

The screenshot shows the 'My Settings' app interface. At the top is a header bar with a hamburger menu icon, the title 'My Settings', and a help icon. Below this is a 'My Profile' section with a person icon. It contains four rows: 'Username' with a text field containing 'patrick'; 'Gender' with three buttons 'Male', 'Female', and 'Other' (the last is selected); 'Language' with three buttons 'System', 'English', and 'French' (the last is selected); and 'Age' with a text field containing '32' and two buttons '-' and '+'. Below the profile section is an 'App Settings' section with a gear icon. It 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 is a 'Selected Sensor' section with a grey button. Three callout boxes with arrows point to 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 ☐

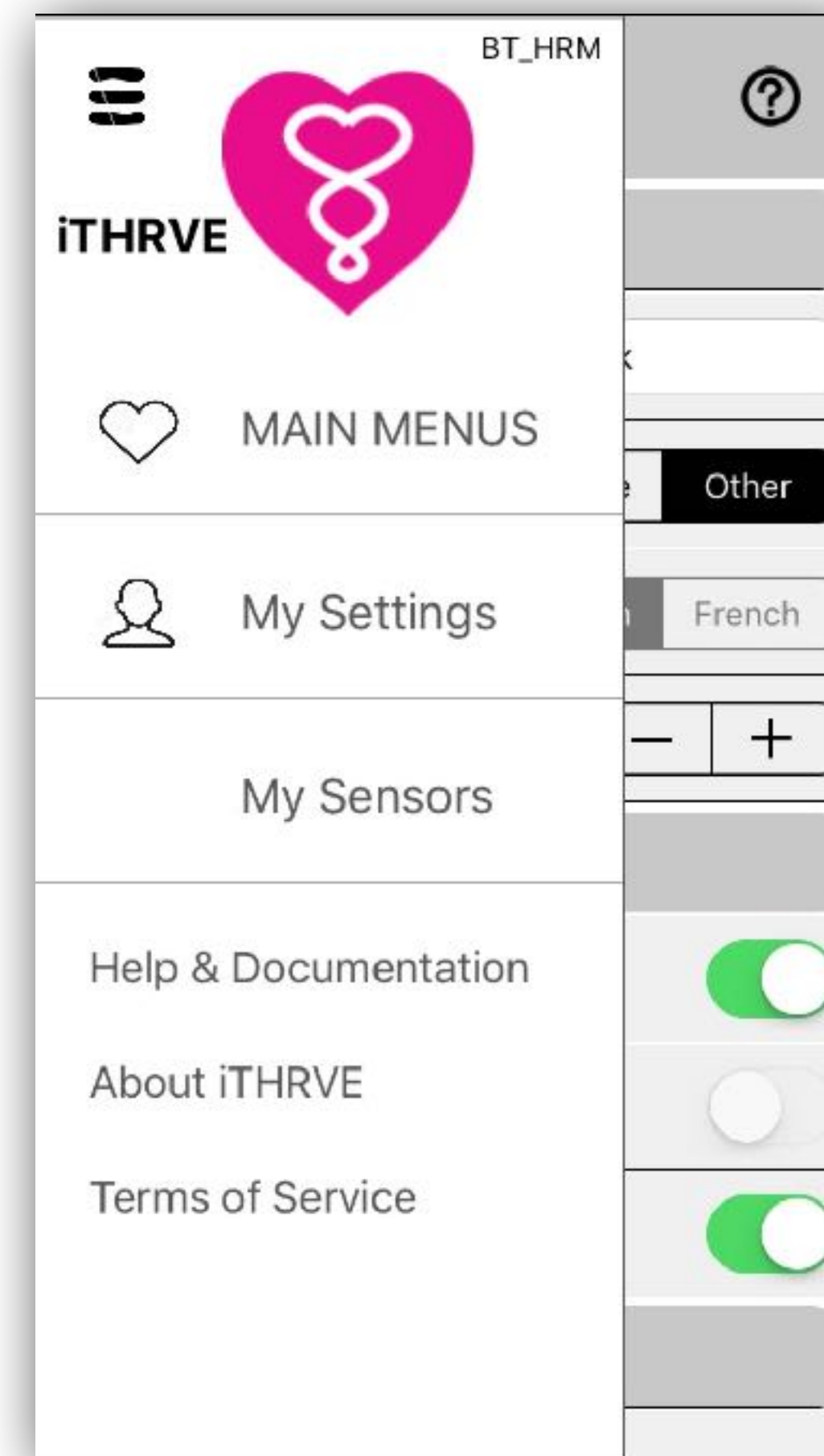
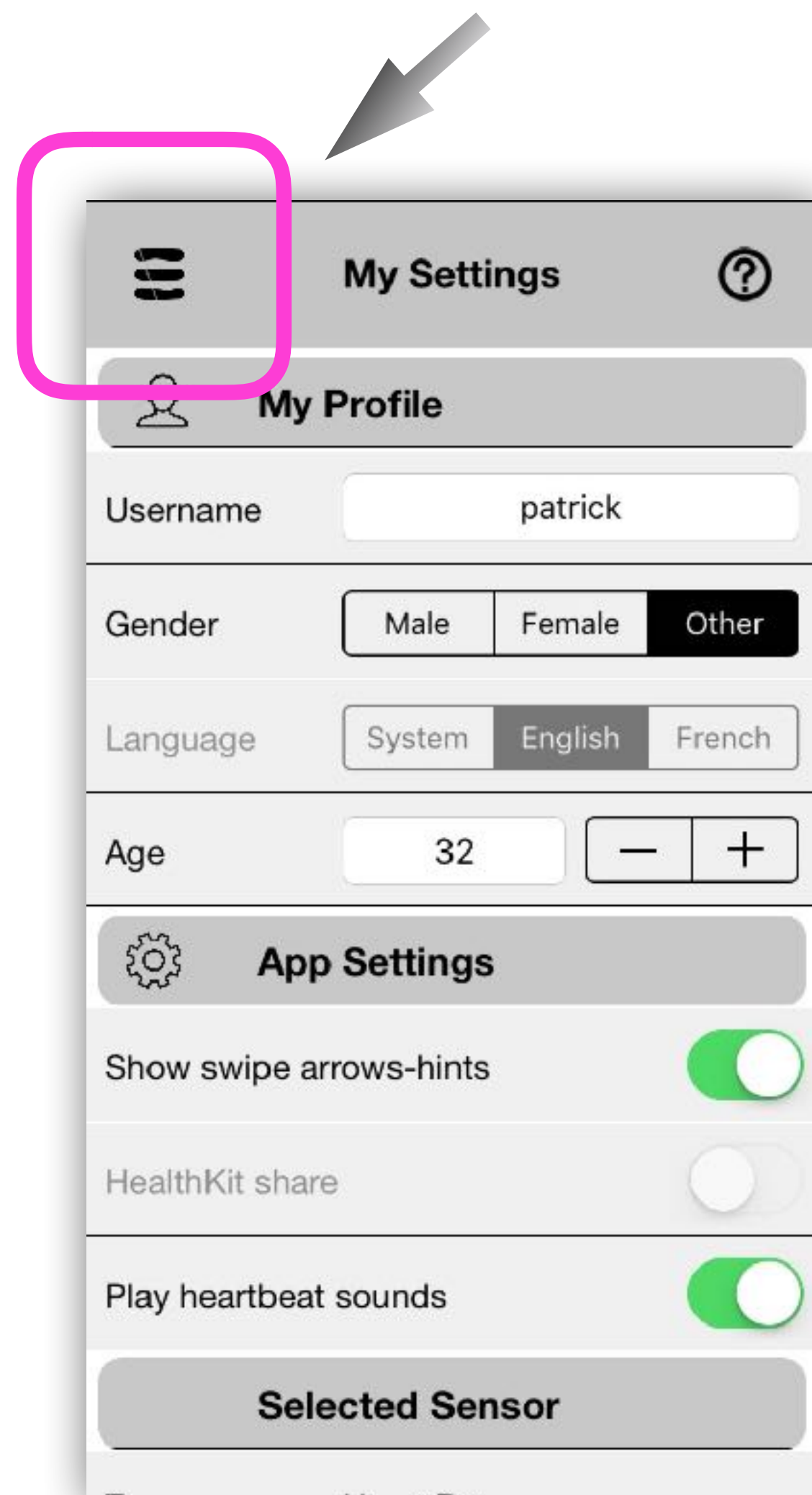
Play heartbeat sounds ☒

