

The screenshot shows the 'My Settings' app interface. At the top is a header bar with a hamburger menu icon on the left, the title 'My Settings' in the center, and a help icon (question mark) on the right. Below the header is a section titled 'My Profile' with a person icon. This section contains four rows: 'Username' with a text field containing 'patrick'; 'Gender' with three buttons labeled 'Male', 'Female', and 'Other' (where 'Other' is selected); 'Language' with three buttons labeled 'System', 'English', and 'French' (where 'English' is selected); and 'Age' with a text field containing '32' and two buttons labeled '-' and '+'. Below the 'My Profile' section is another section titled 'App Settings' with a gear icon. This section contains three rows: 'Show swipe arrows-hints' with a green toggle switch; 'HealthKit share' with a grey toggle switch; and 'Play heartbeat sounds' with a green toggle switch. At the bottom of the settings list is a button labeled 'Selected Sensor'. Four grey arrows originate from the right side of the image and point to the 'Username' field, the 'Other' gender button, the 'English' language button, and the 'Play heartbeat sounds' toggle switch.

**My Settings**

**My Profile**

Username

Gender

Language

Age

App Settings

Show swipe arrows-hints ☒

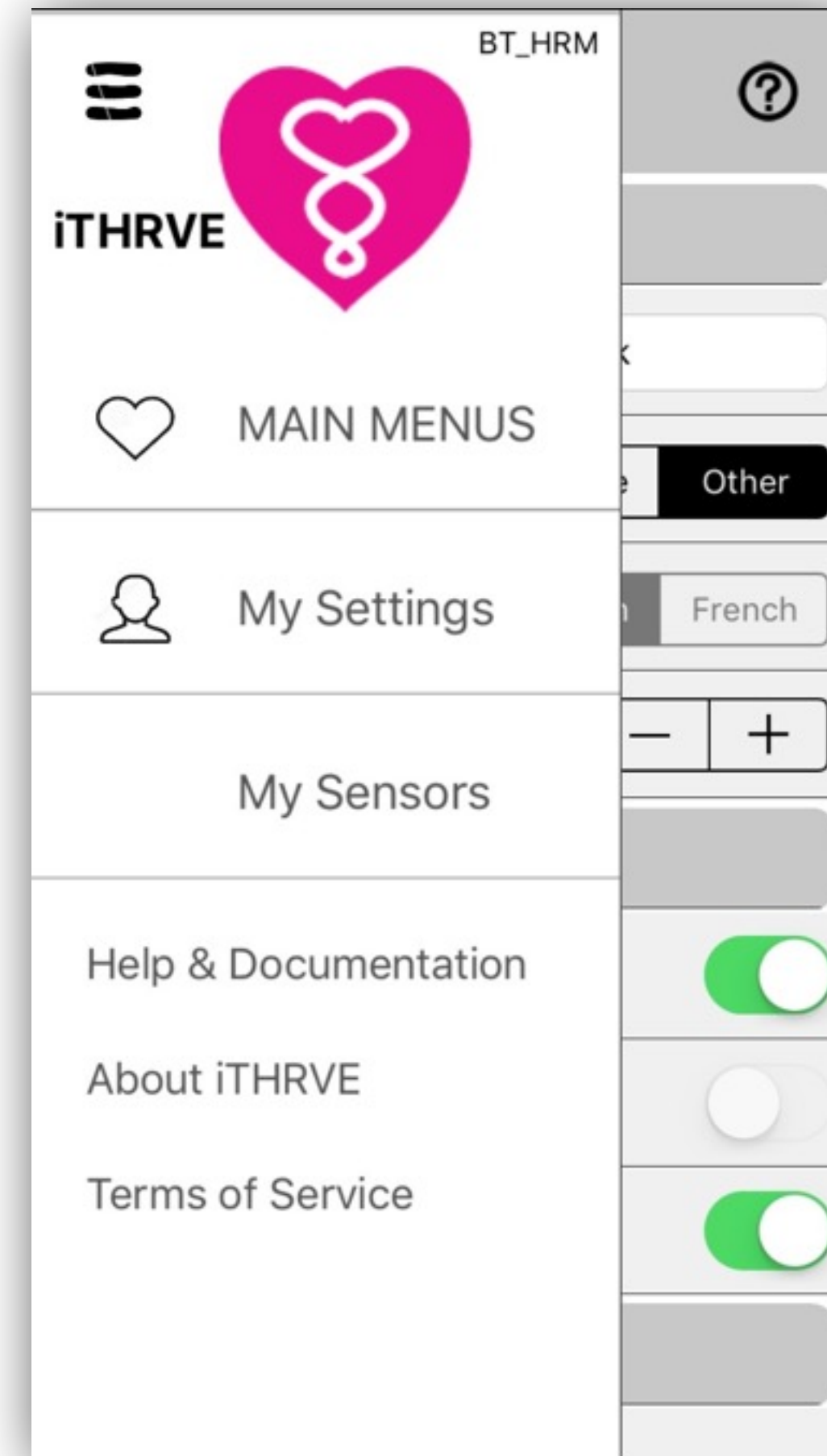
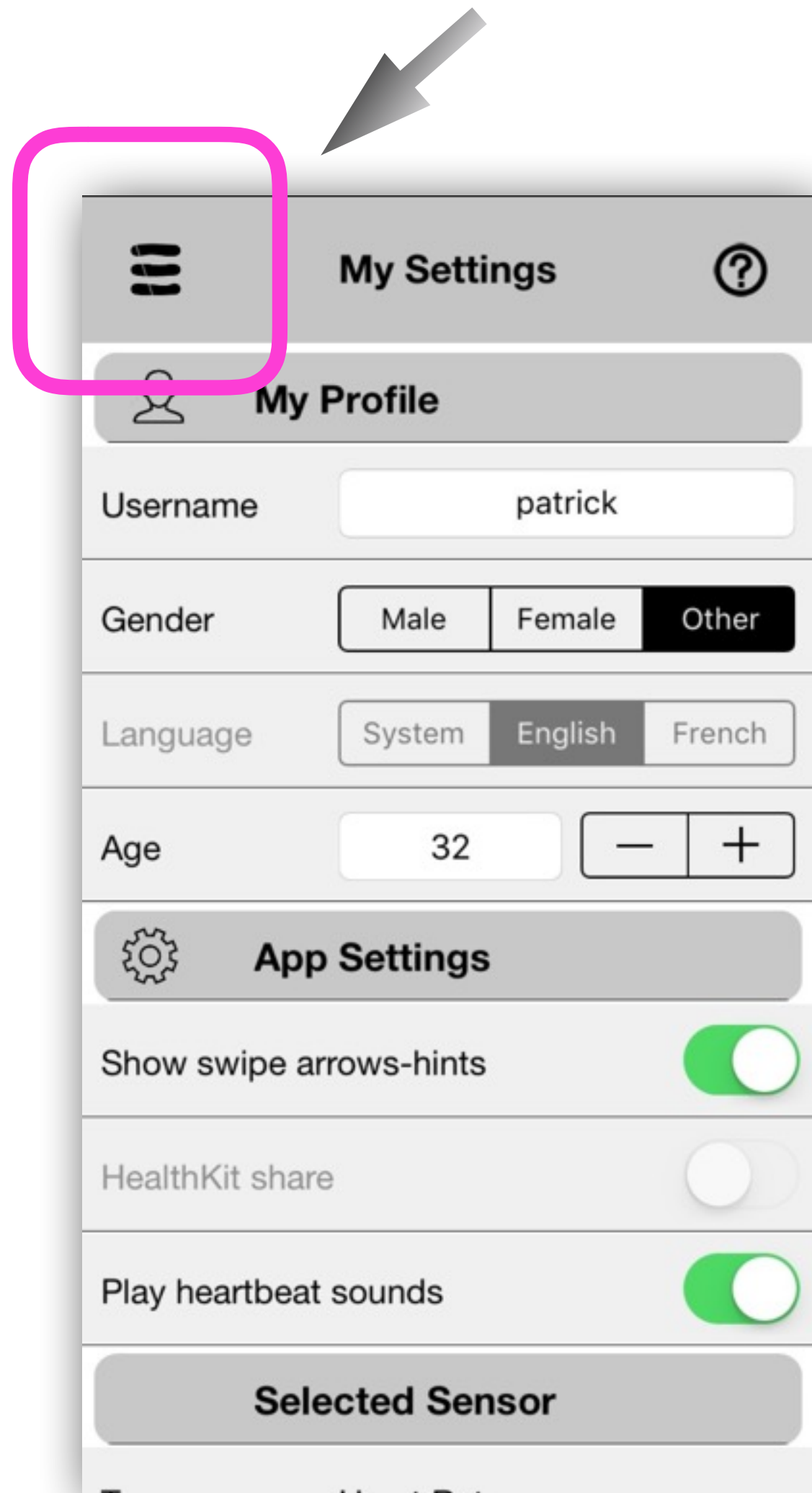
HealthKit share ☐

Play heartbeat sounds ☒

Insert  
Your Name, Your Gender & Your Age

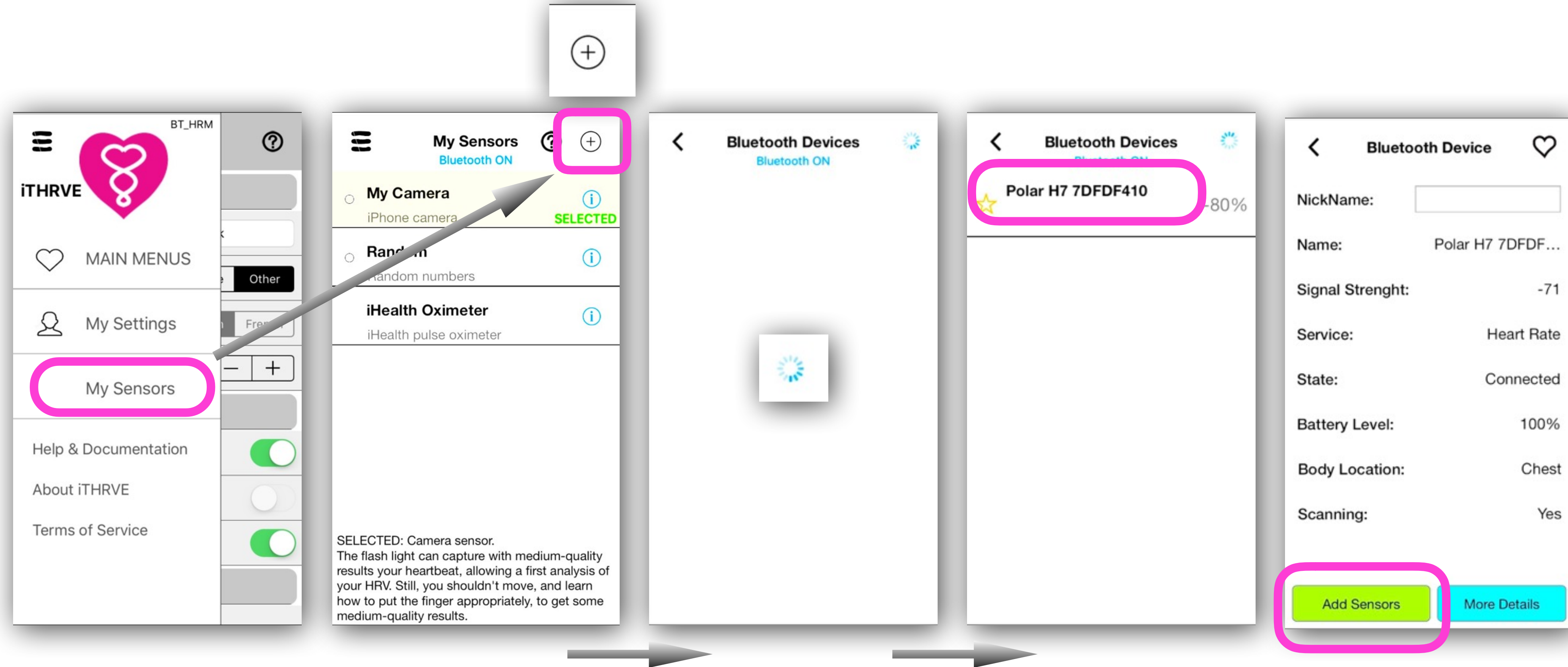
Leave the swipe arrows selected.  
They will help you during the first uses  
of the app.

