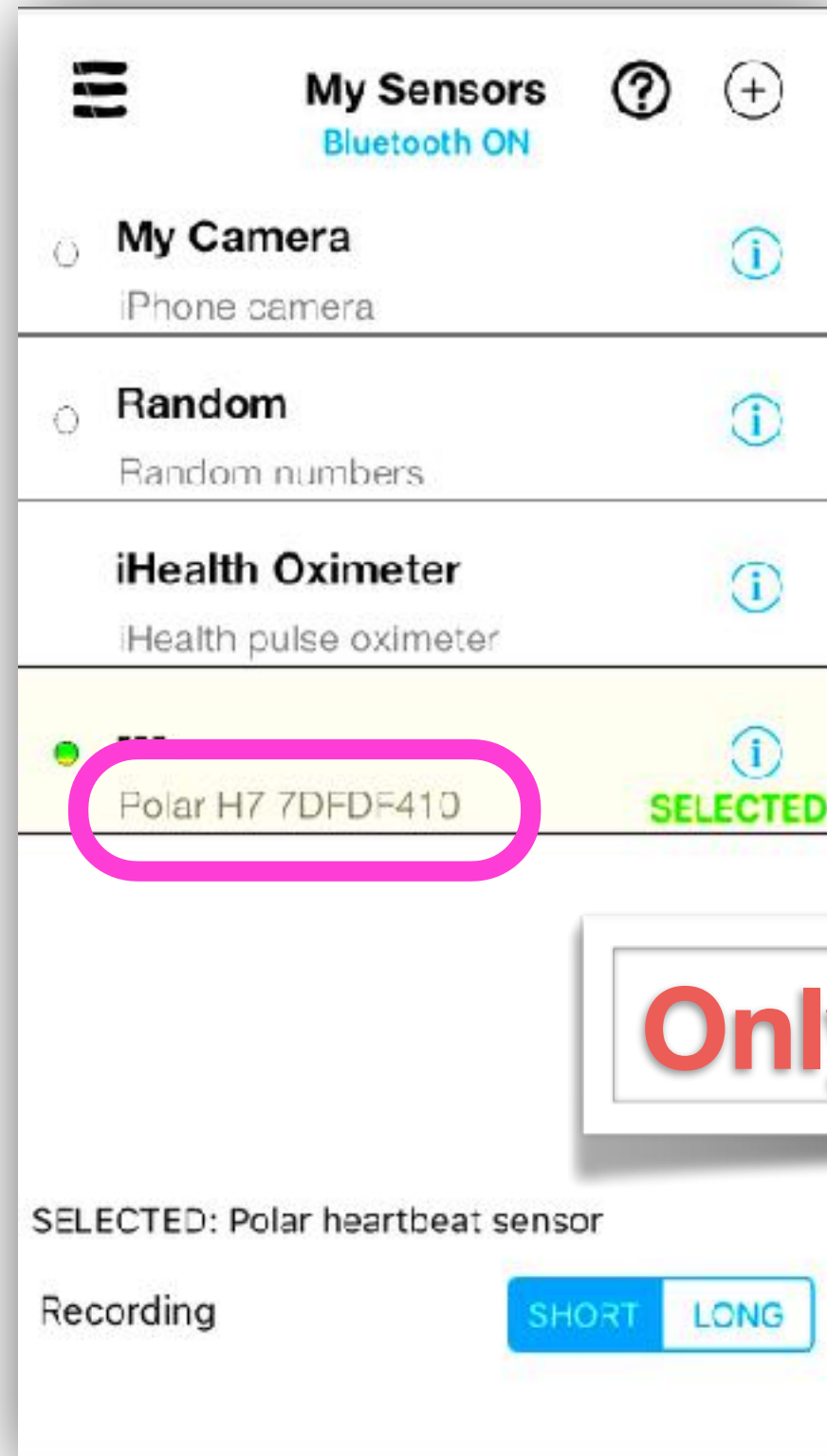
The process is shown in five sequential screenshots:

- My Sensors Menu:** The 'My Sensors' option in the left-hand menu is highlighted with a pink circle.
- My Sensors List:** The 'My Sensors' screen shows a list of sensors. A pink circle highlights the '+' button in the top right corner.
- Bluetooth Devices Loading:** The 'Bluetooth Devices' screen shows a loading spinner in the center.
- Bluetooth Devices List:** The 'Bluetooth Devices' screen shows a list of devices. The device 'Polar H7 7DFDF410' is circled in pink.
- Bluetooth Device Details:** The details screen for the selected device shows various attributes. The 'Add Sensors' button at the bottom is circled in pink.