Selected Sensor

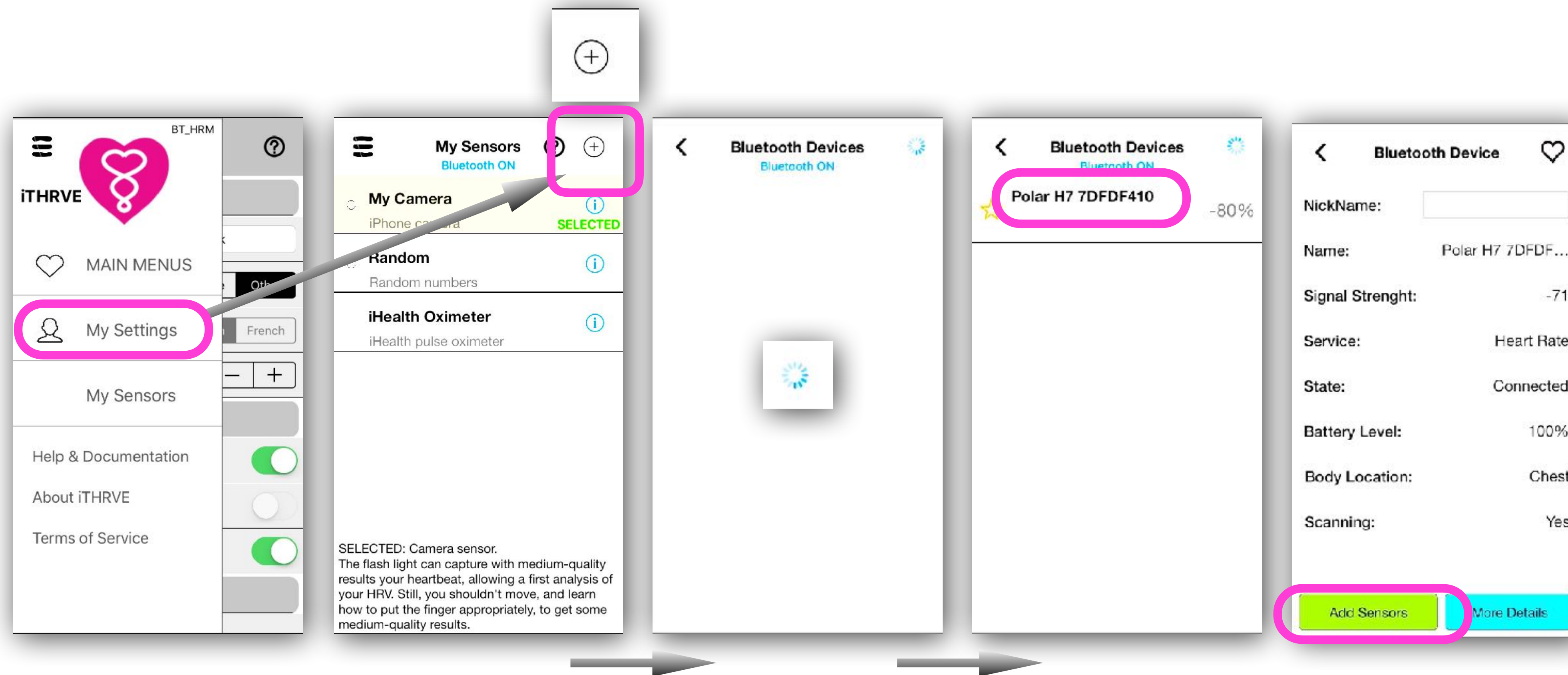
Insert
Your Name, Your Gender & Your Age