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

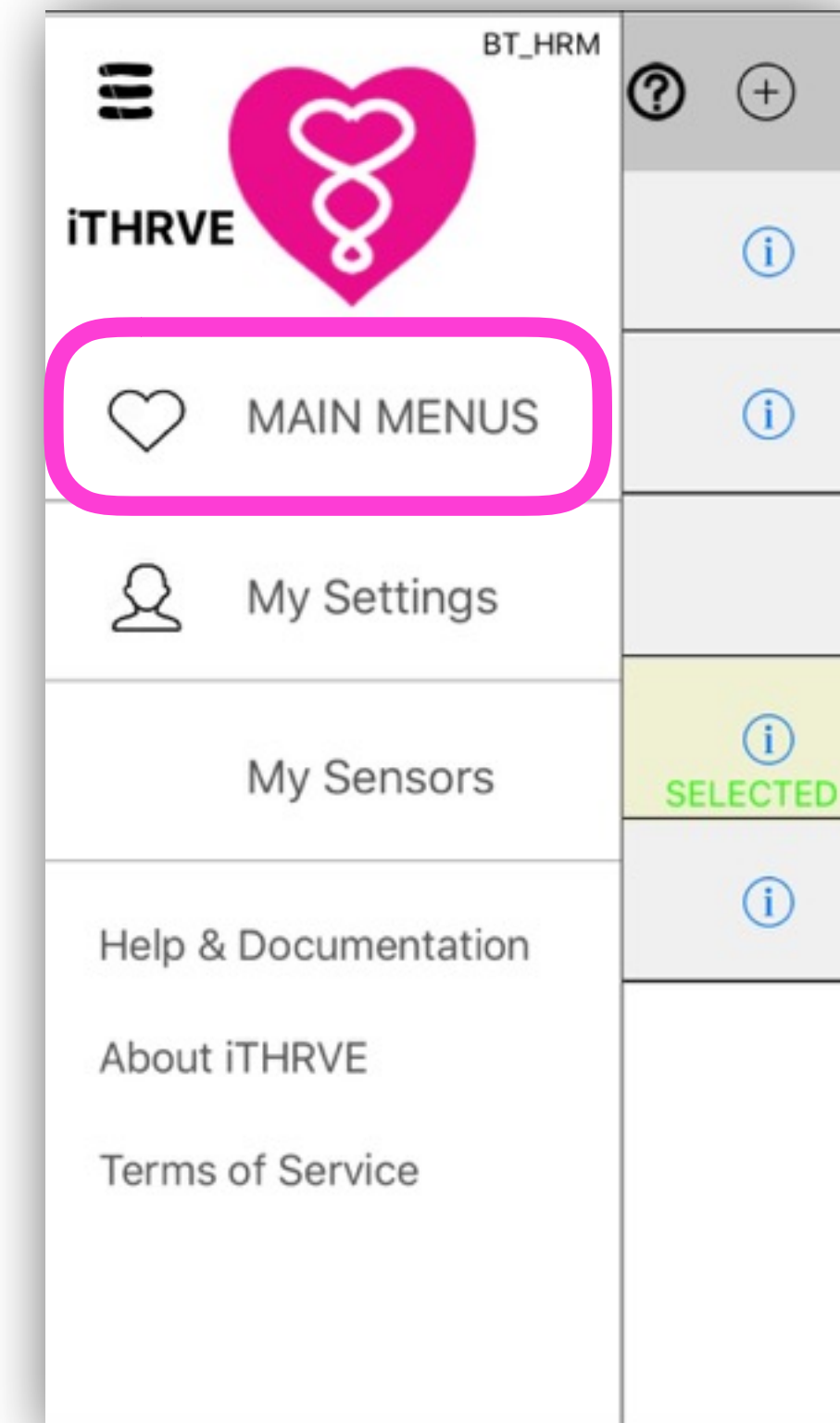
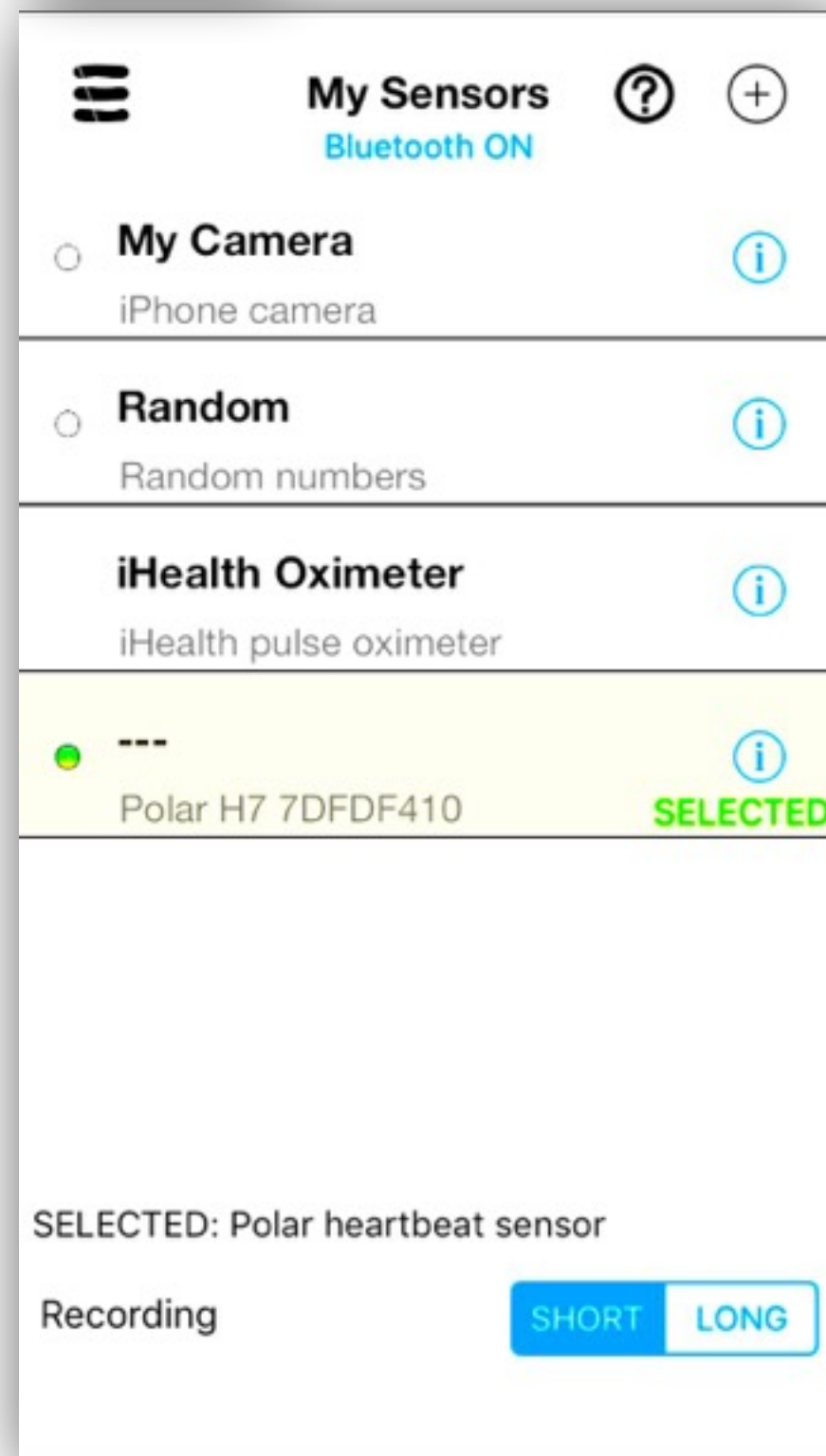
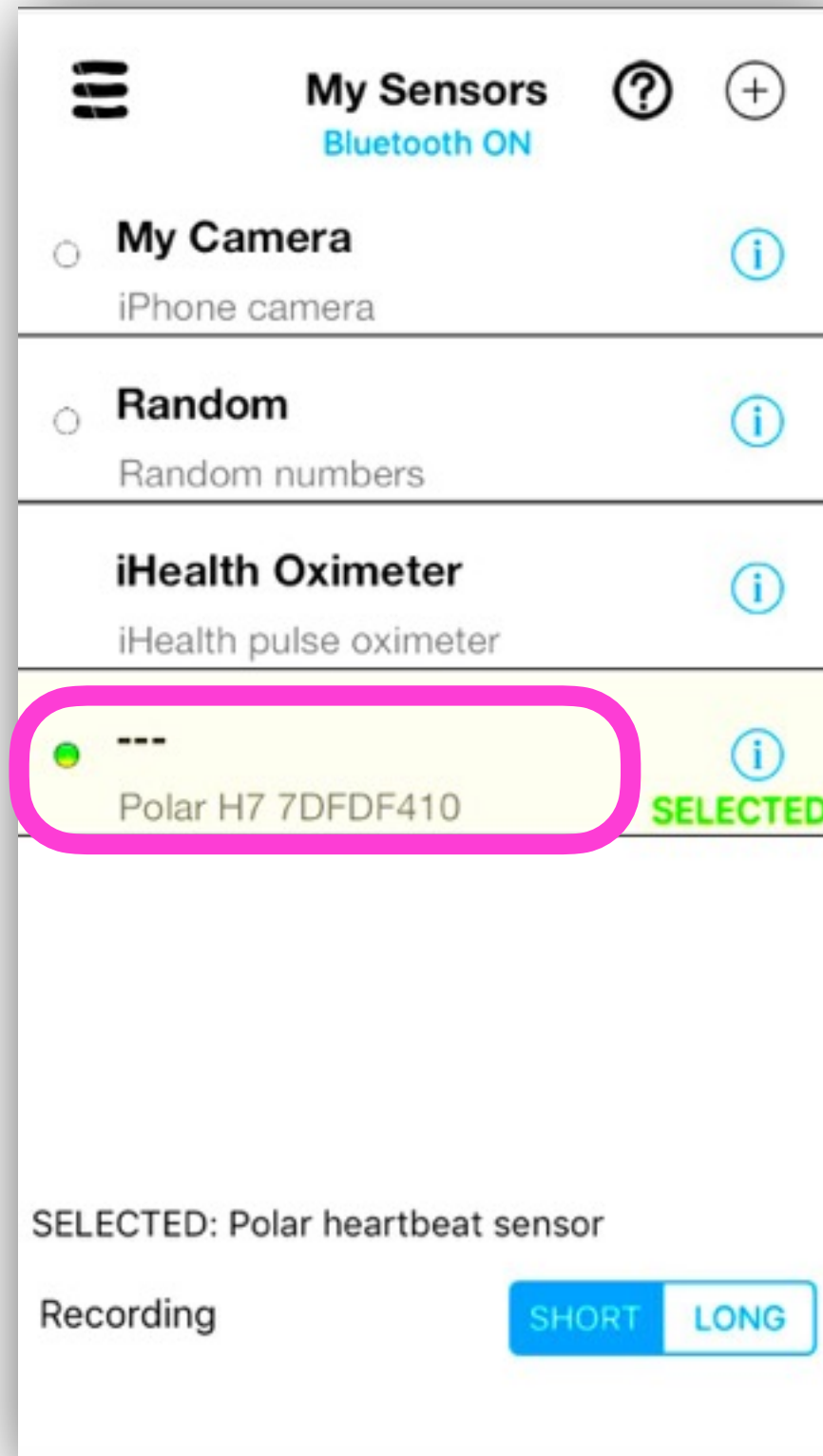