**Only if you are using HRV Bluetooth sensor**

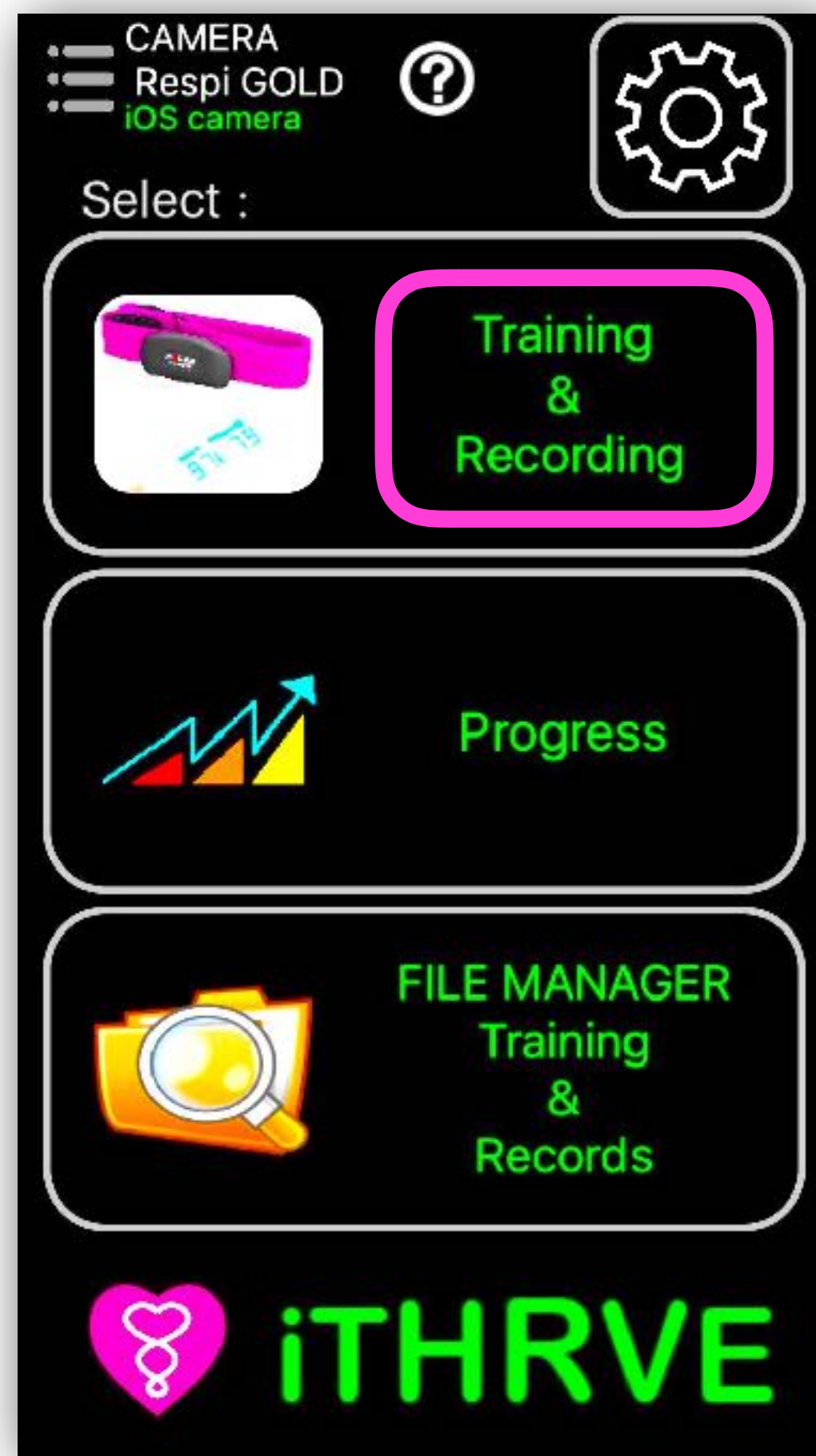
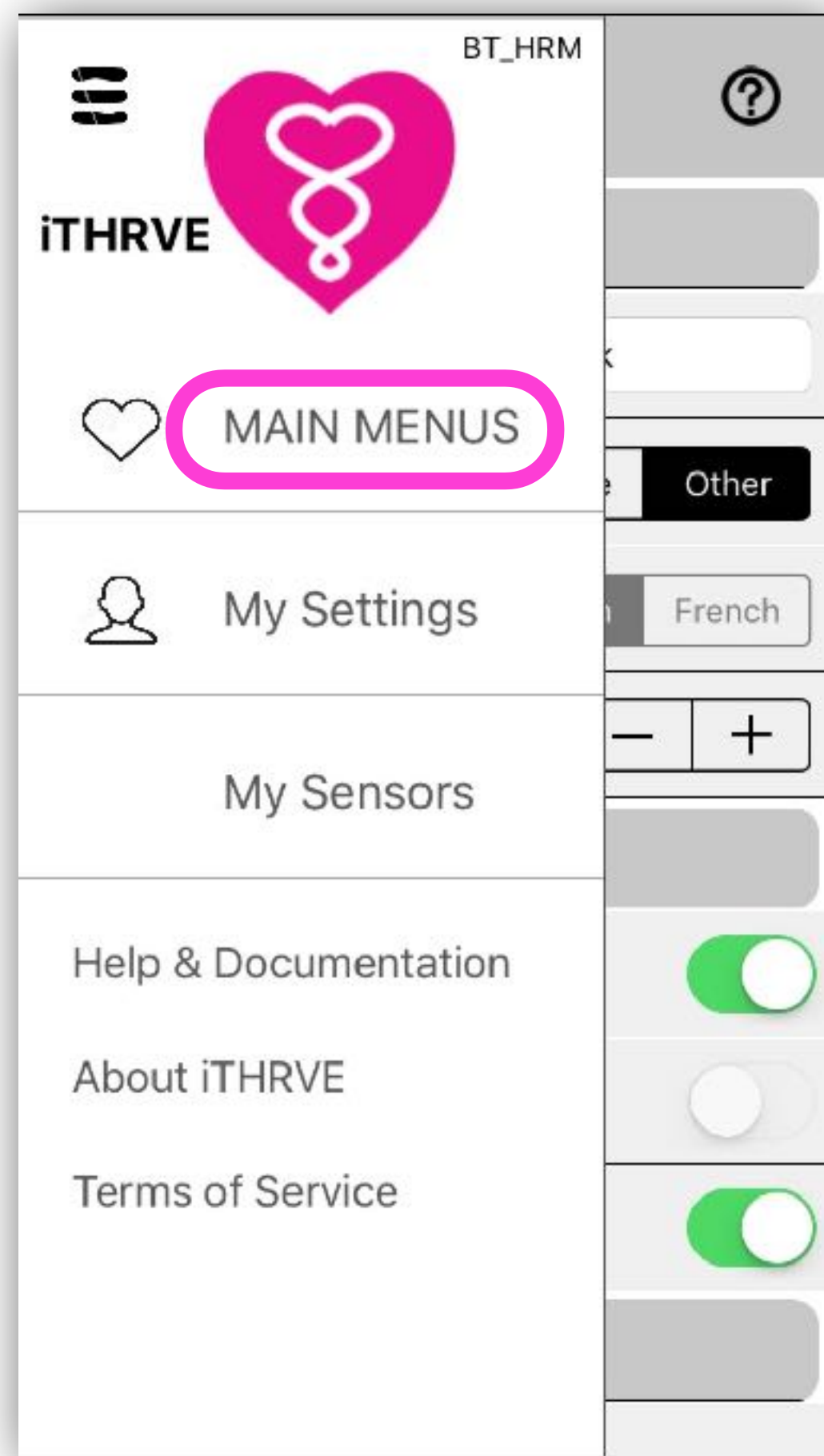
SELECTION: Camera sensor.  
The flash light can capture with medium-quality results your heartbeat, allowing a first analysis of your HRV. Still, you shouldn't move, and learn how to put the finger appropriately, to get some medium-quality results.