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

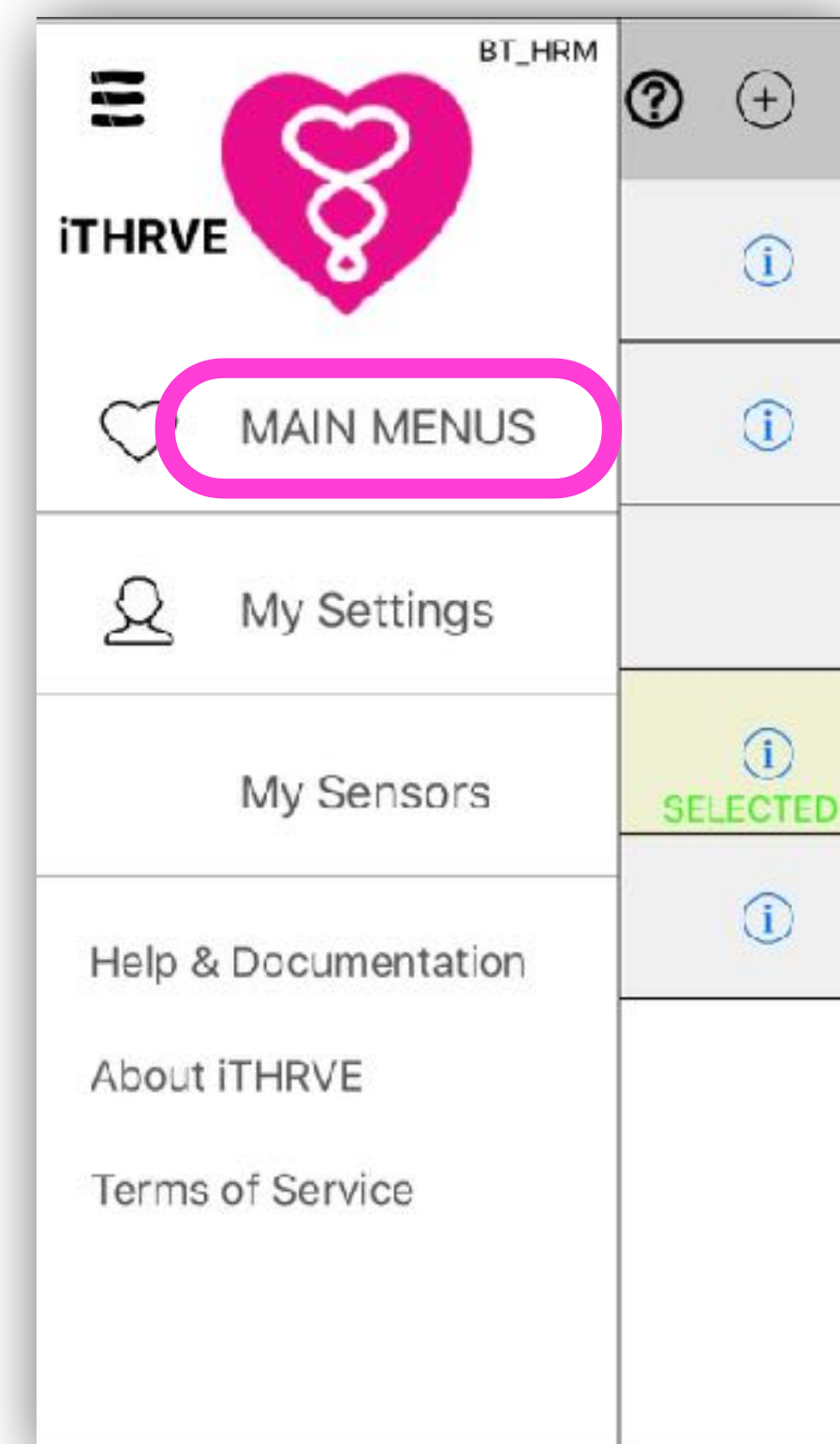
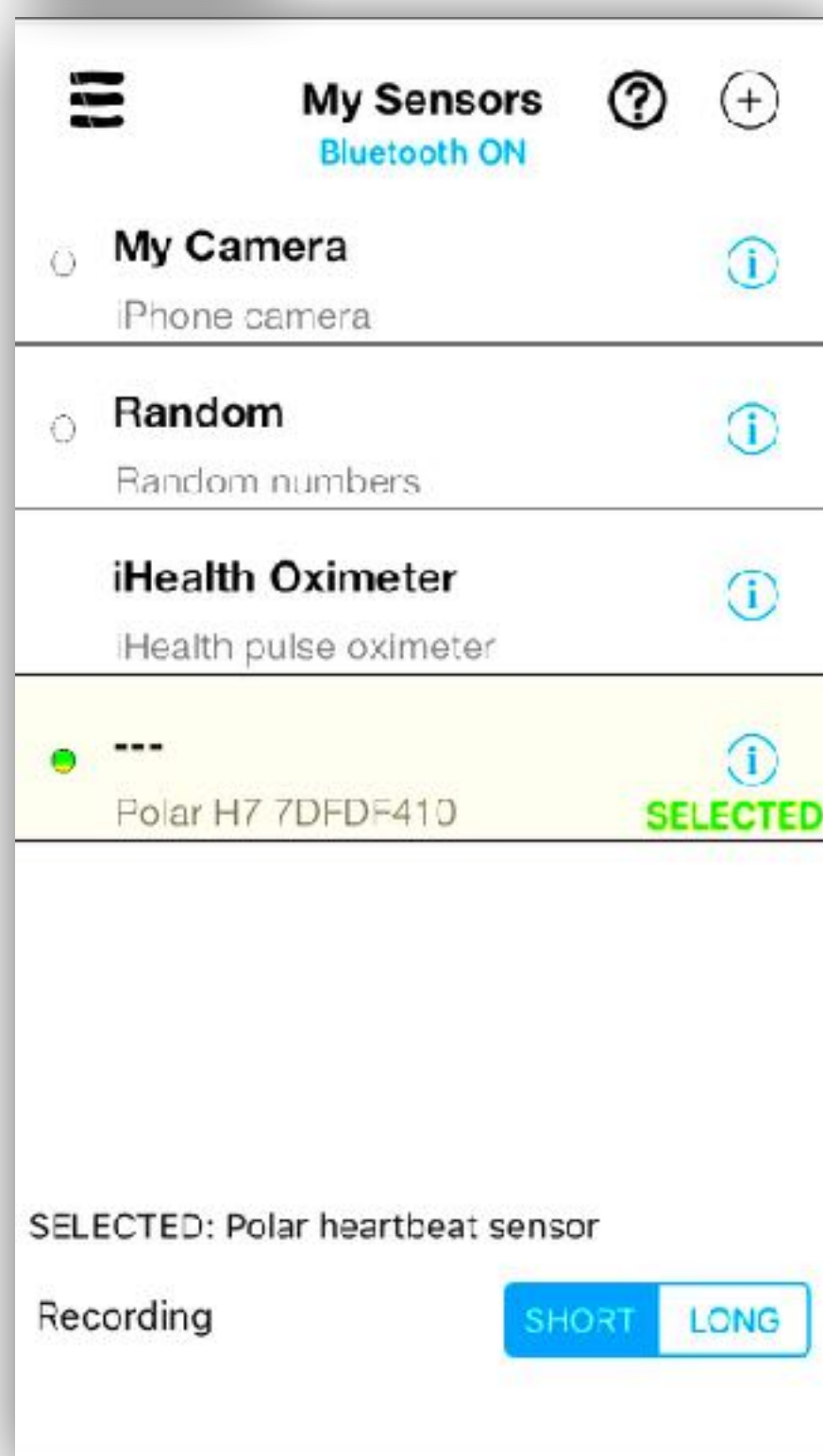
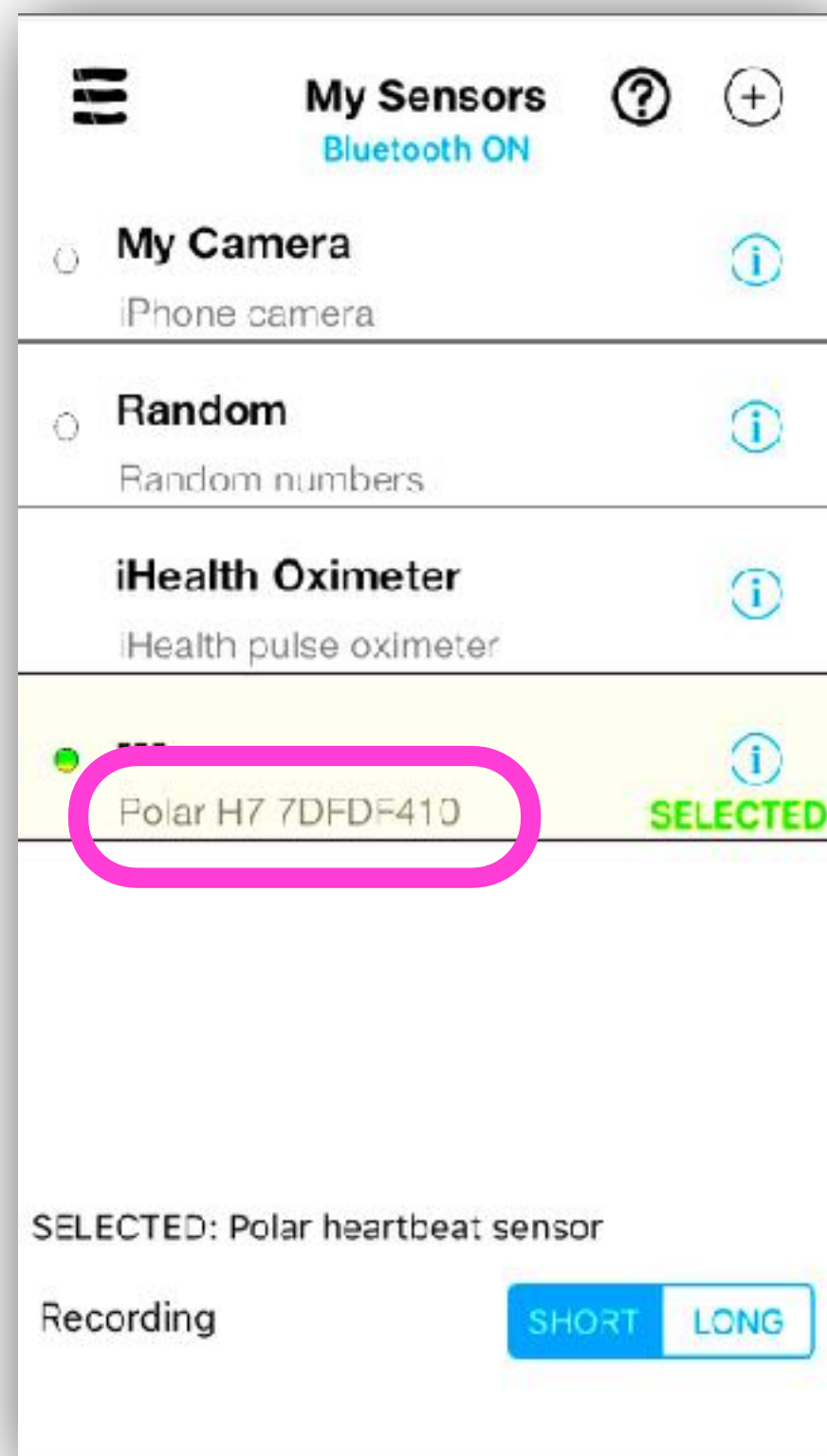
Turn OFF or ON the heart beats
sounds. Better to leave them ON for
the first use of the app.