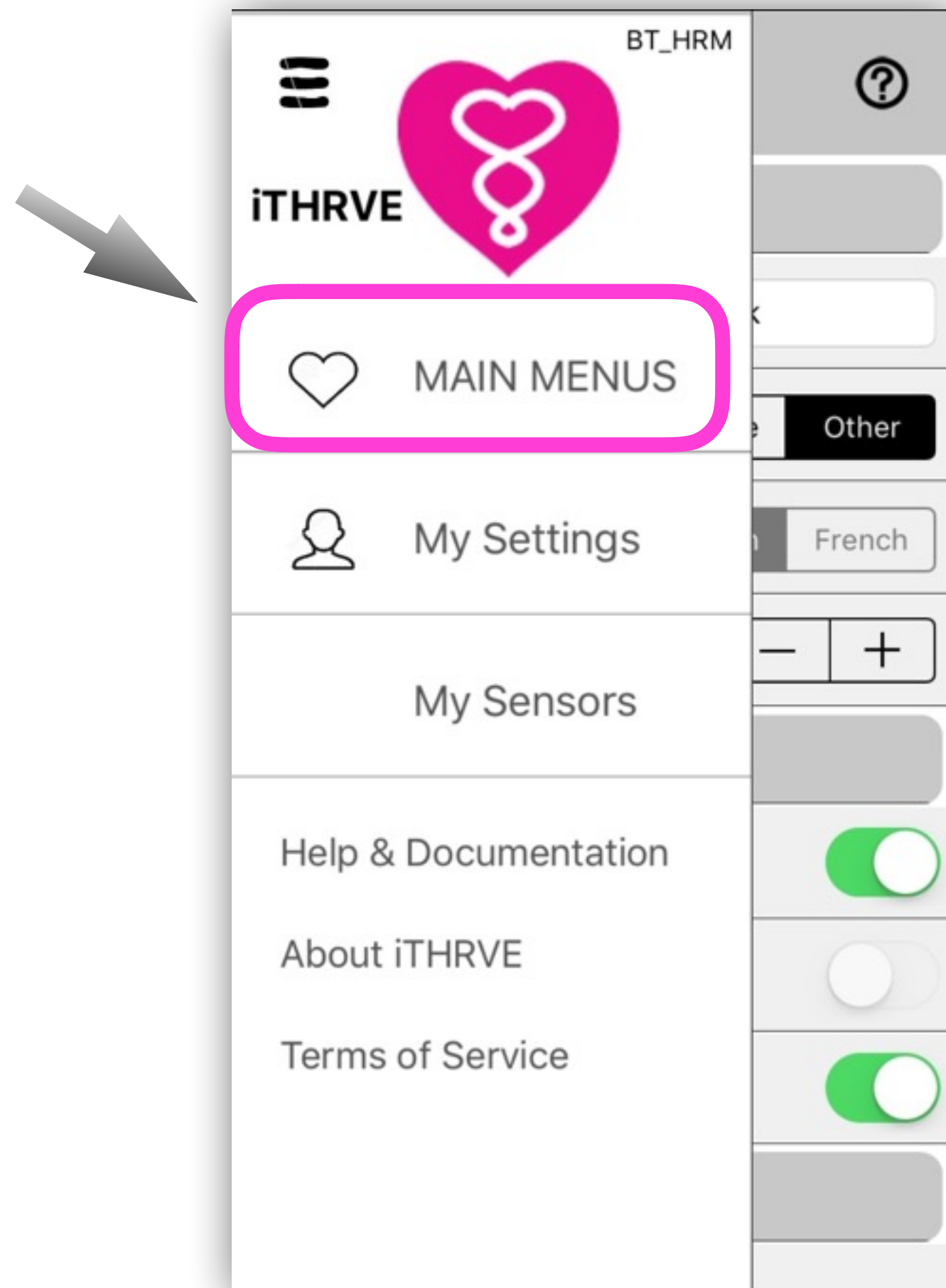


## Selecting a new HRV Bluetooth sensor

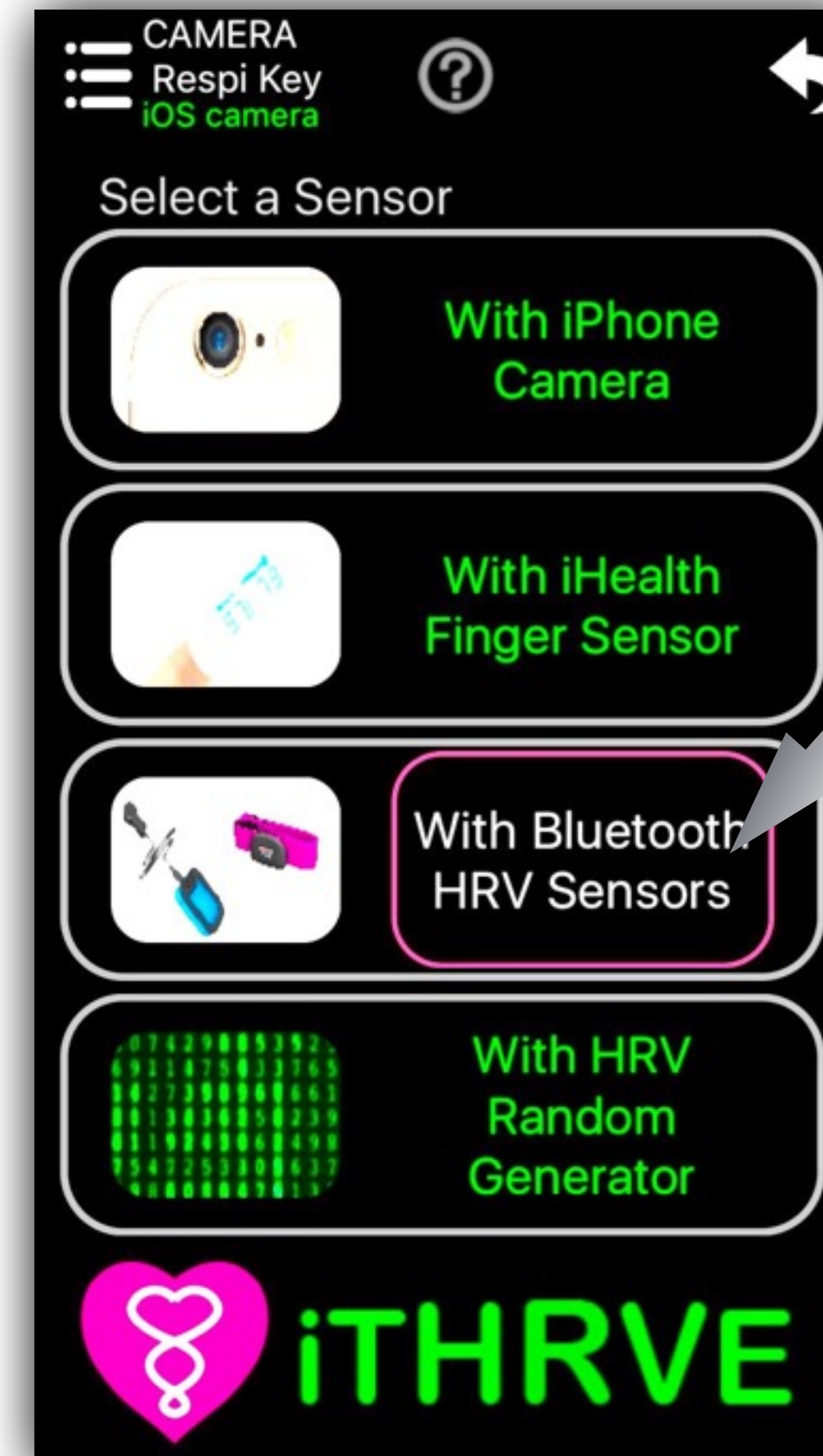
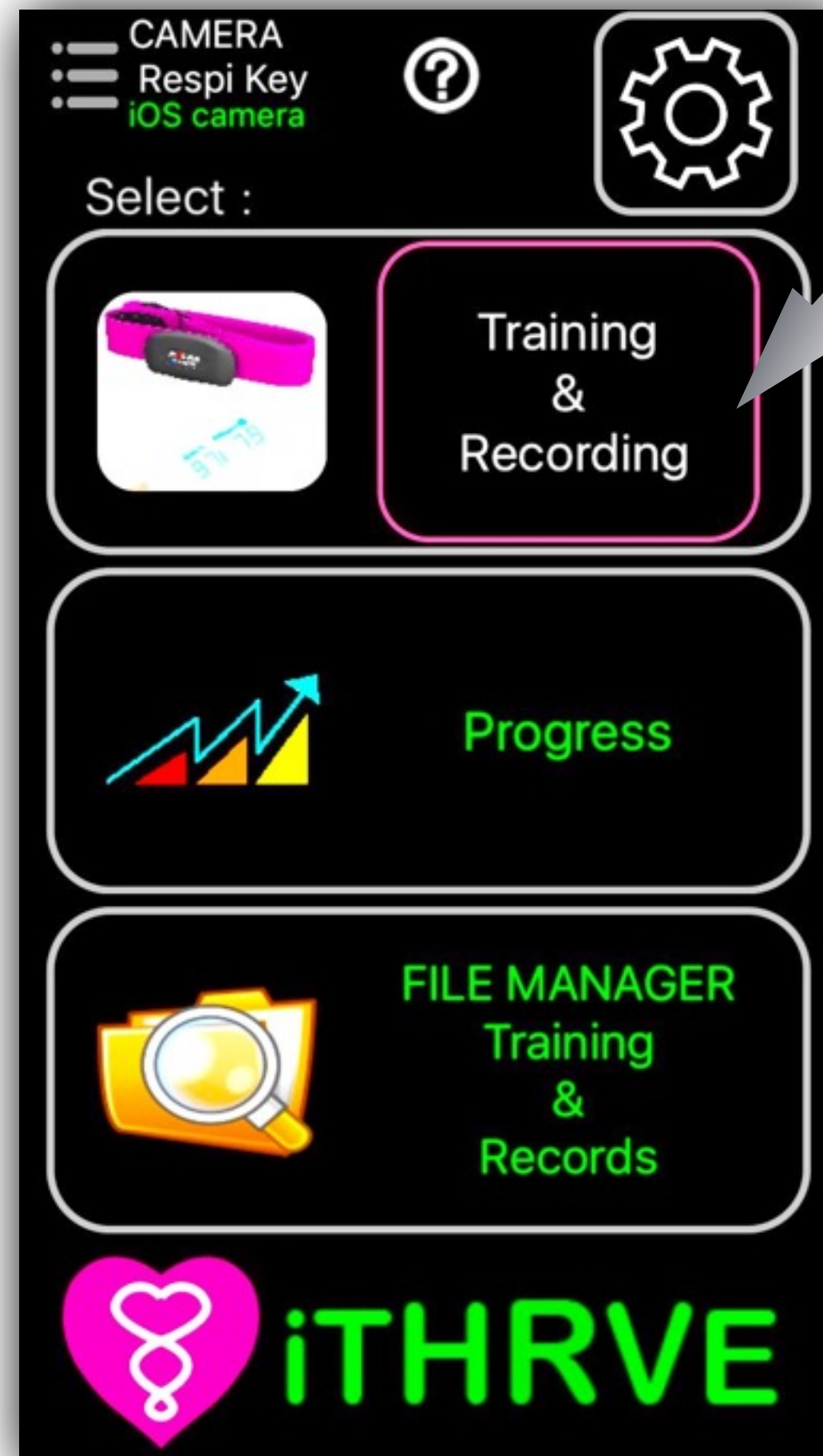