# Selecting a new HRV Bluetooth sensor

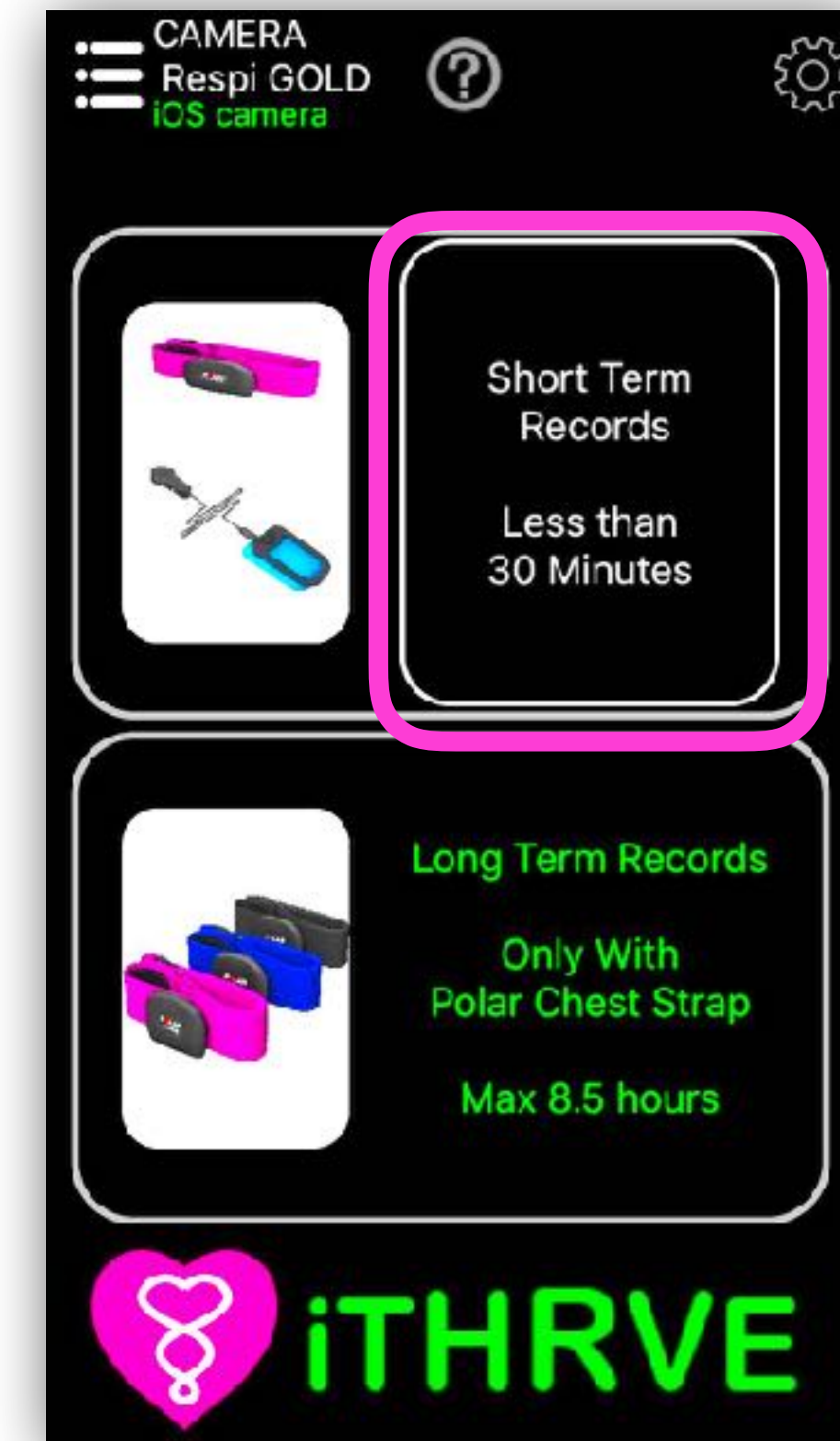