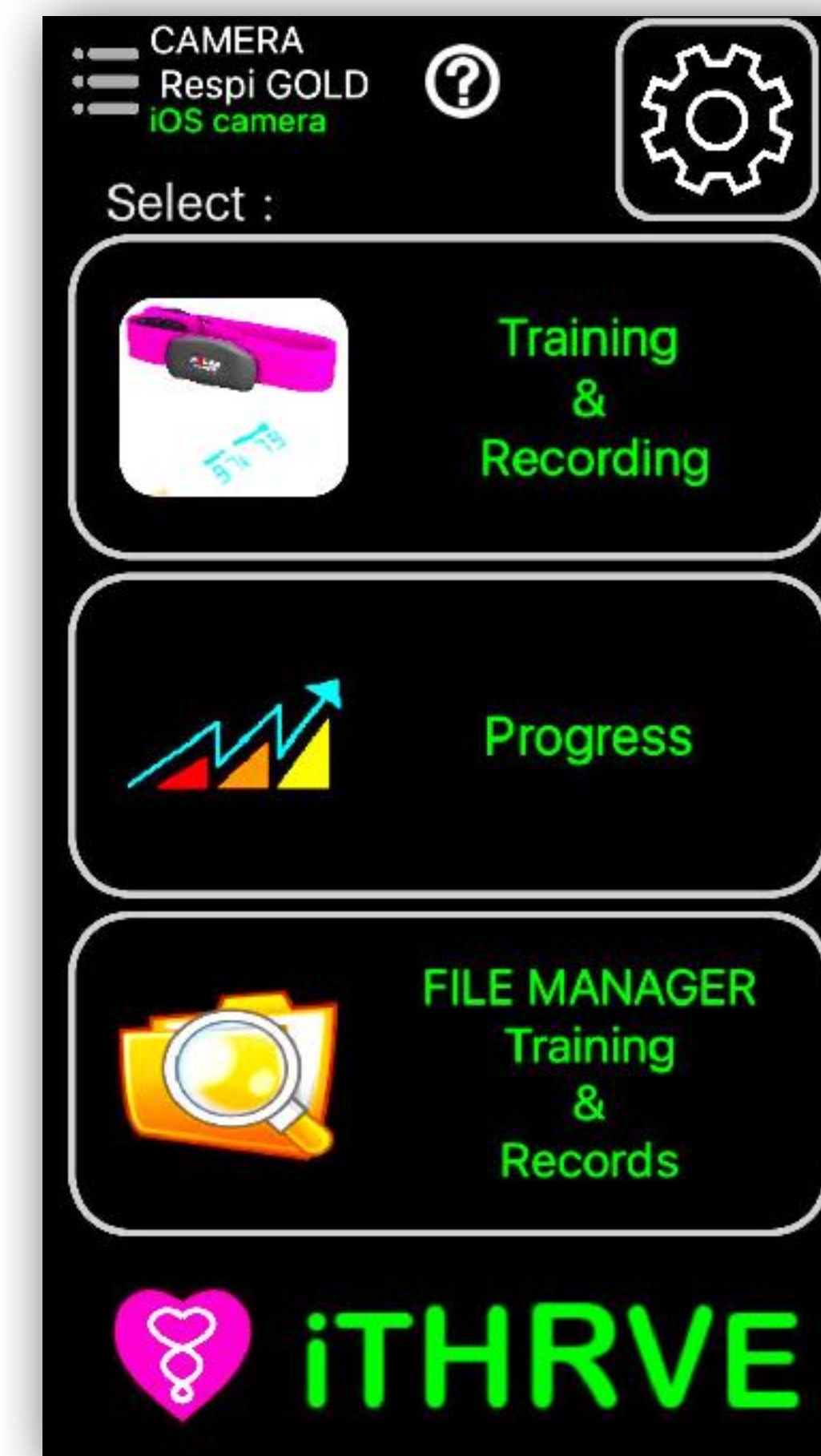
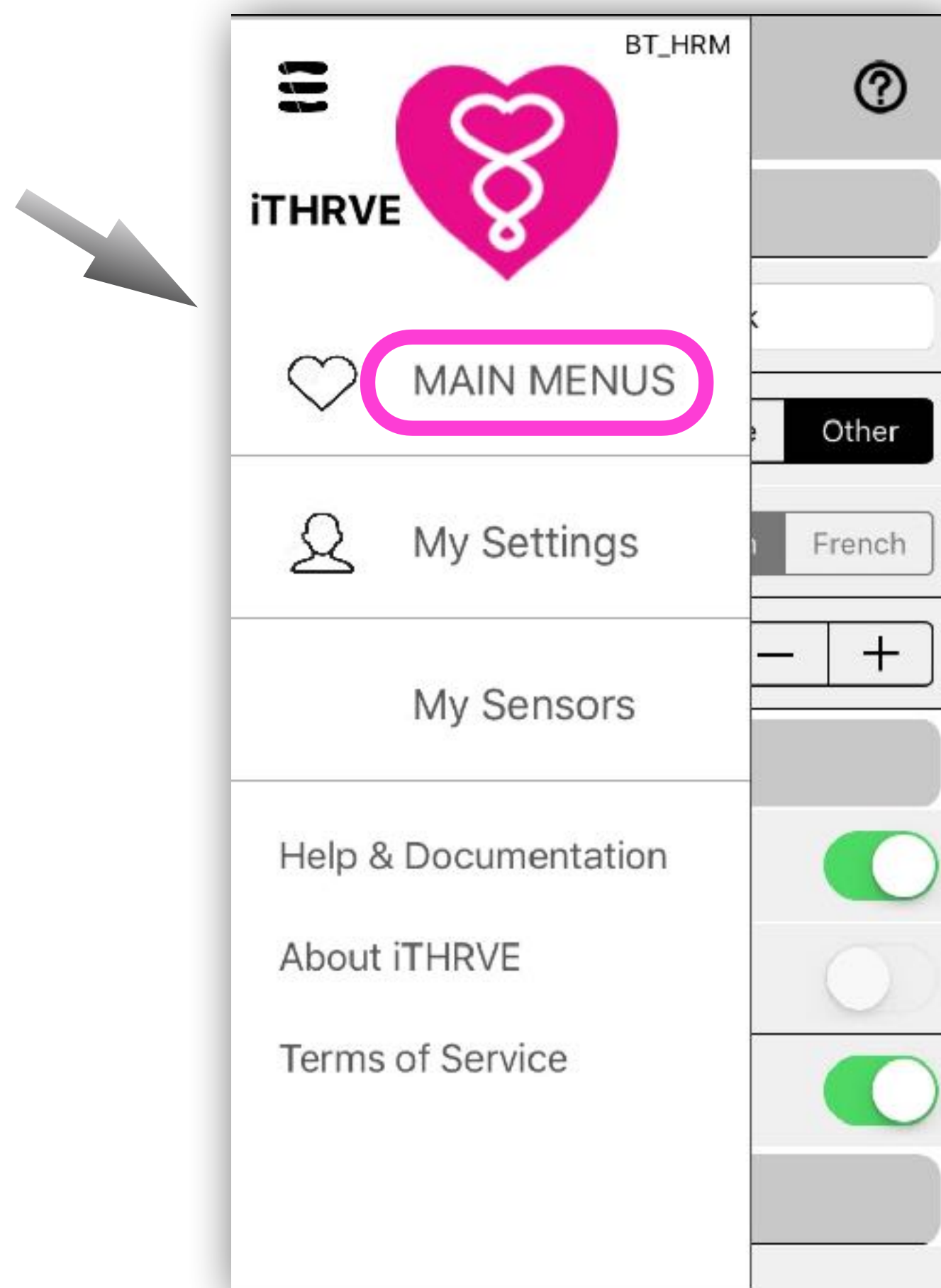