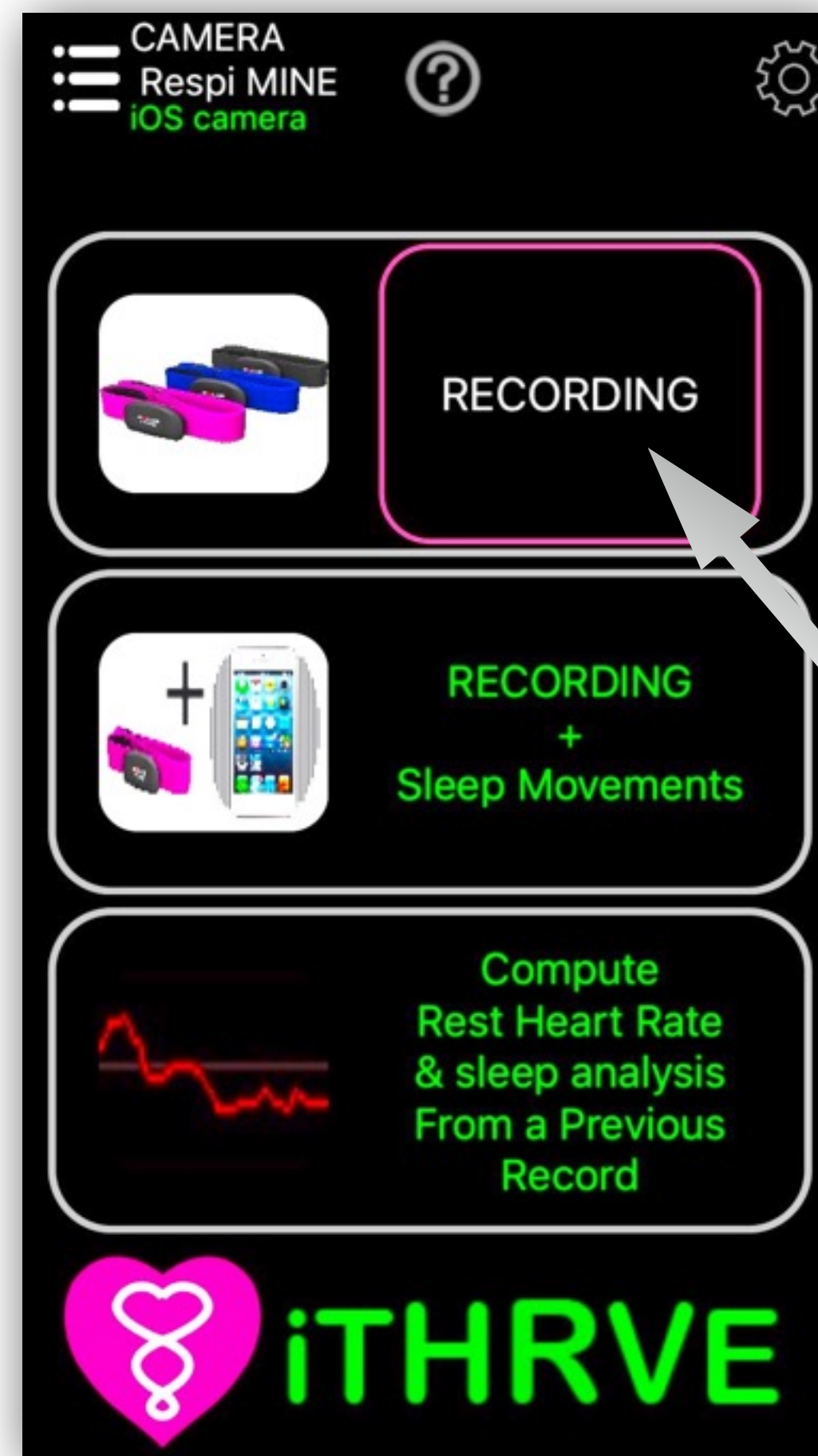
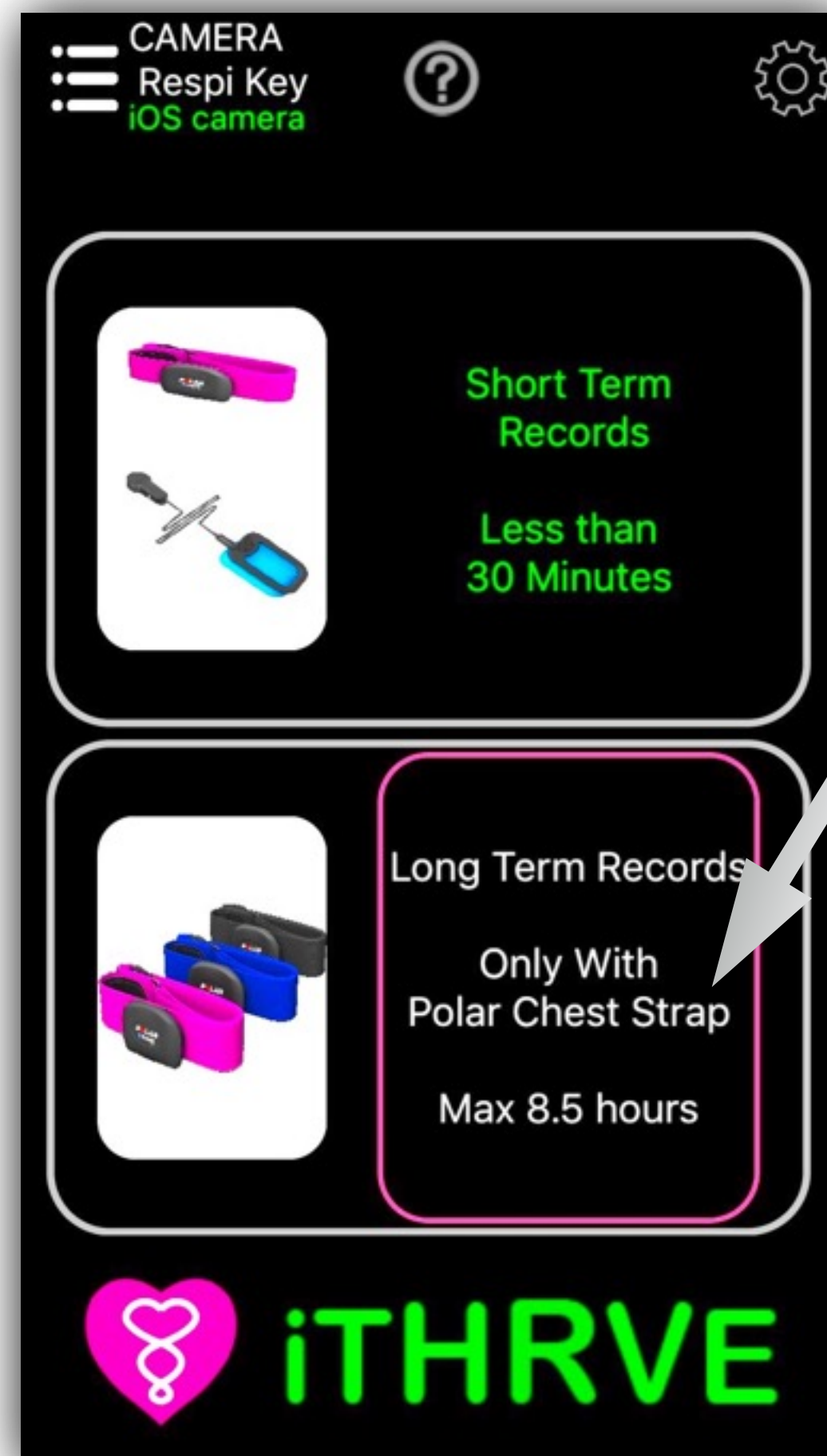
## Selecting a new HRV Bluetooth sensor













## Recommended placement

itHRVe now features TWO Ways to measure and compare DEEP SLEEP ANALYSIS- to find out if you are getting the rejuvenating DEEP SLEEP.

- The first method- "There is a good relationship between VLF/HF ratio and the deep sleep phase: During deep sleep phase, VLF is significantly lower than in the other sleep stages; and HF is significantly higher" - ref: Spectral Analysis of Heart Rate Variability in Sleep P. BUŠEK, J. VAŇKOVÁ, OPAVSKÝ, Physiol. Res. 54: 369-376, 2005

- The second method- Uses the iPhone Gyroscope as a sensitive ACCELEROMETER to analyze night micromotion



IF

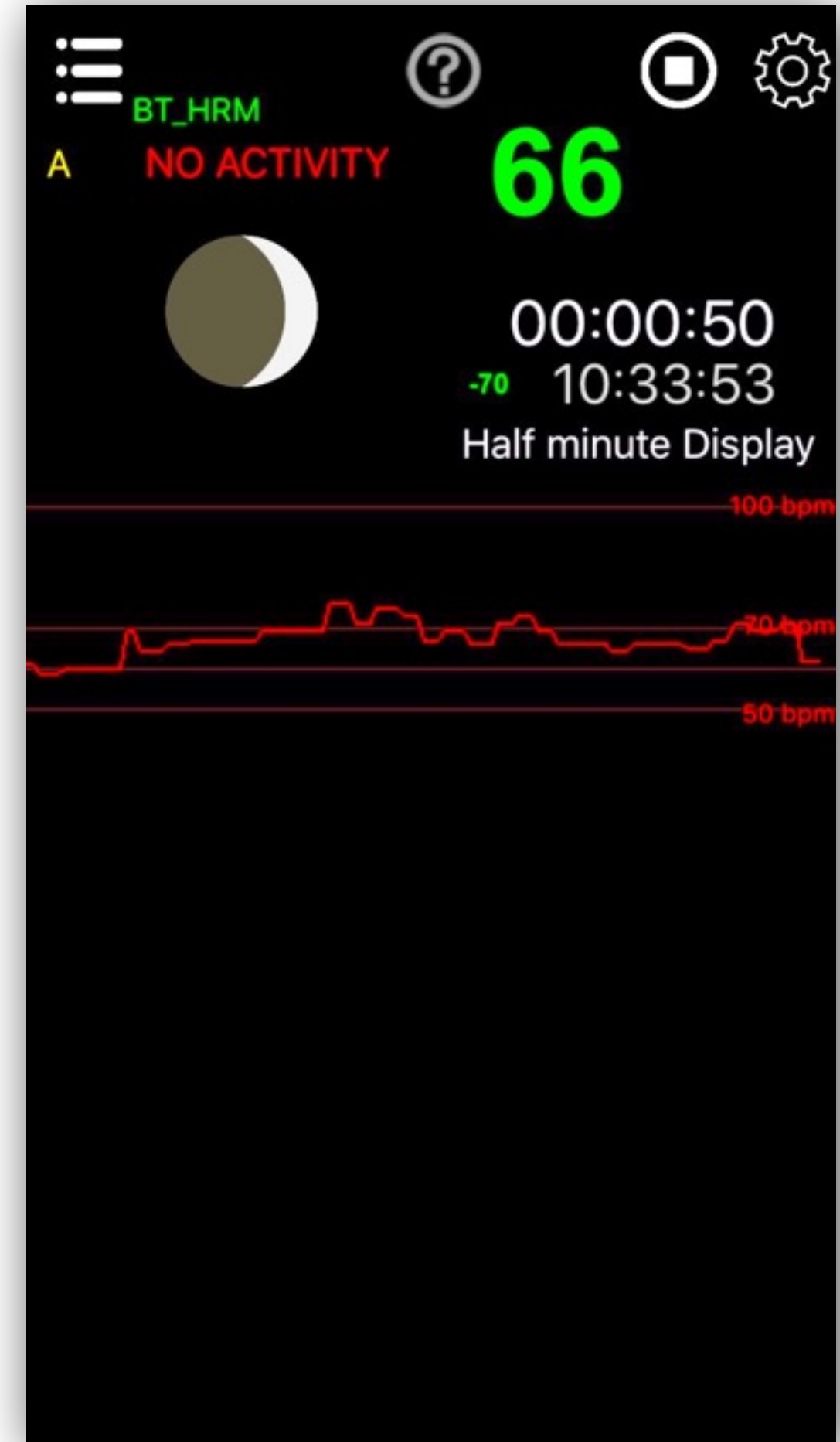
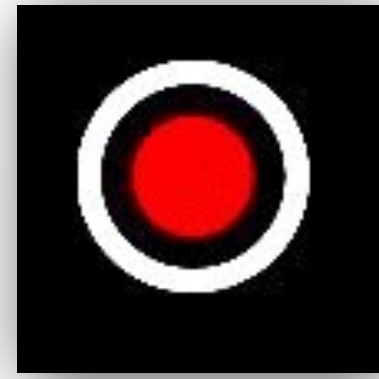


RECORDING  
+  
Sleep Movements

If Night Movements are selected,

Place the iPhone near your pillow and make a small test record to check if your device can catch small movements (see next slides).