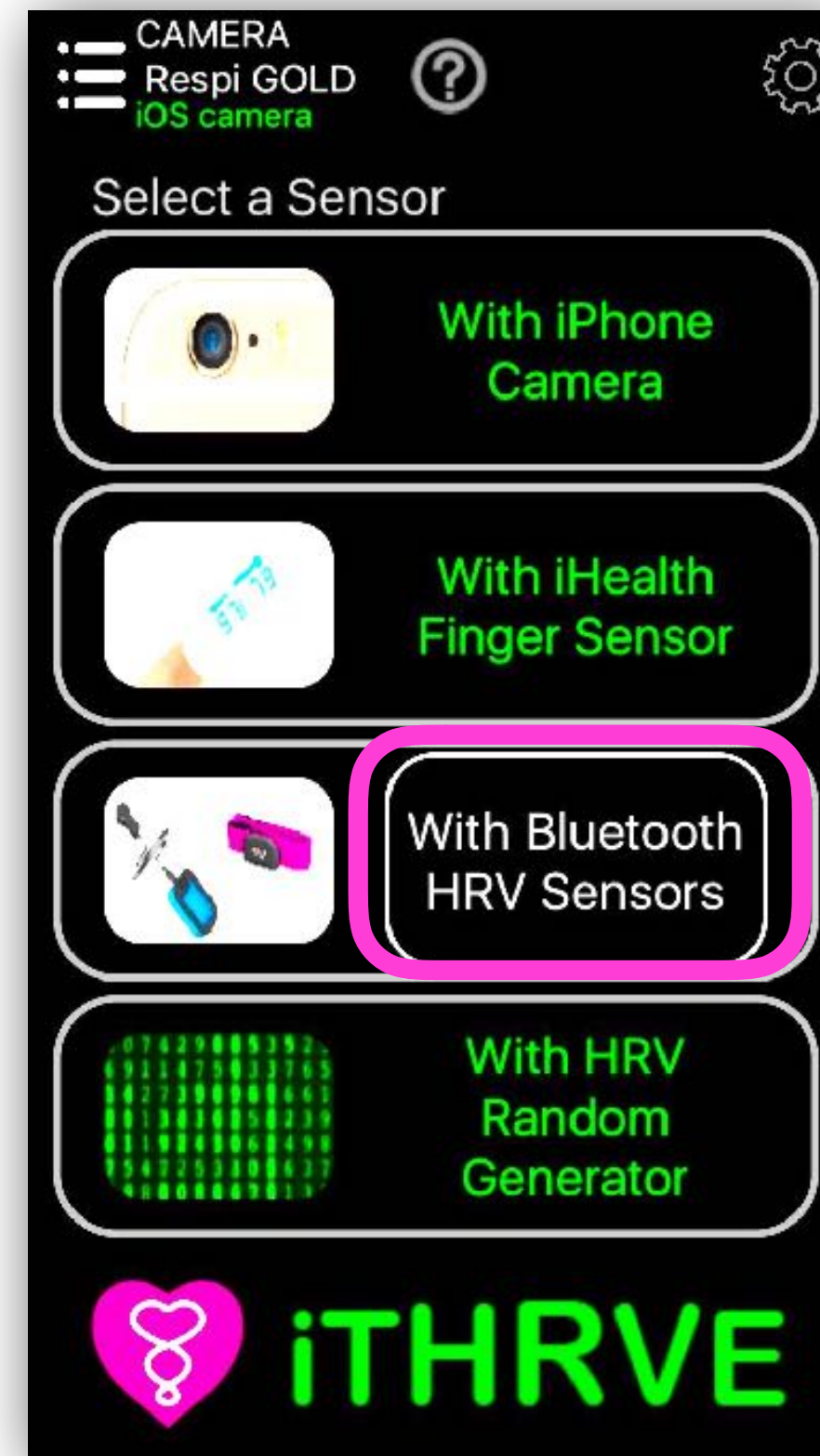
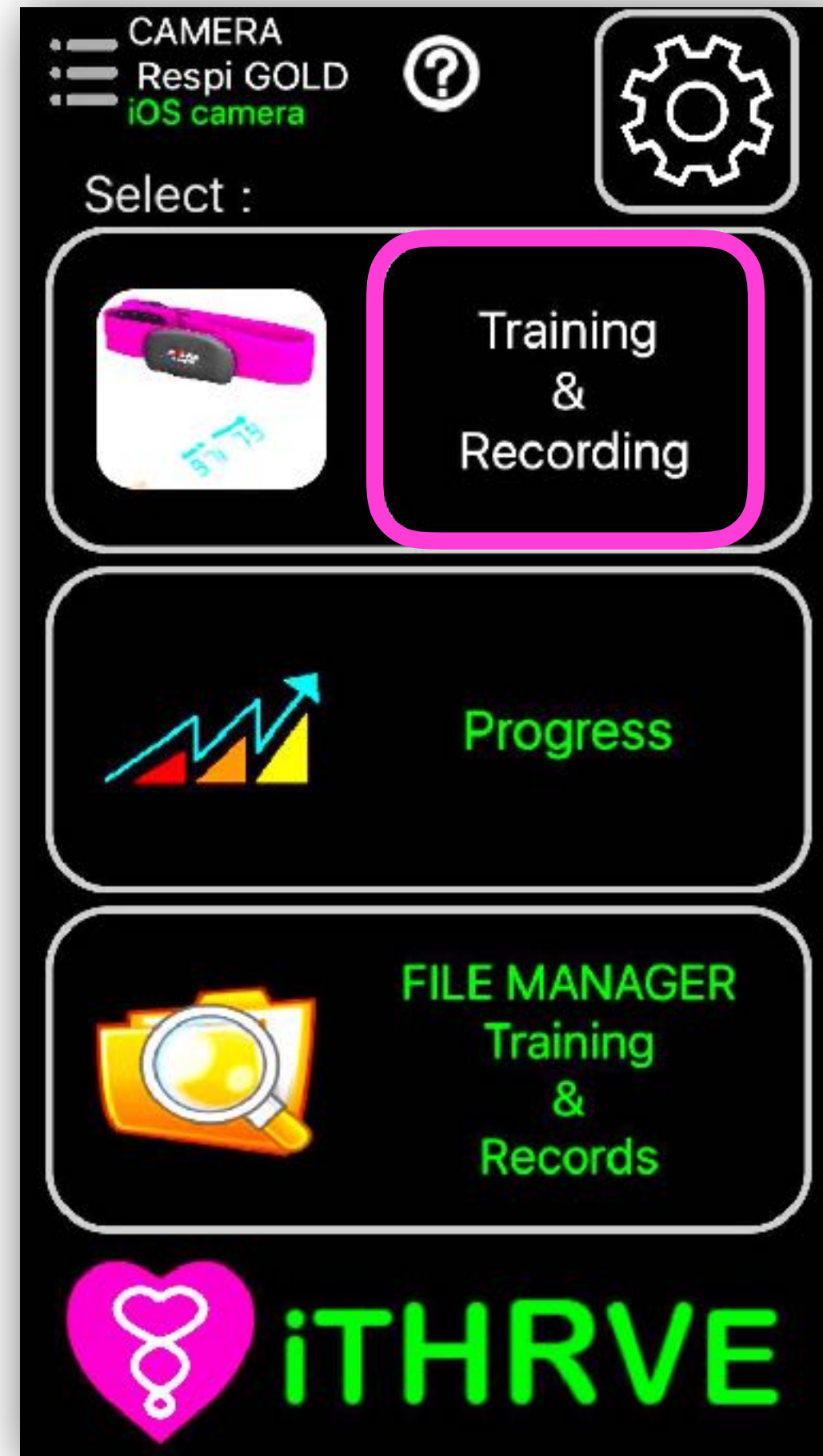