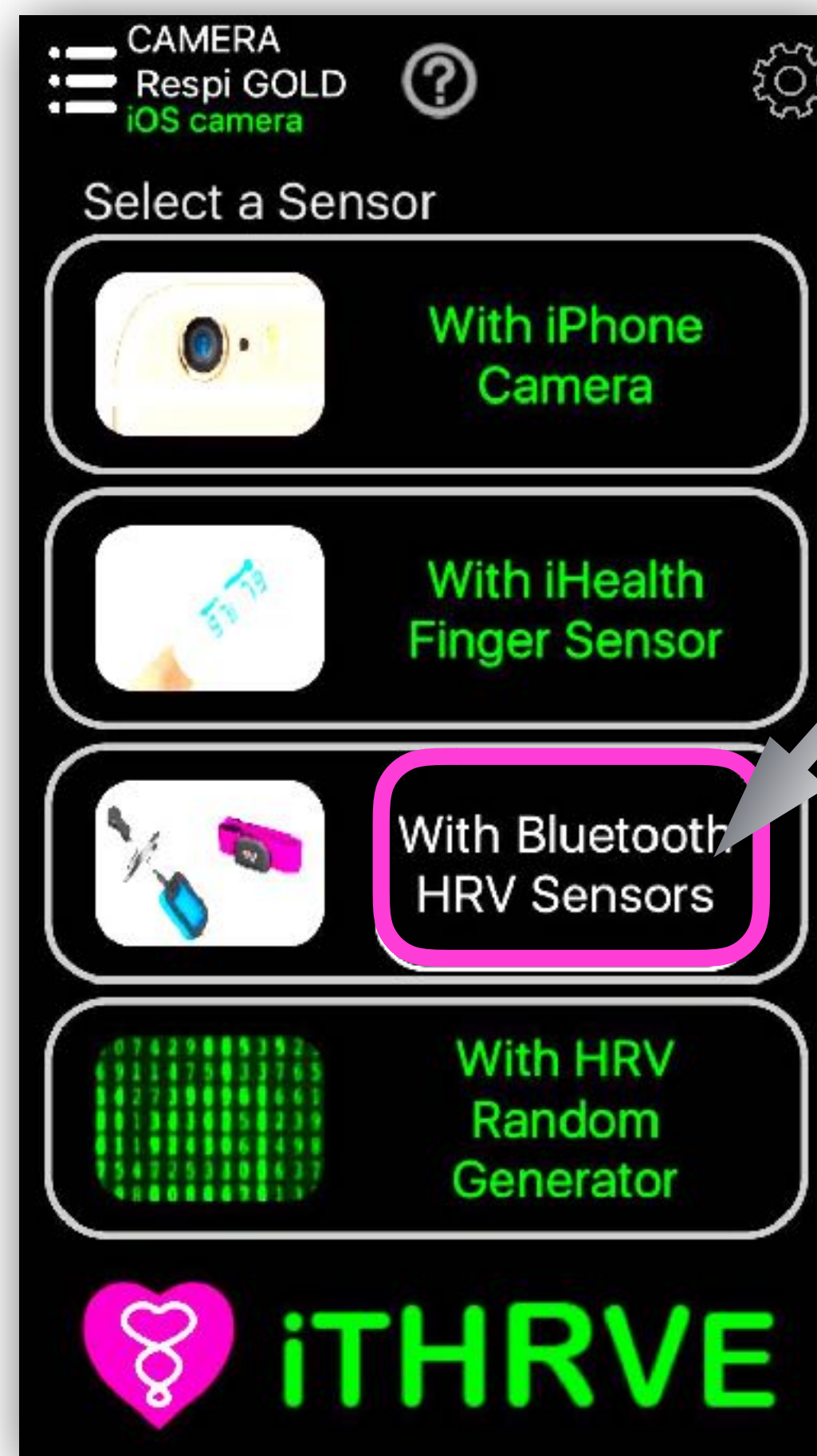
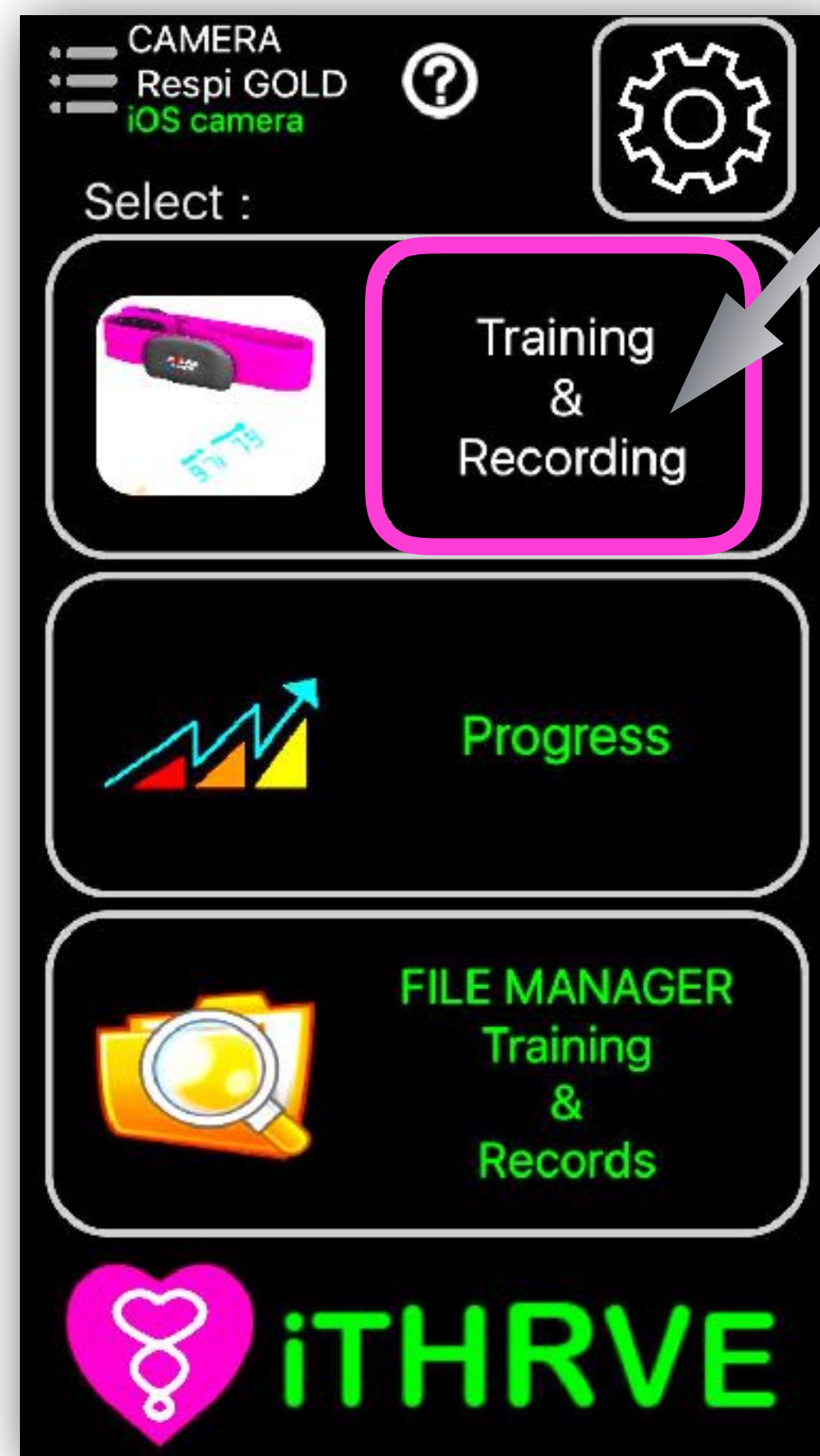
Selecting a new HRV Bluetooth sensor