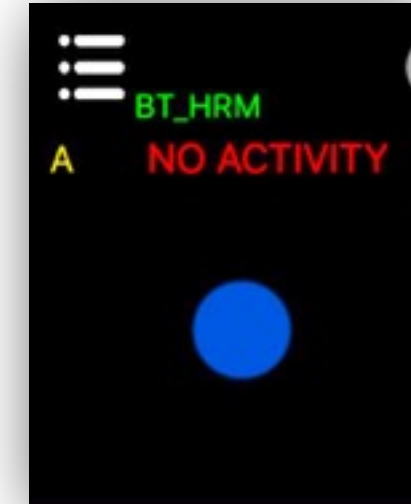
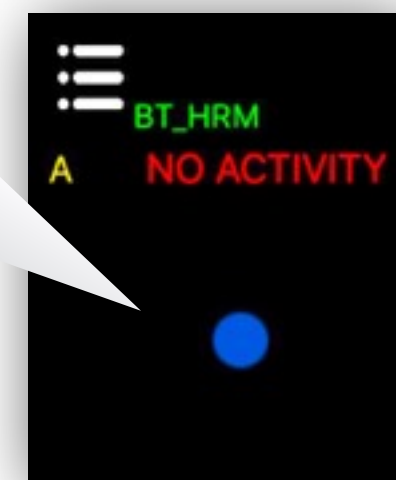
IF



RECORDING  
+  
Sleep Movements

If Night Movements are selected,

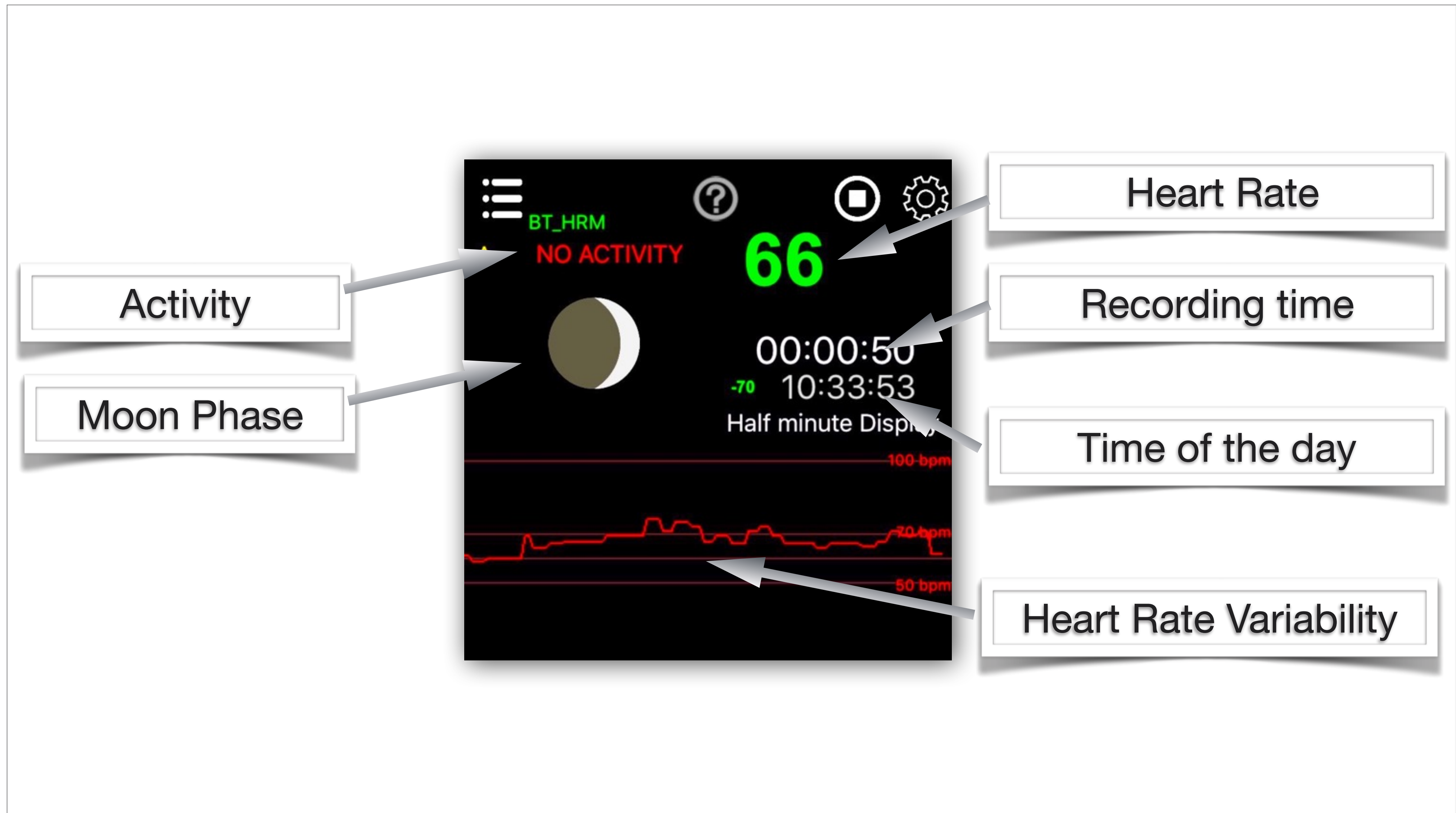
gently move in your bed and check if  
the little blue dot is growing and turns  
from blue to orange according to  
your small movements in the bed.