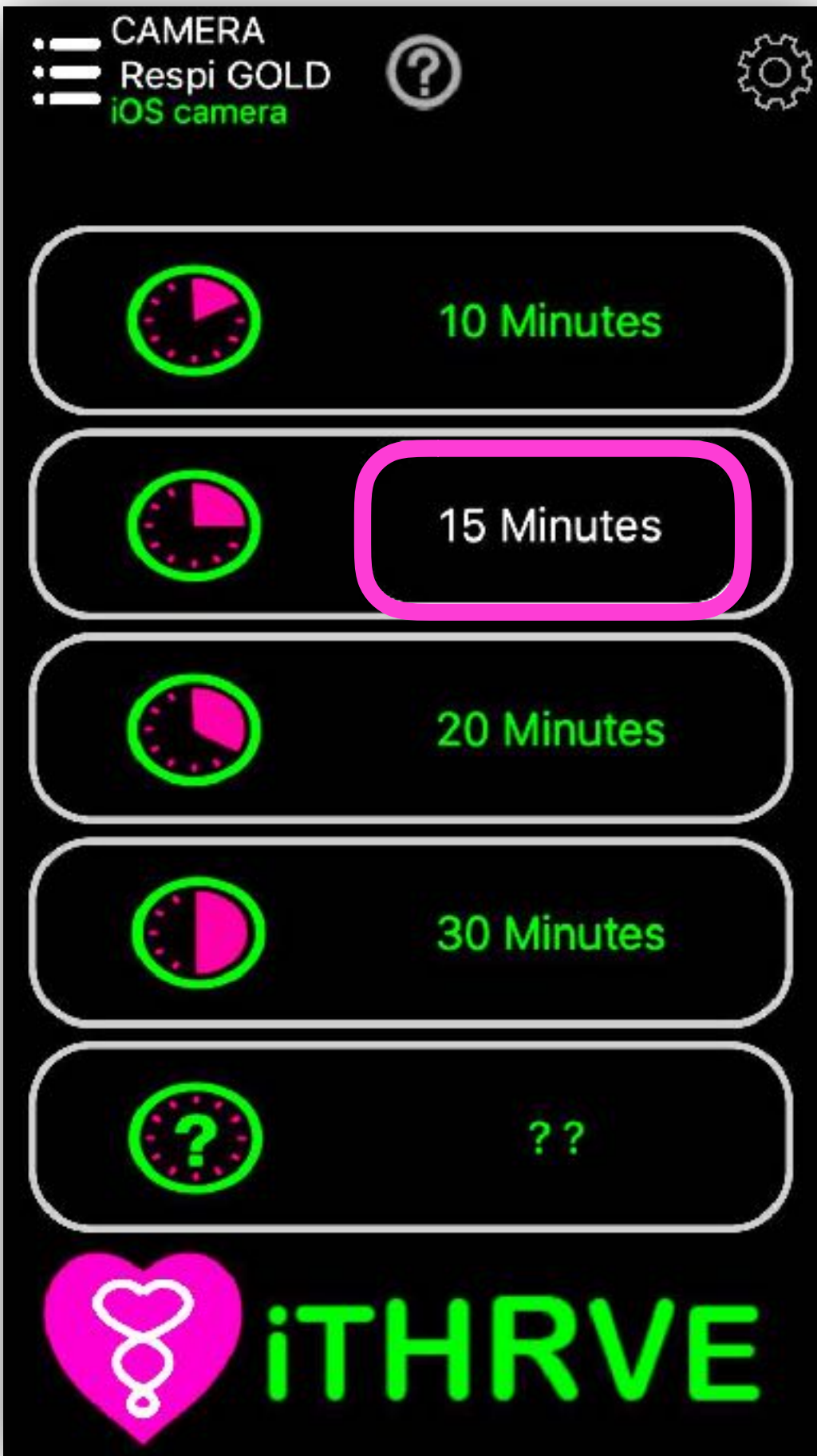
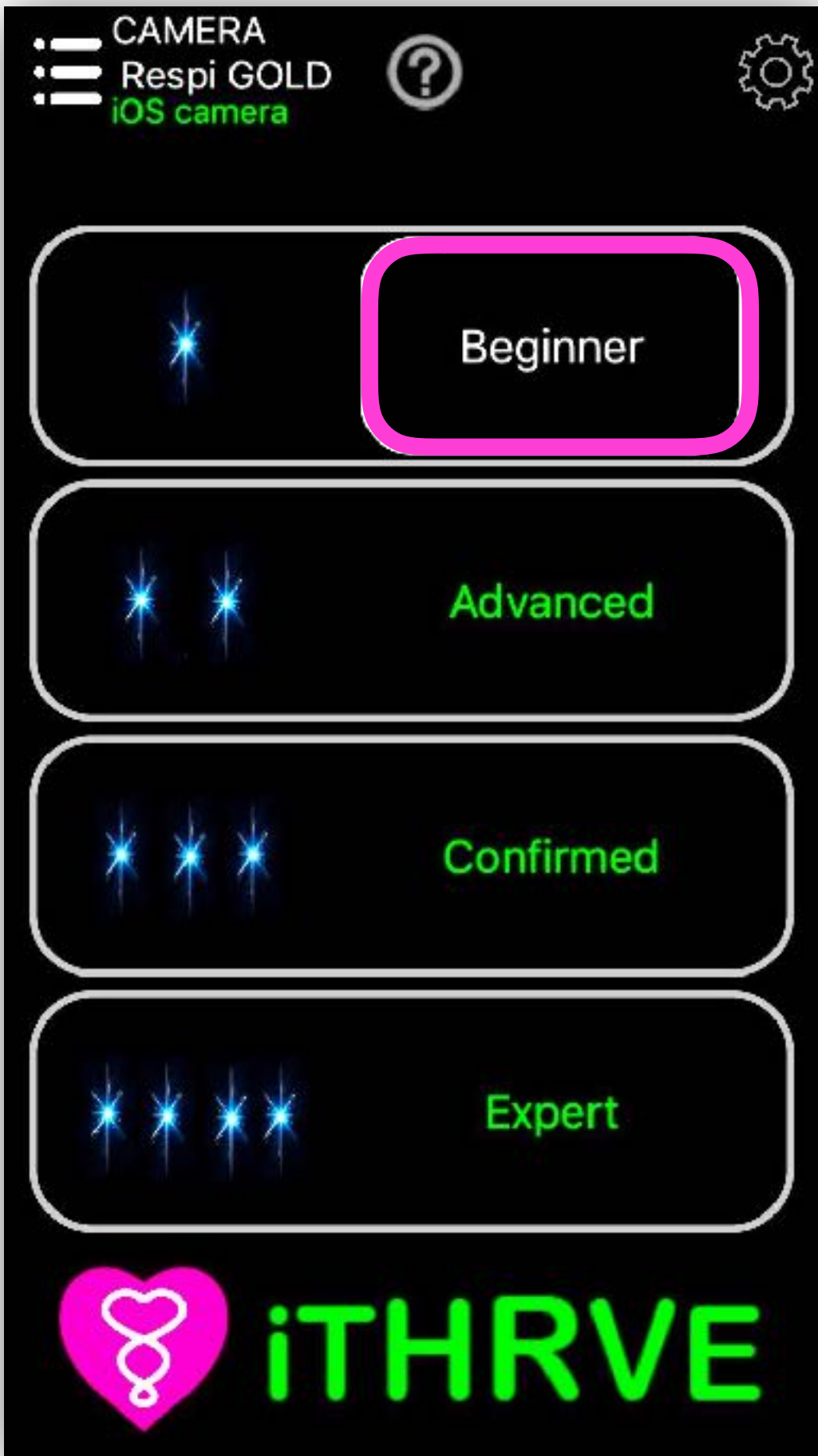