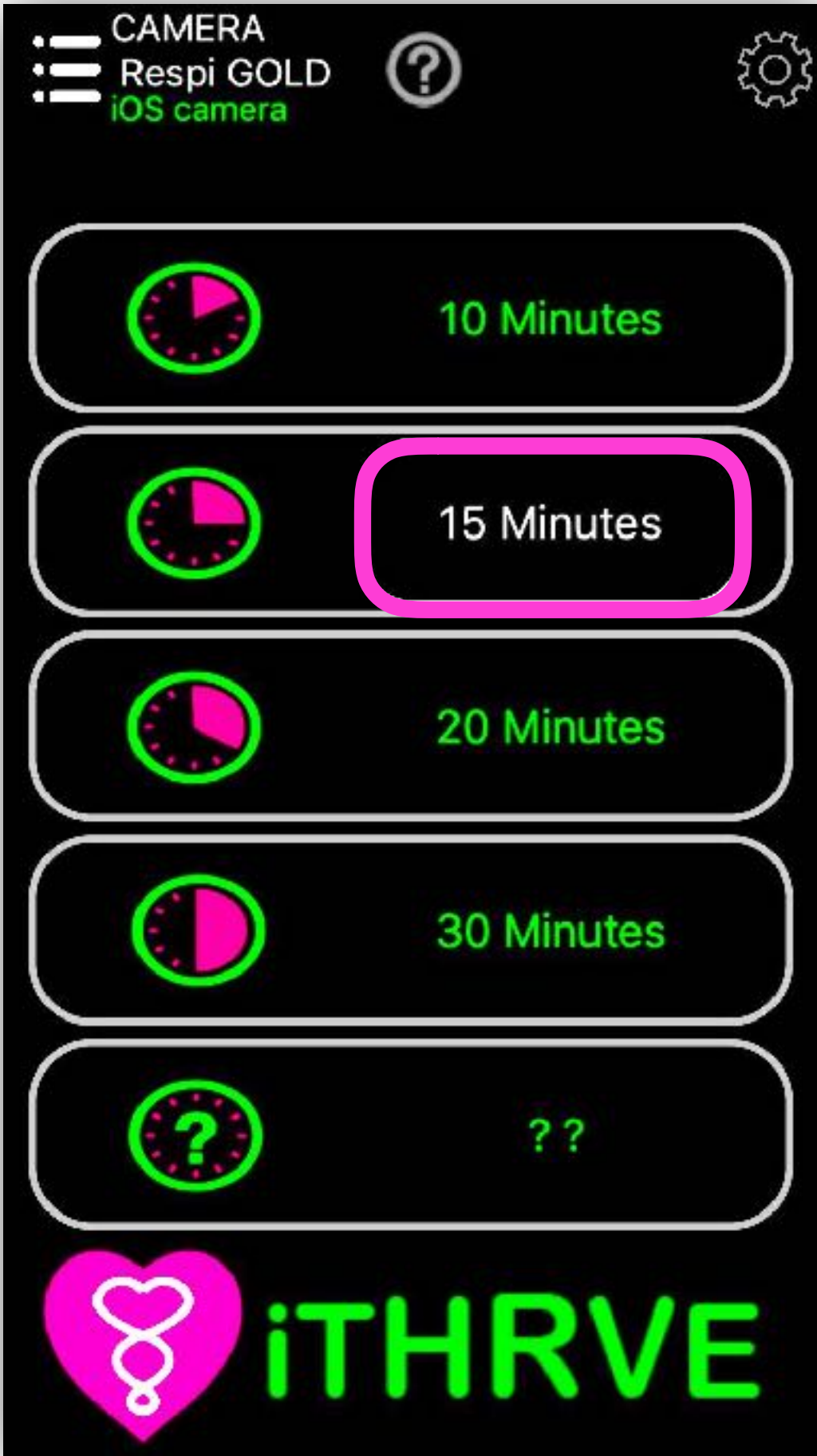
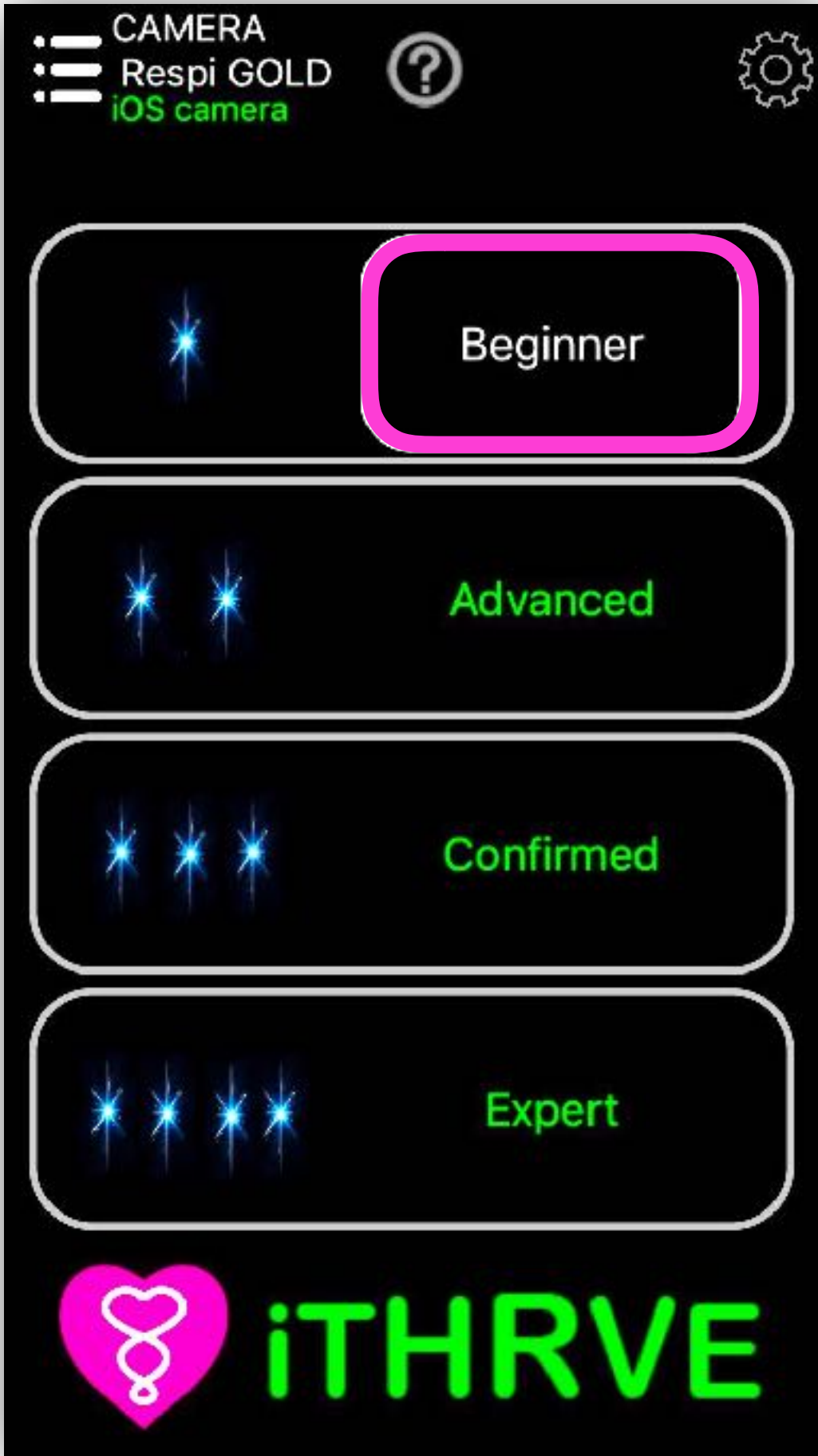