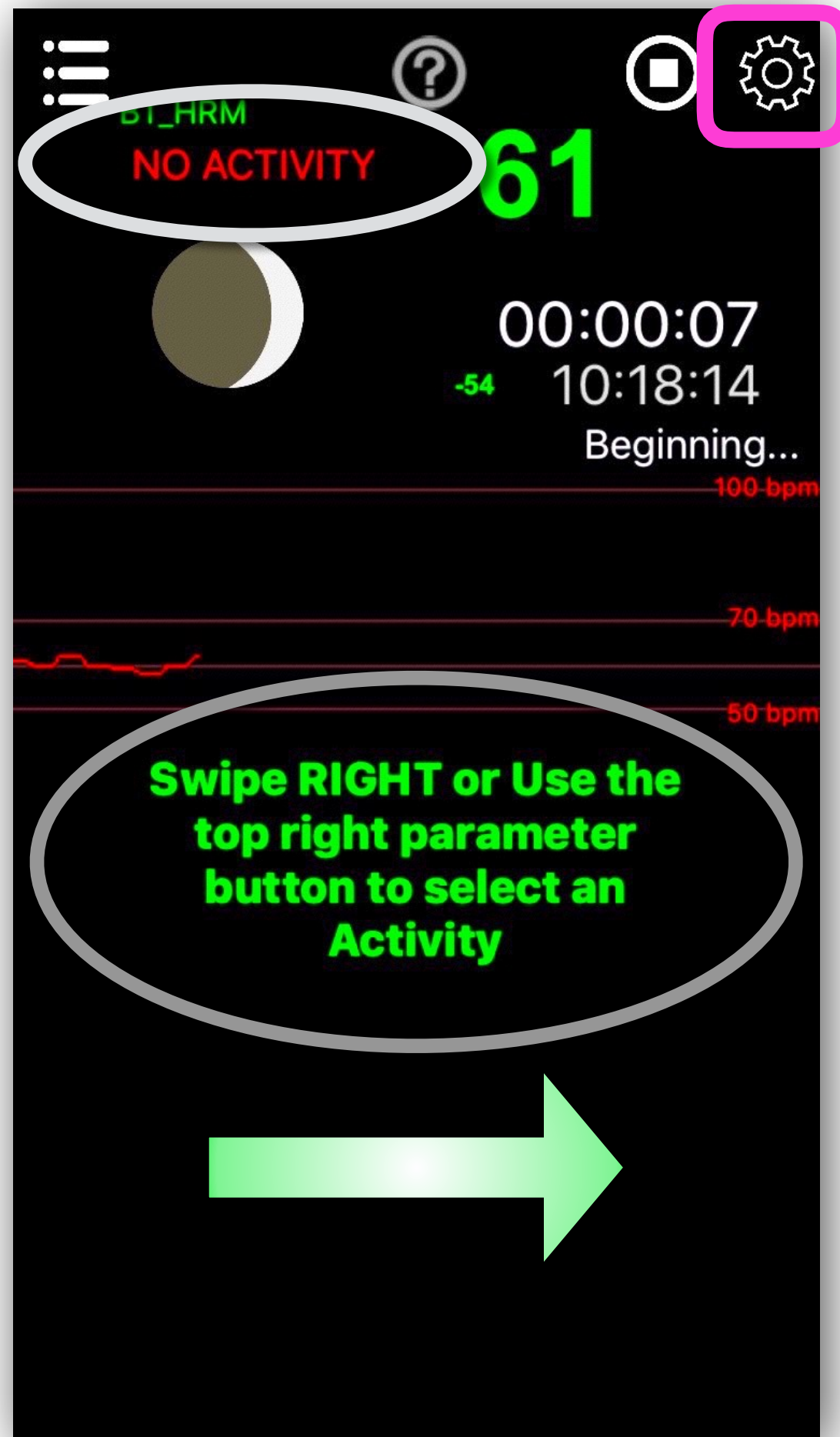


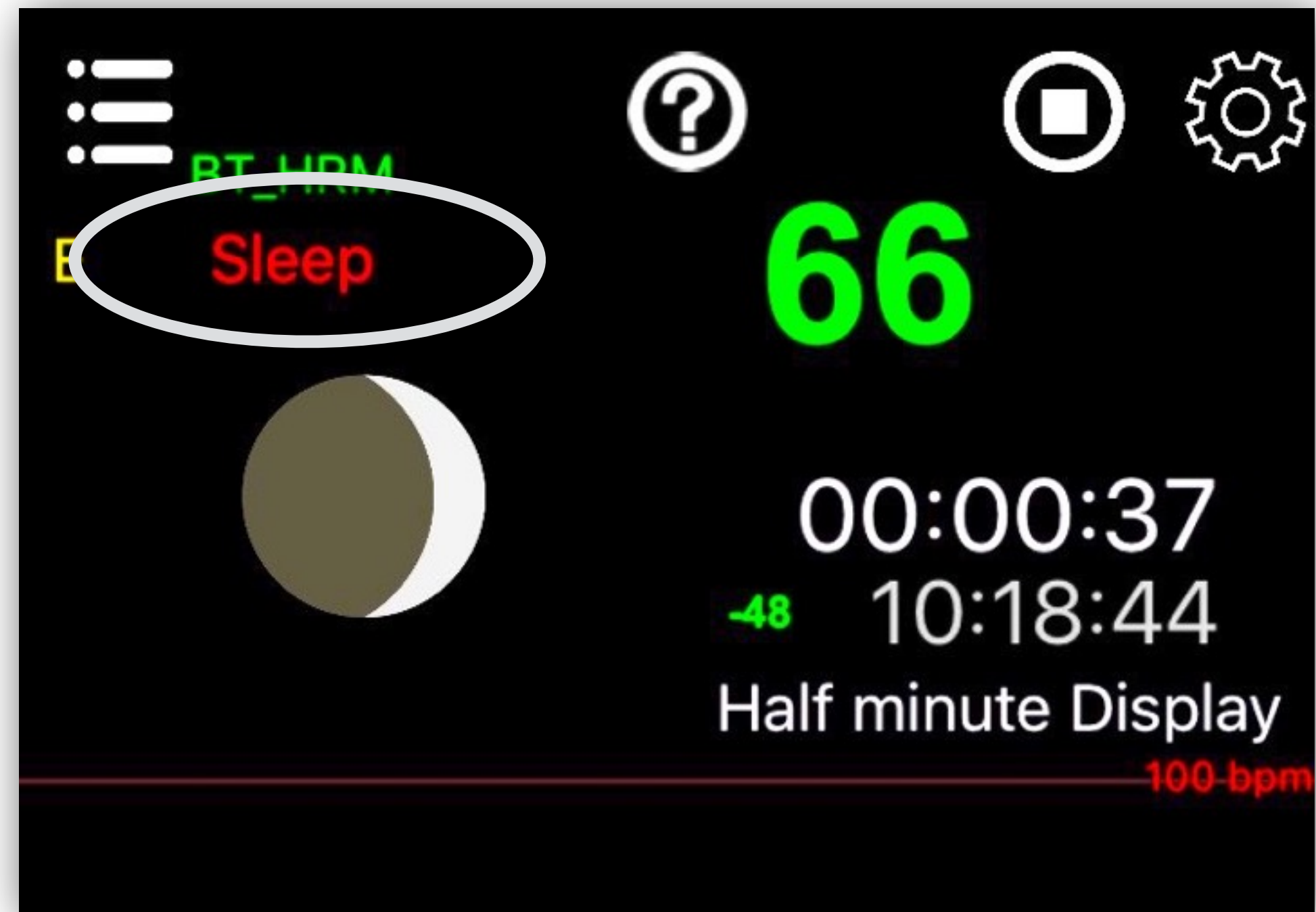
More movements







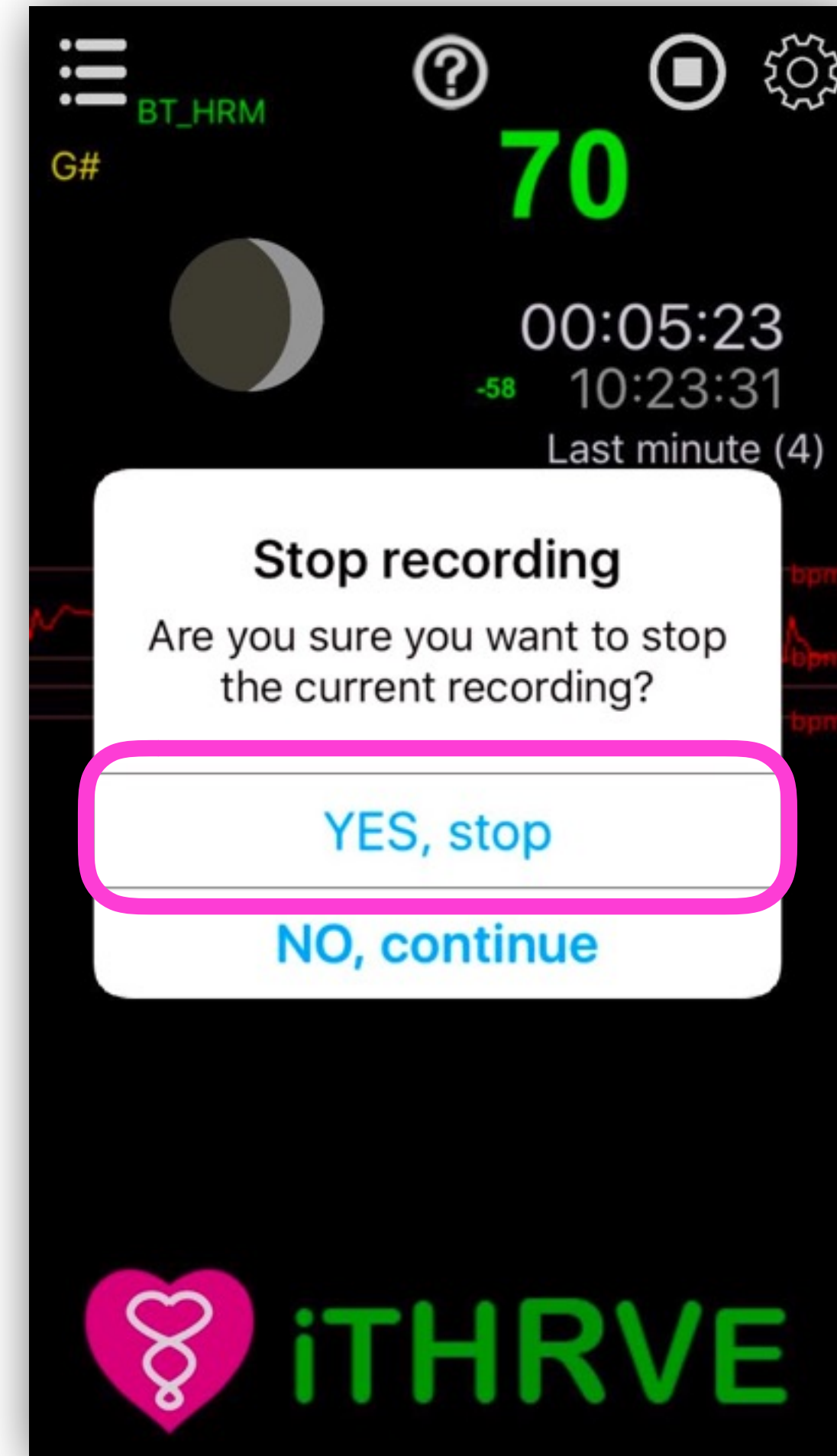
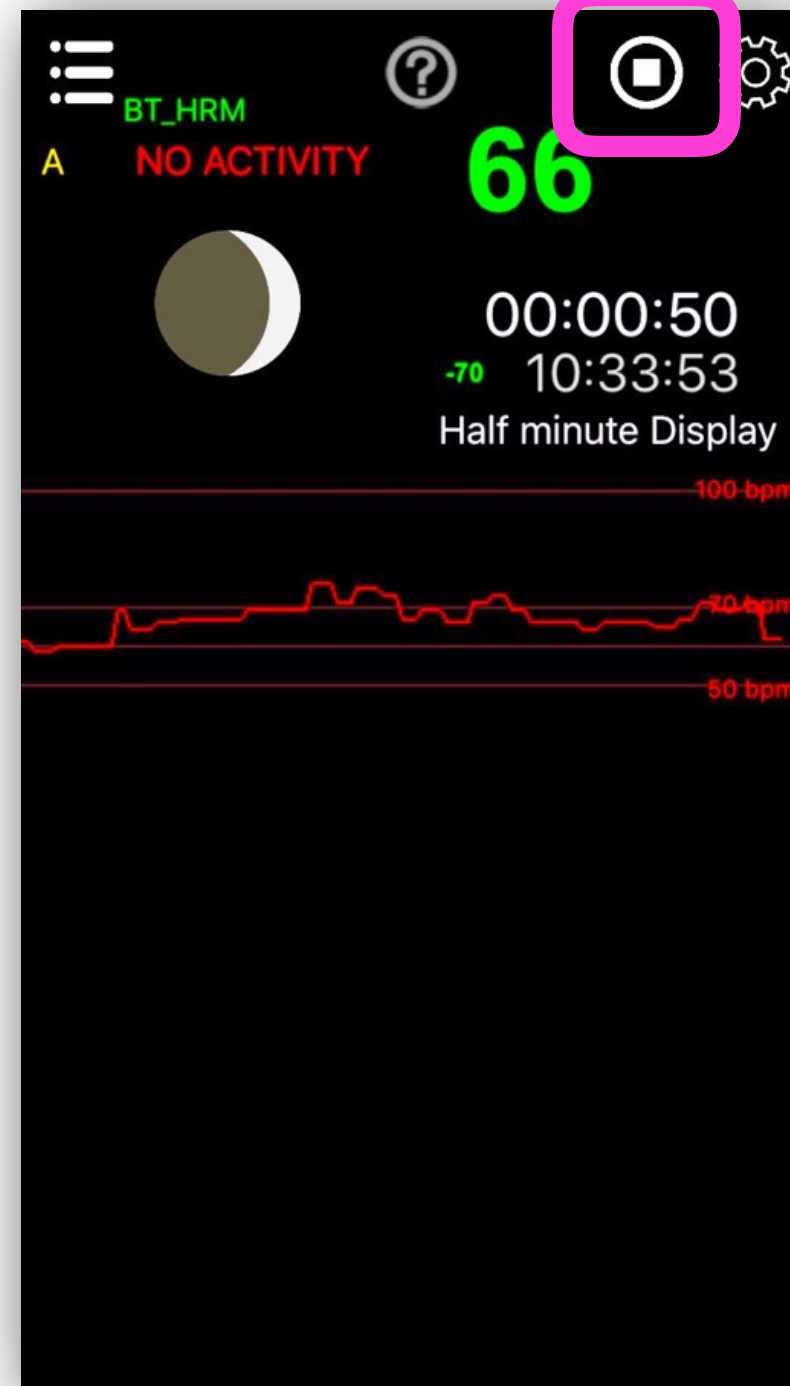