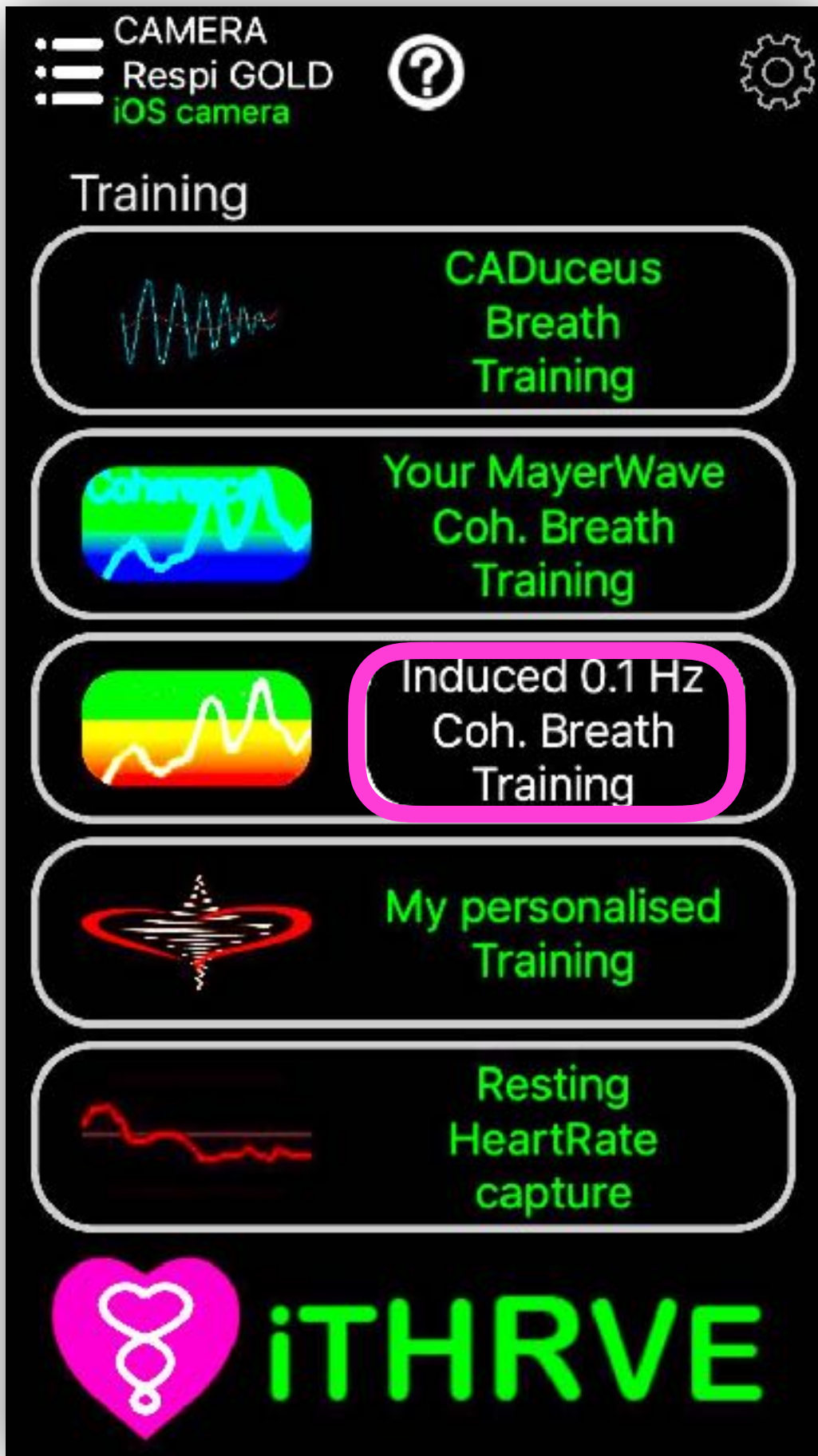
**Only if you are using HRV Bluetooth sensor**