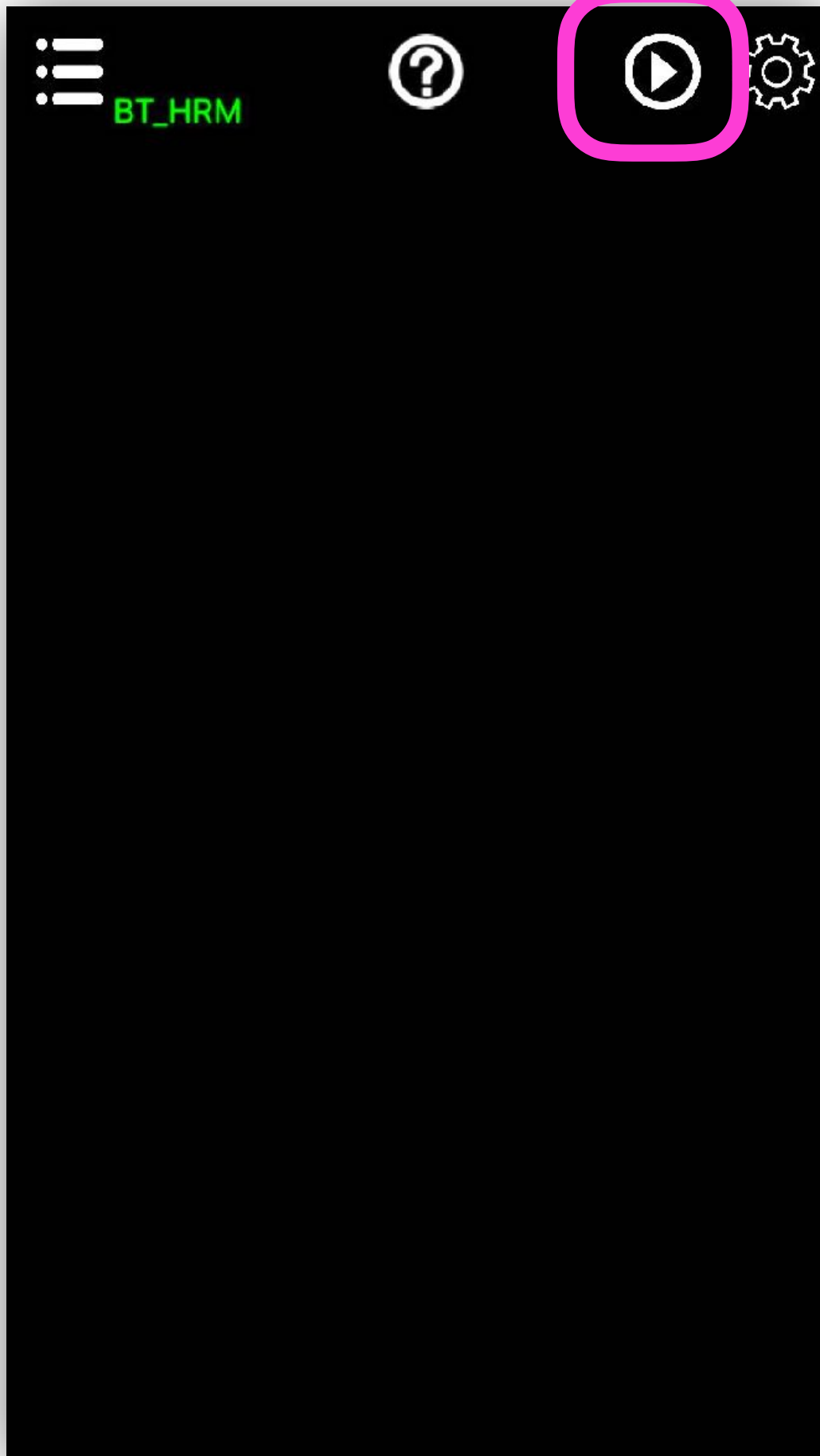
Selecting a new HRV Bluetooth sensor











Heart Rate

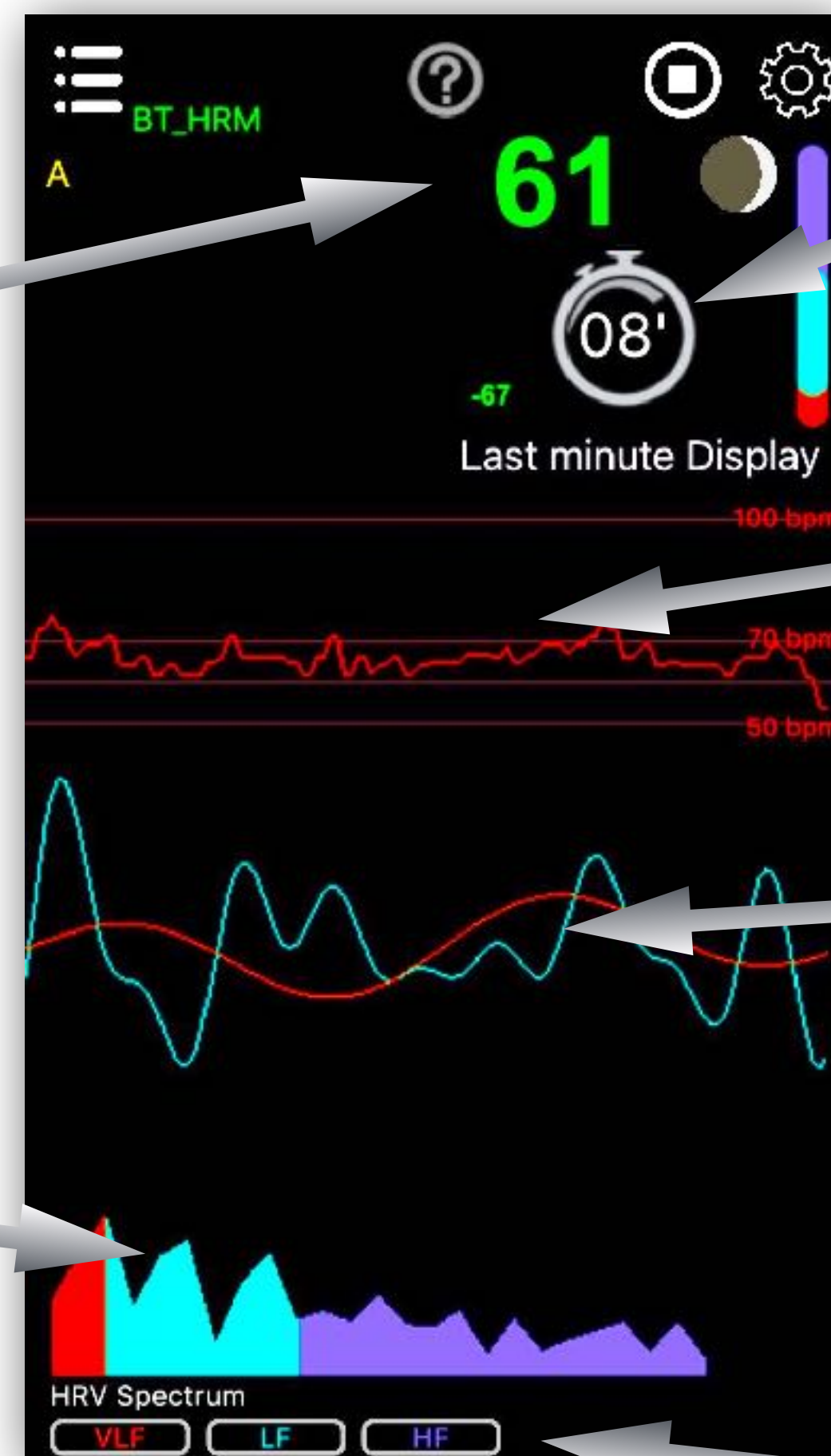
Remaining Time

Heart Rate Variability

VLF, LH, HF Waves

Heart Rate
Spectrum

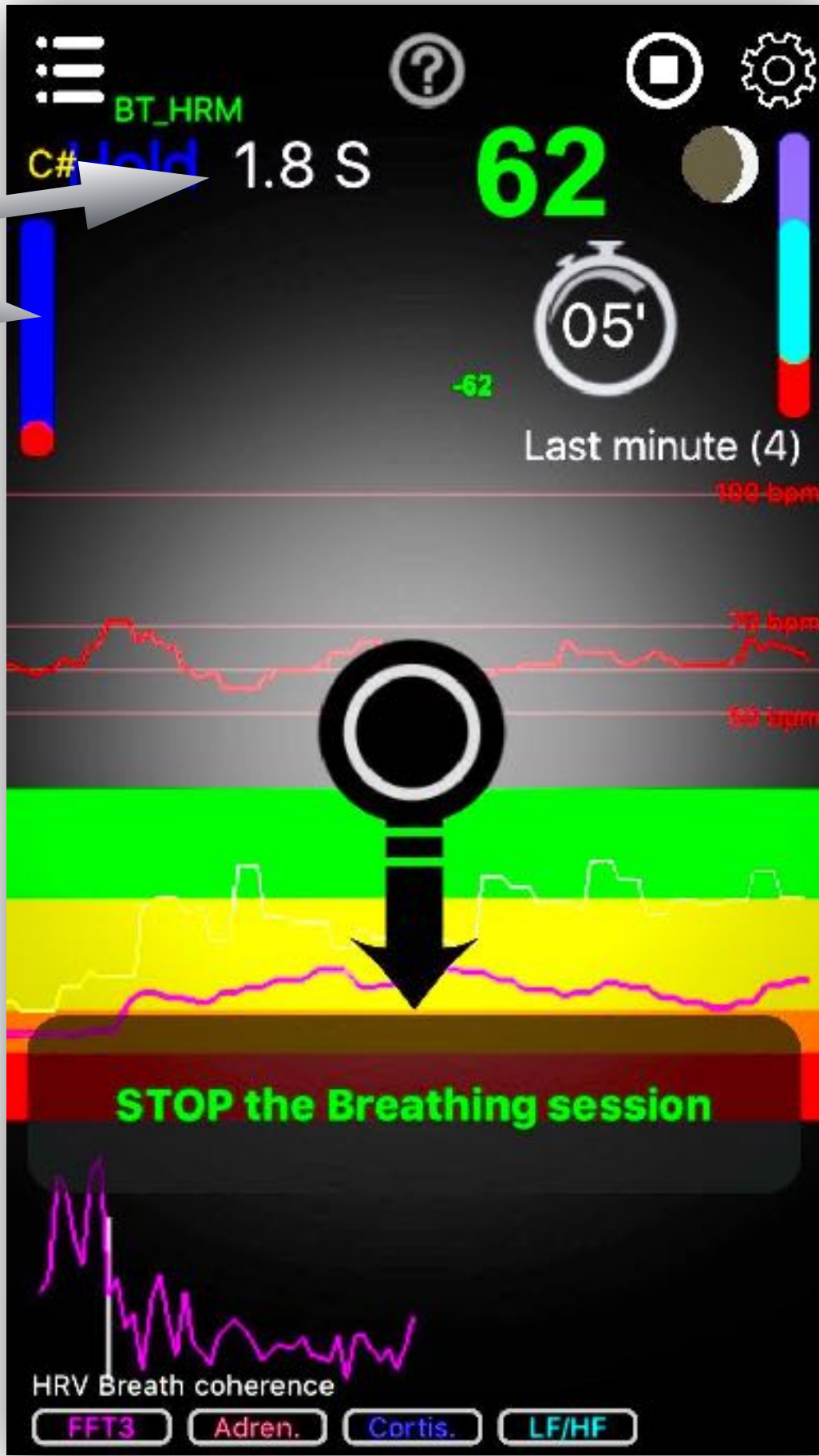
Buttons to show/hide
parts of the display



To start/stop a breathing session



Breath in/out



After 1 minute