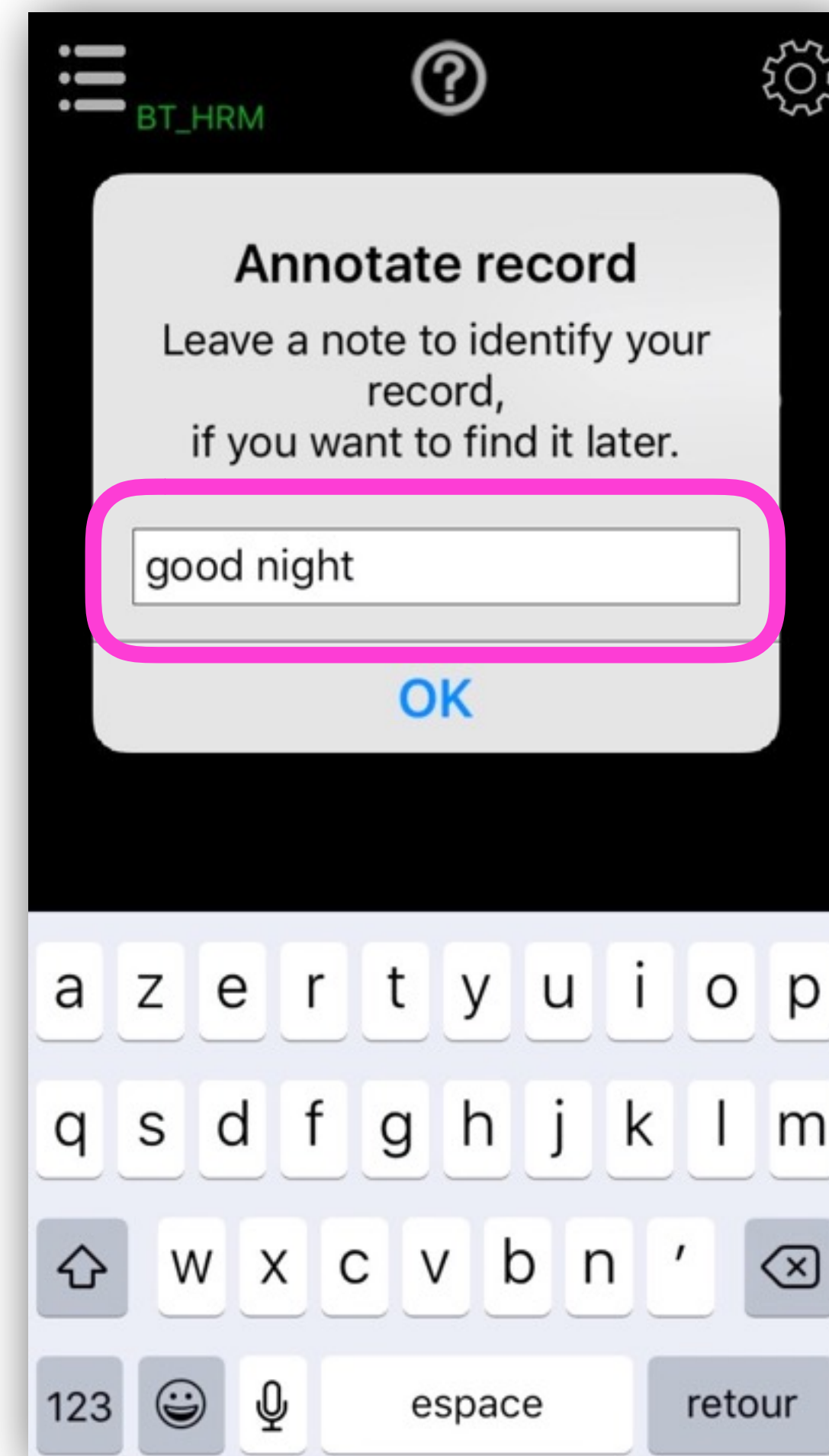
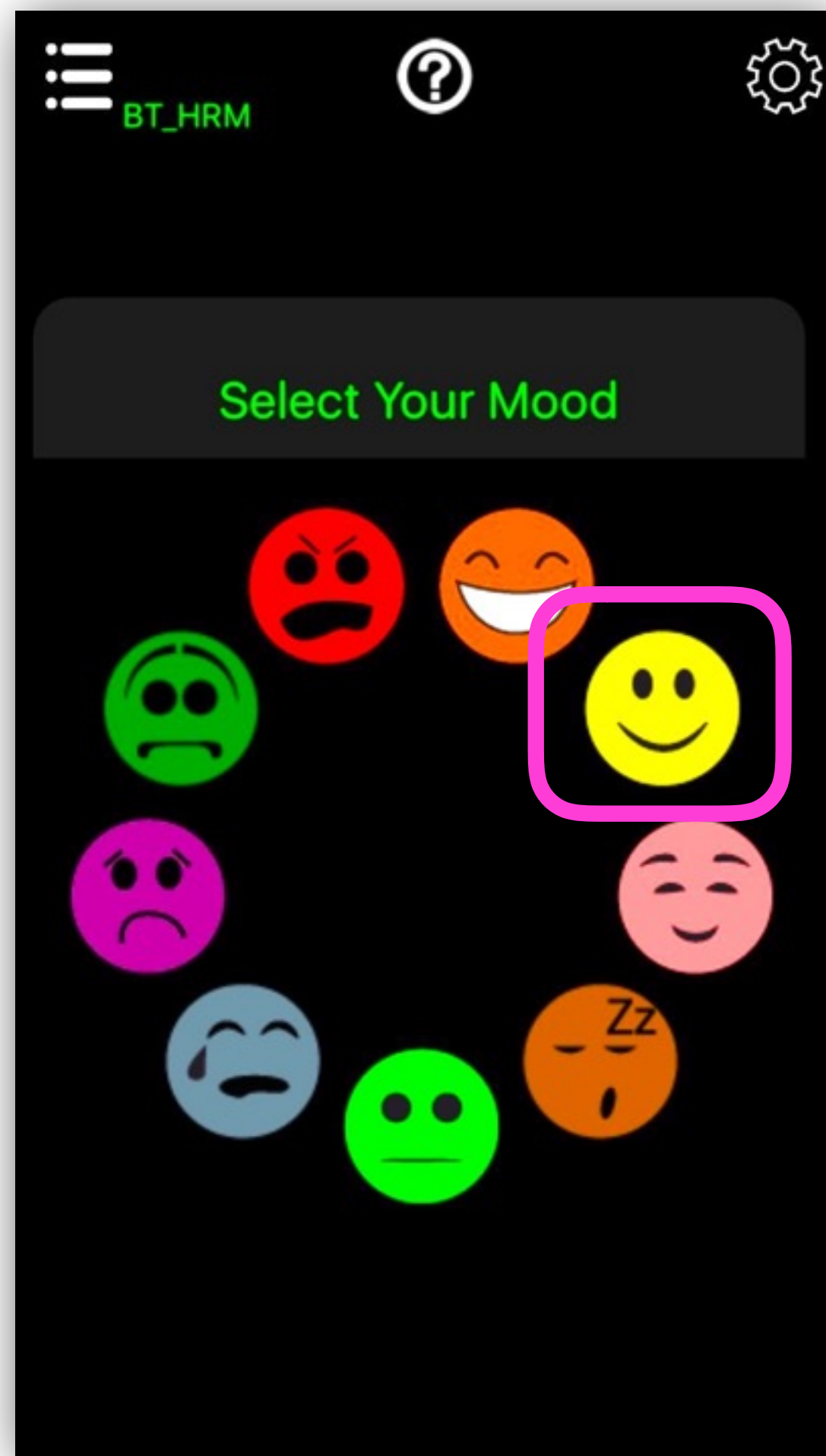


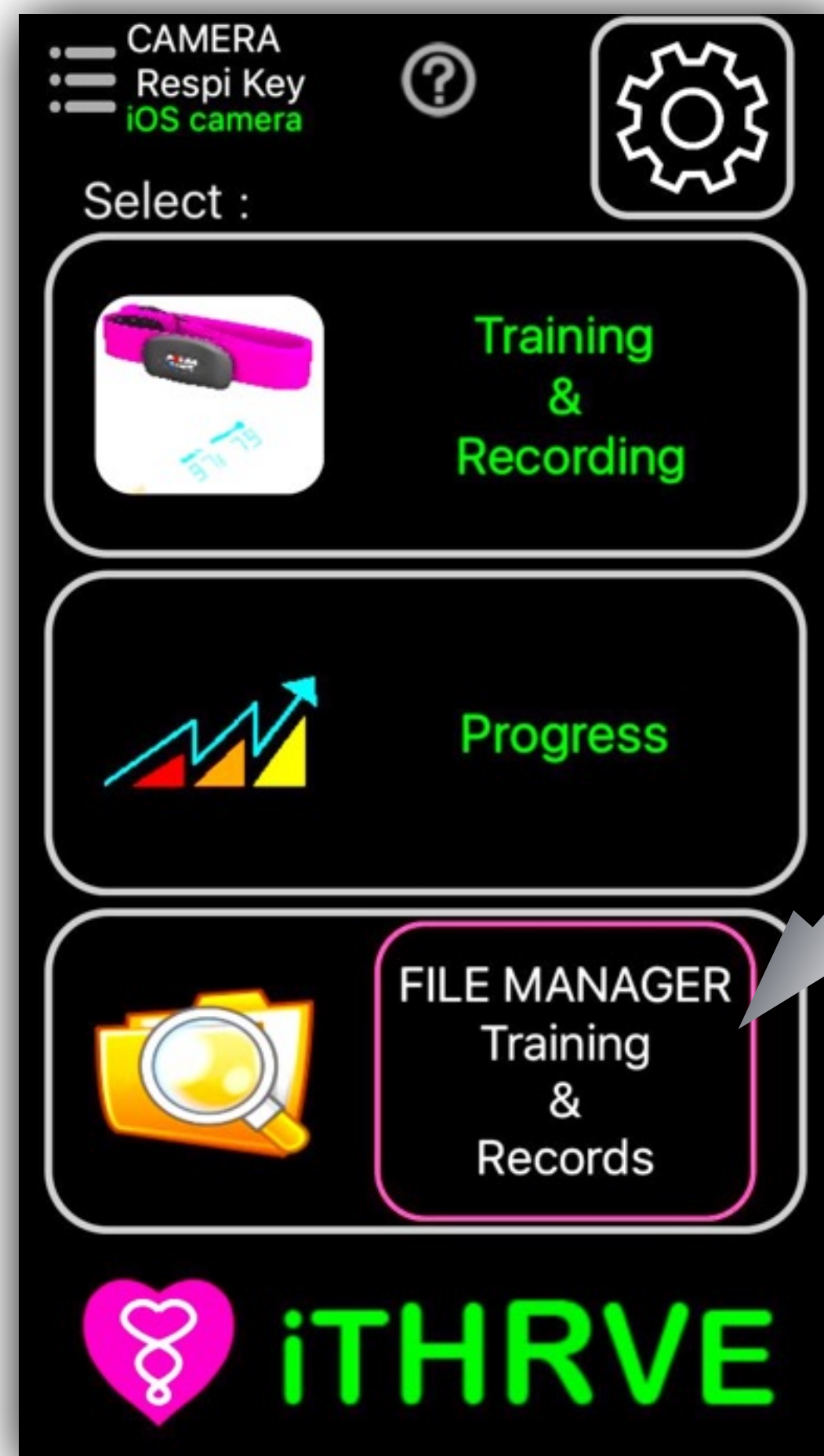


After more than 5 minutes

press **STOP**







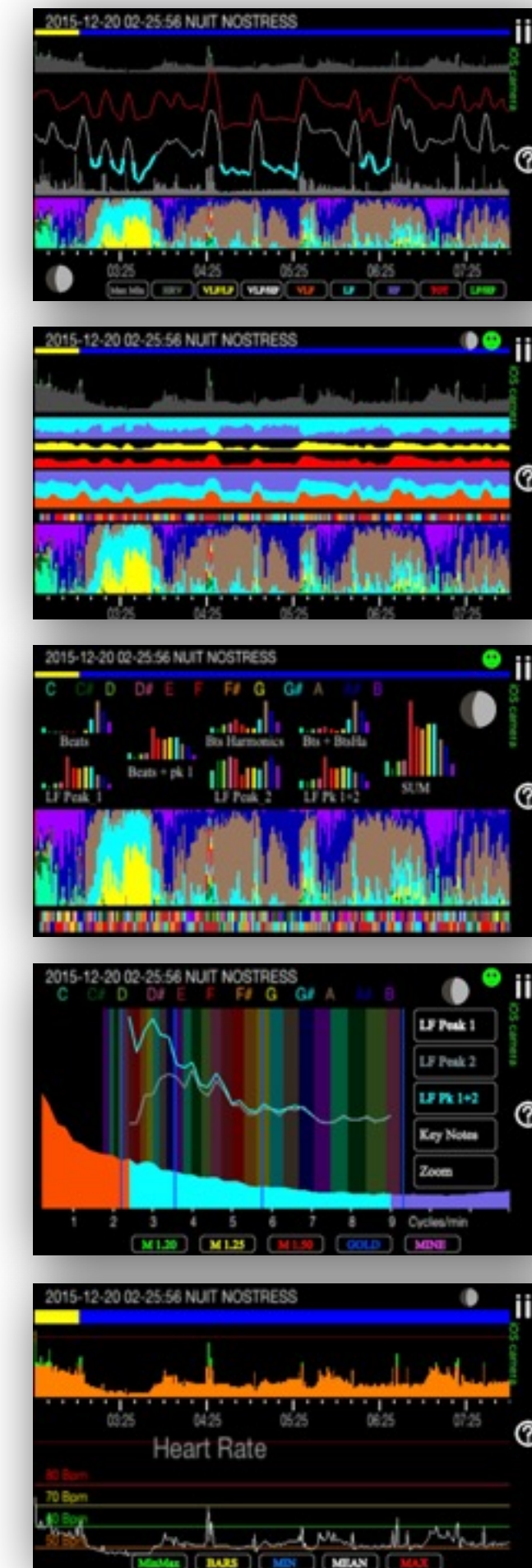
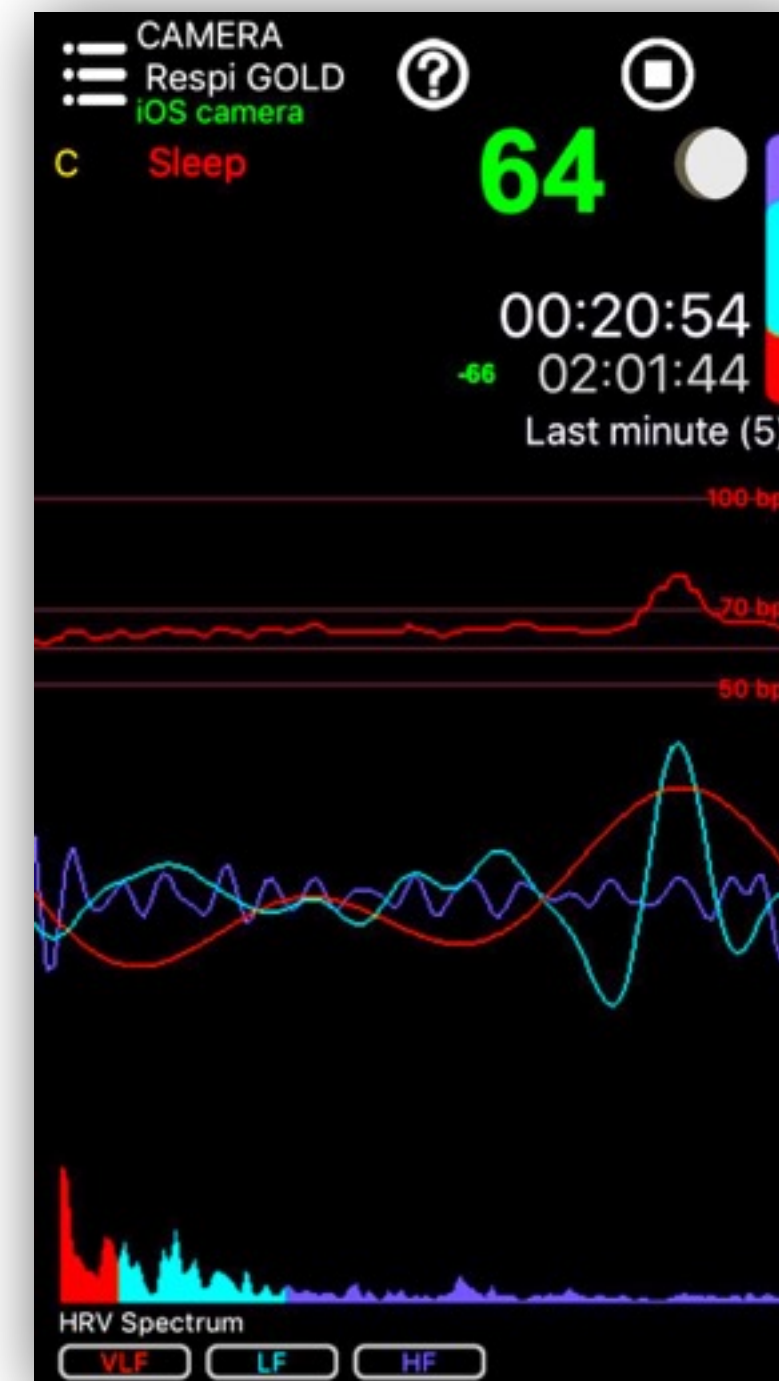