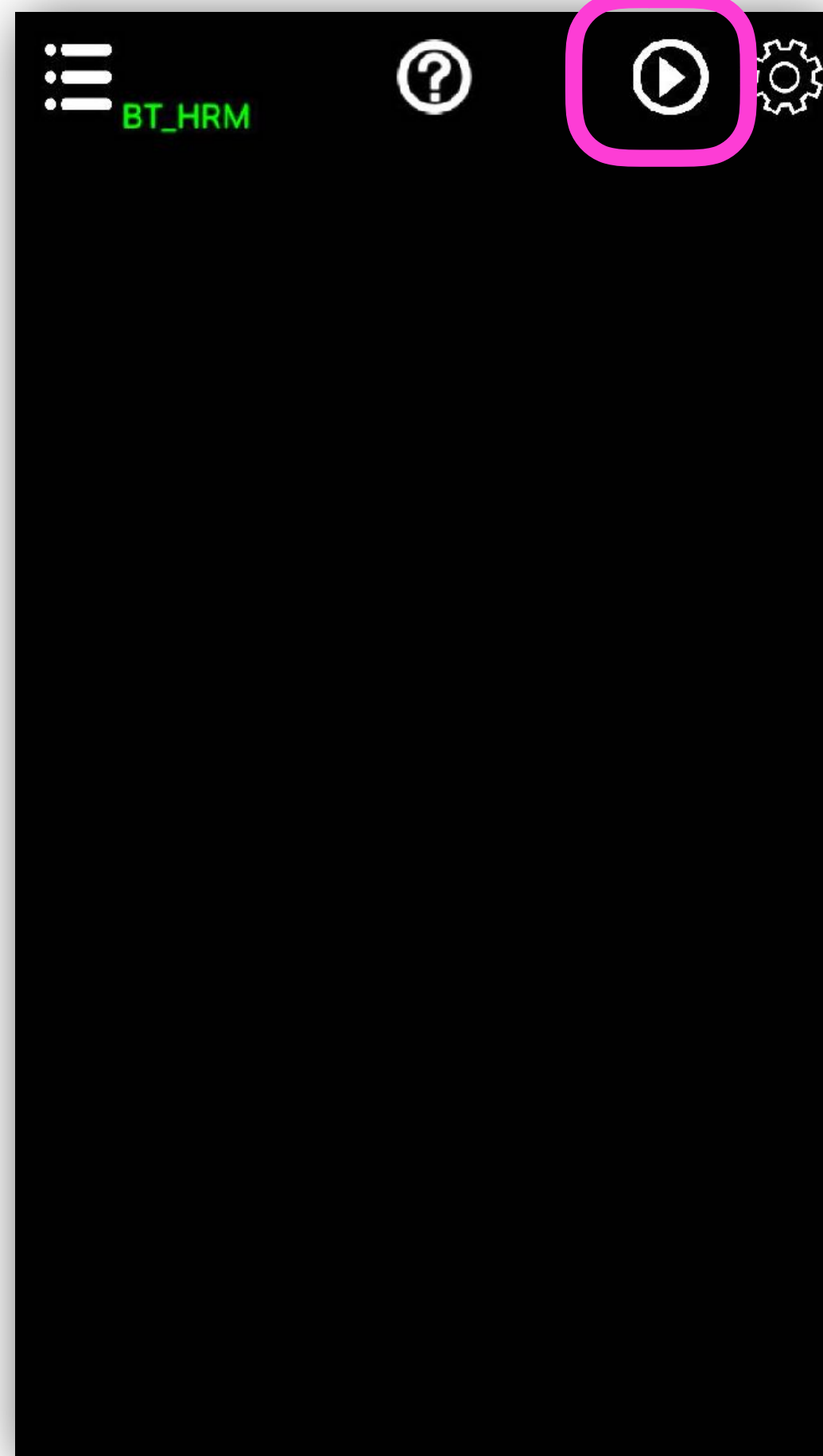


**if you are using HRV Bluetooth sensor**









Heart Rate

Remaining Time

Heart Rate Variability

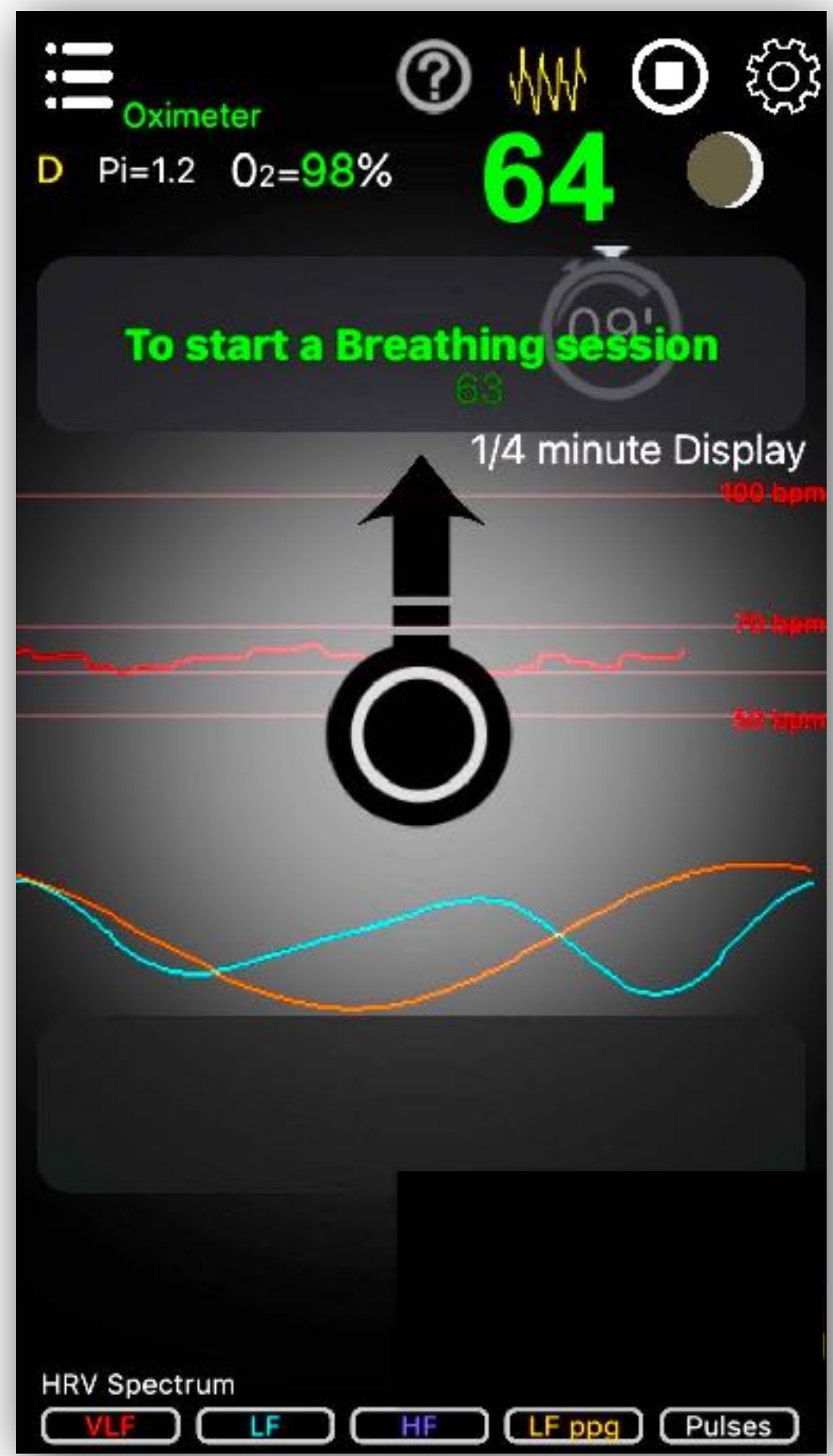
VLF, LH, HF Waves

Heart Rate Spectrum

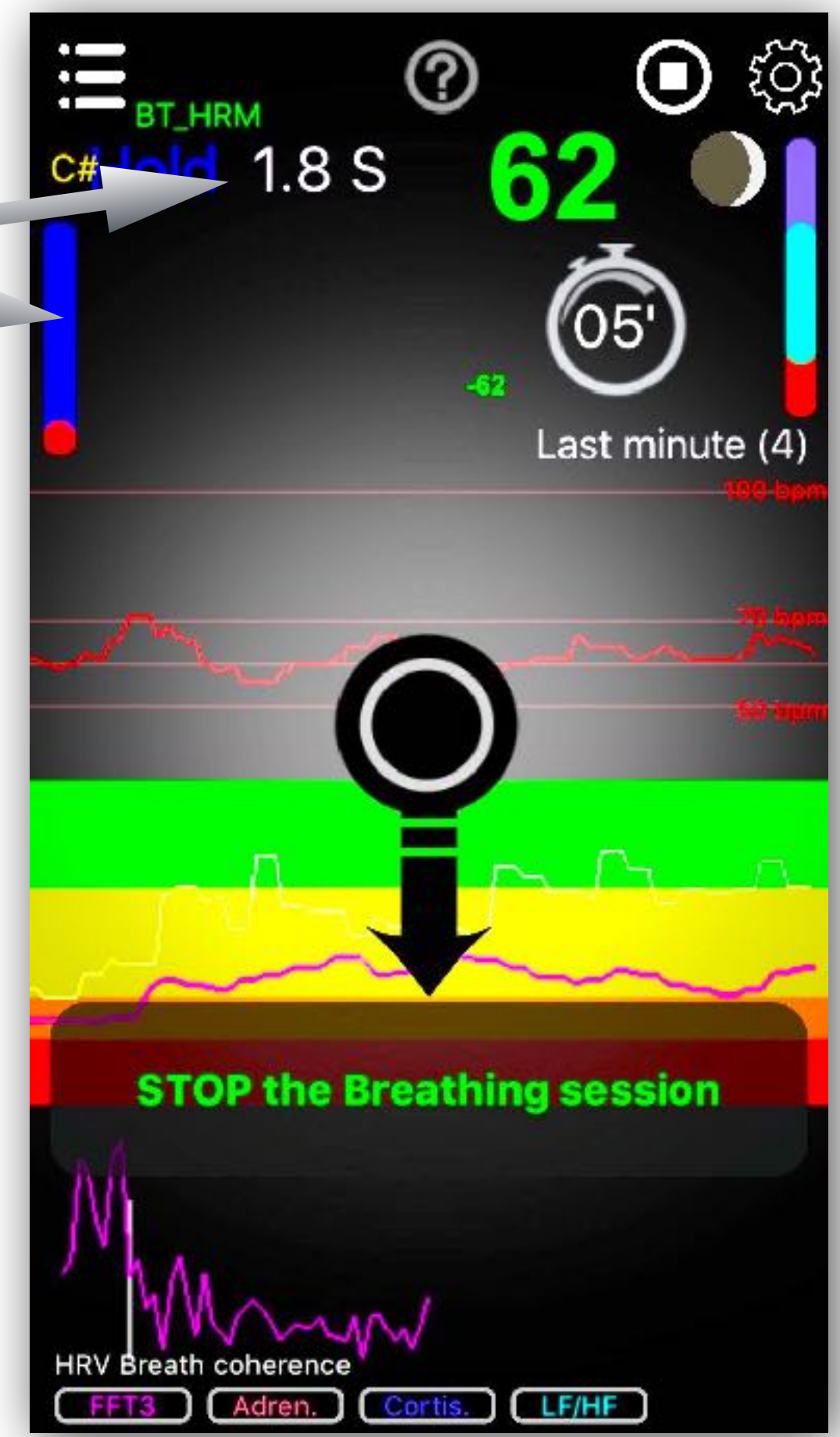
Buttons to show/hide parts of the display



To start/stop a breathing session



Breath in/out



After 1 minute