Waves & Spectrum



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

Coherence displays

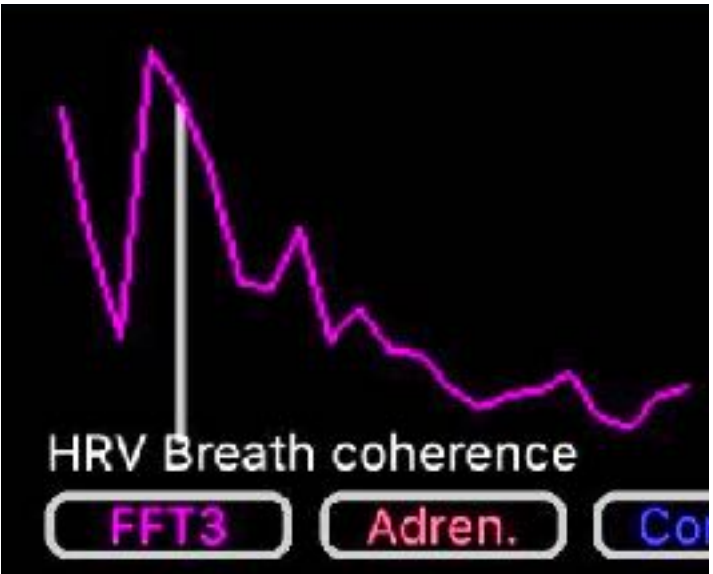


After 2 minutes

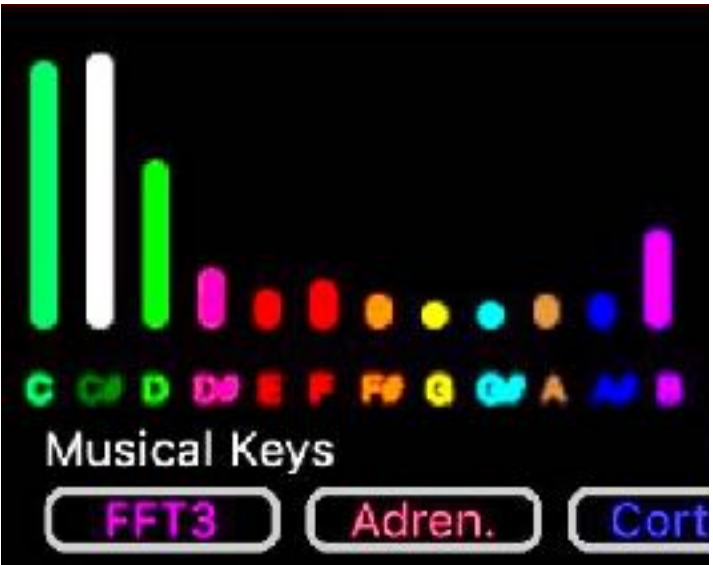


Slide left or right
this lower part of the
screen
to switch between
these display options

HRV
FFT3
Coherence



Music
Keys



After minimum 4 minutes

press **STOP**
for analysis