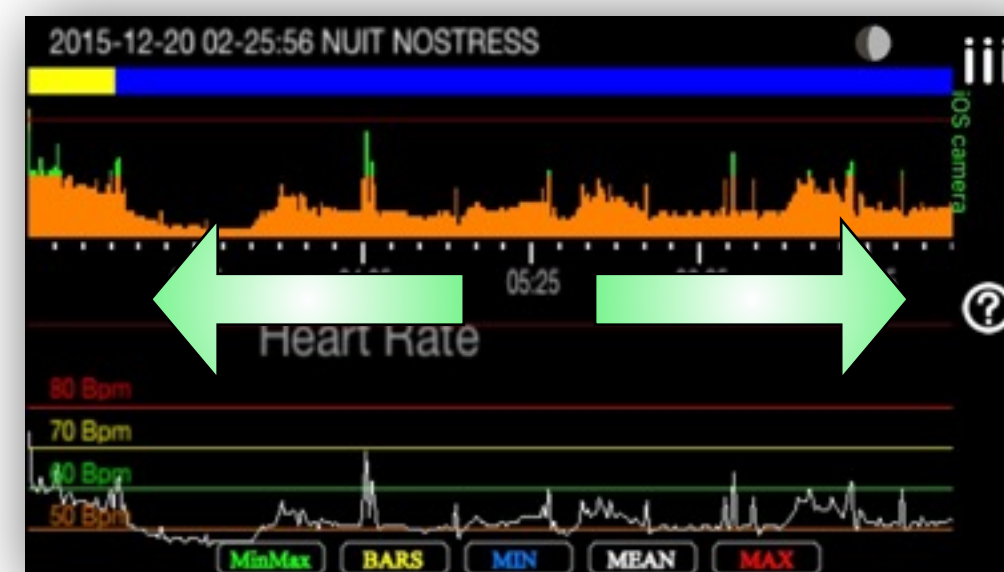
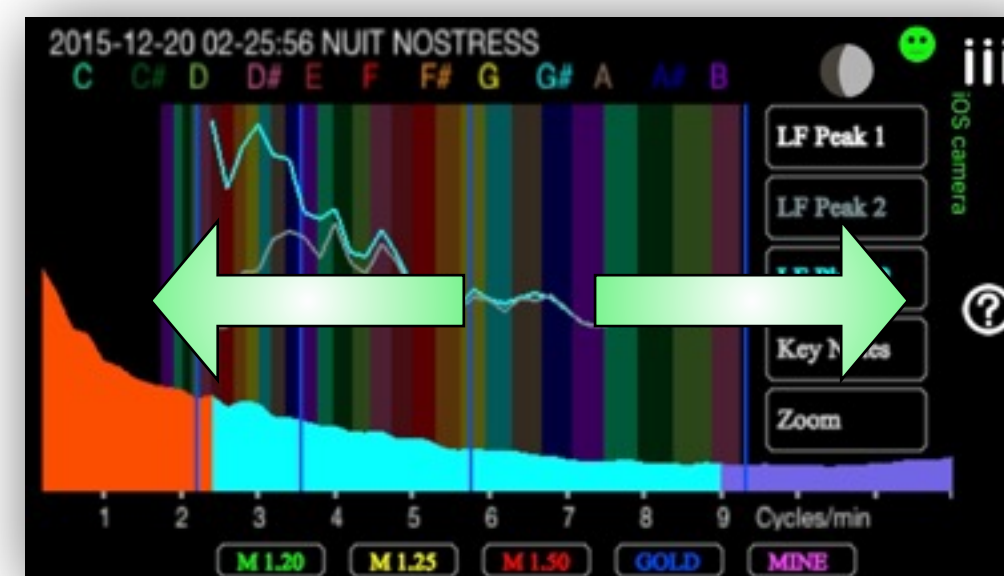
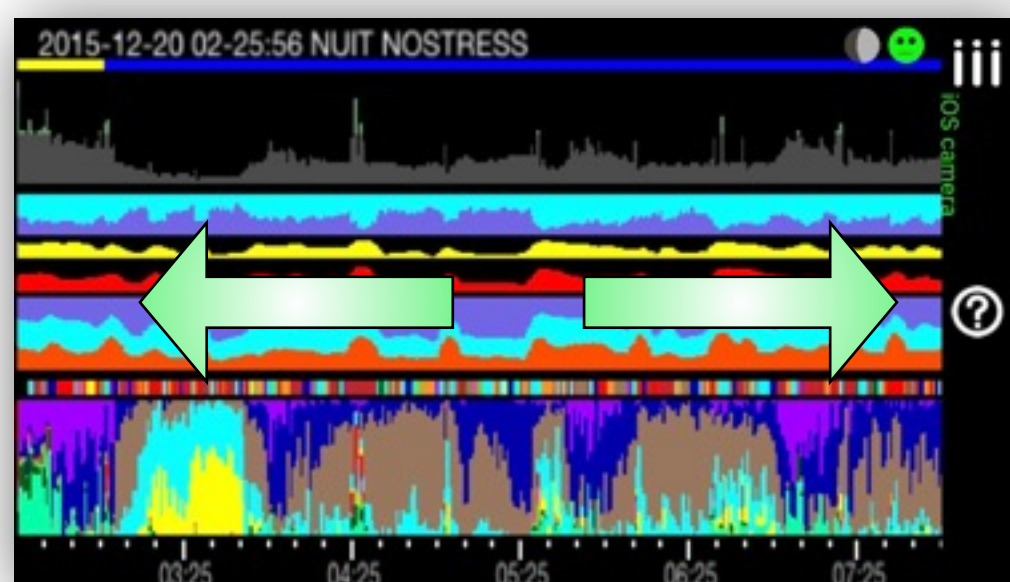
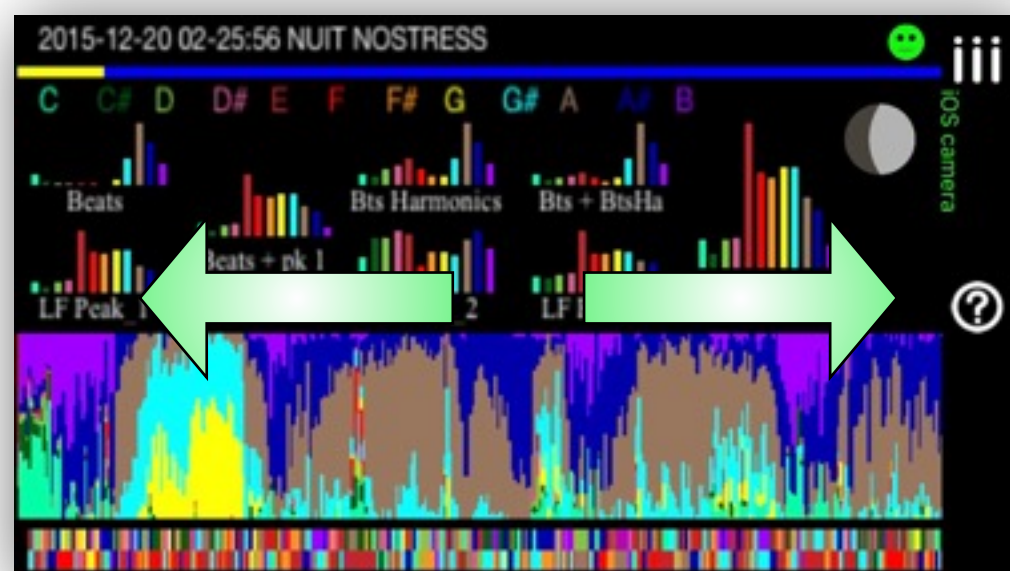
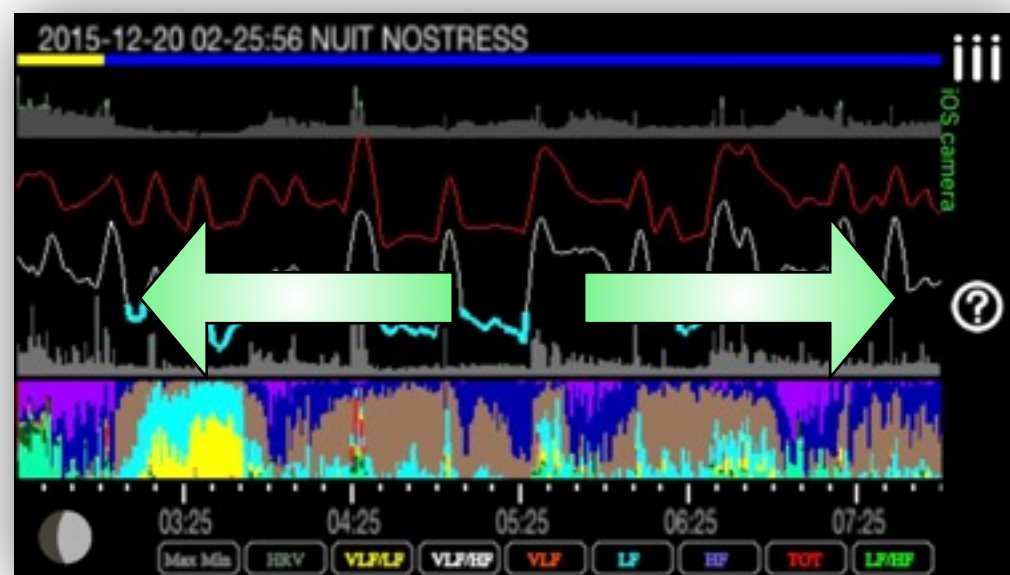
Select  
a file



Select  
a Playback speed  
or select Analysis







Slide left or right  
to switch between  
these graphs