### Waves & Spectrum



### Coherence displays



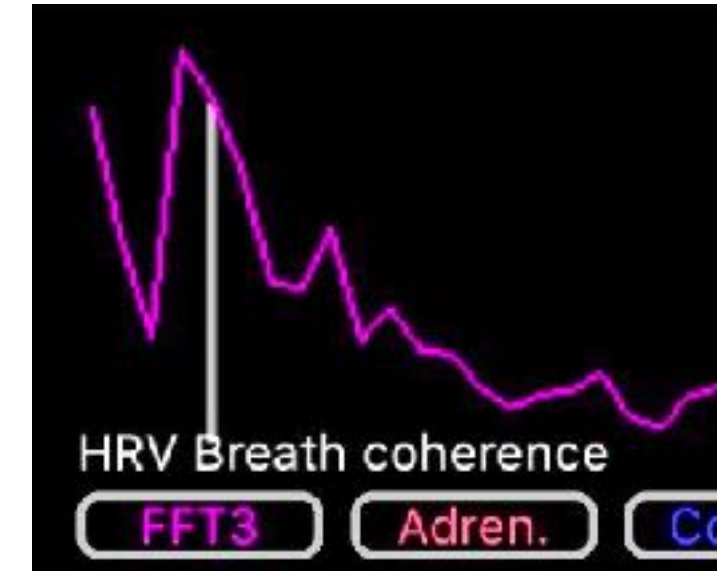
Slide left or right  
this part of the screen  
to switch between  
these 2 display options



After 2 minutes



HRV  
FFT3  
Coherence



Slide left or right  
this lower part of the  
screen  
to switch between  
these display options

Music  
Keys



After minimum 4 minutes

press **STOP**  
for analysis

