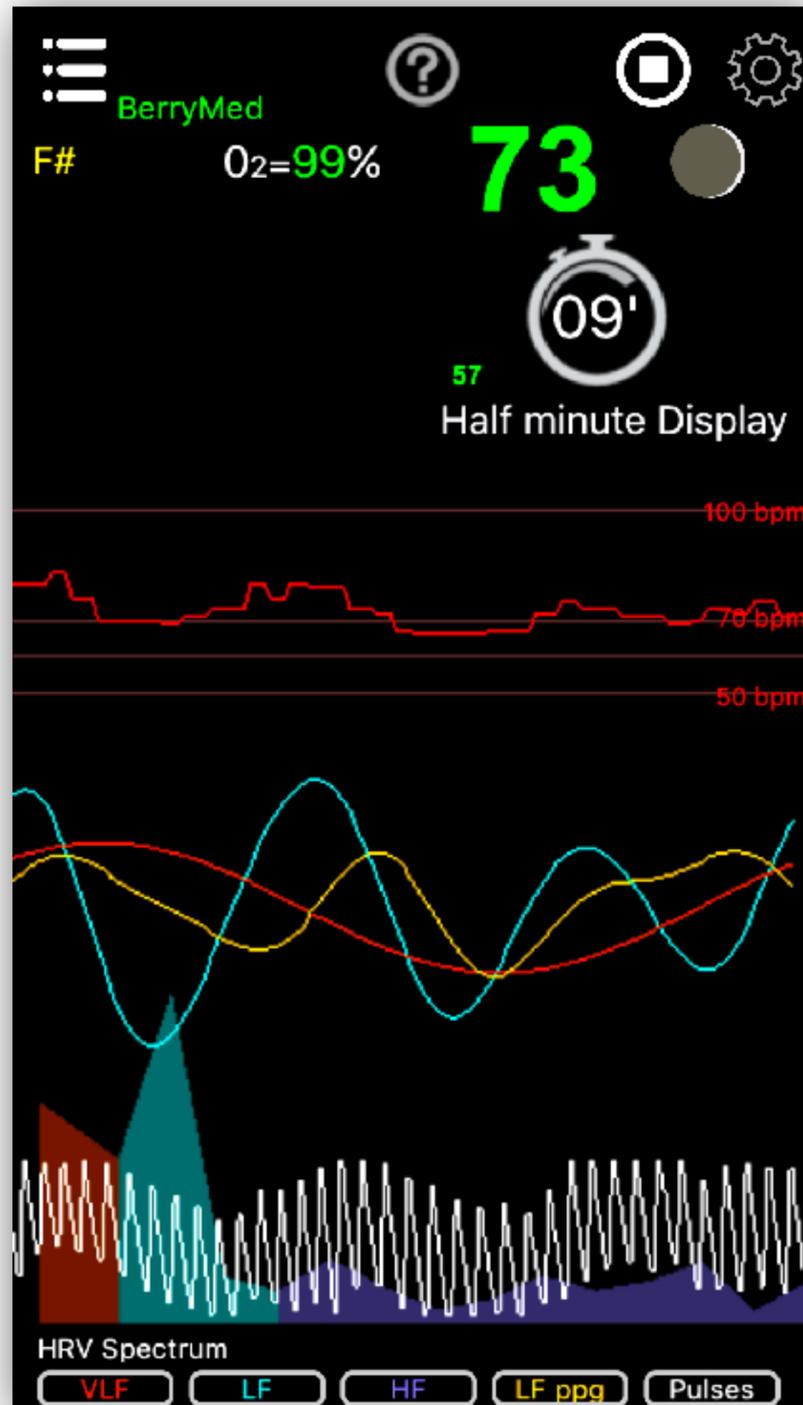


BerryMed BM1000C HRV & PPG Finger Sensor



To make the connection with your iPhone,
BerryMed finger sensor should be
placed on your finger
and **powered ON**
(red light ON inside the sensor)

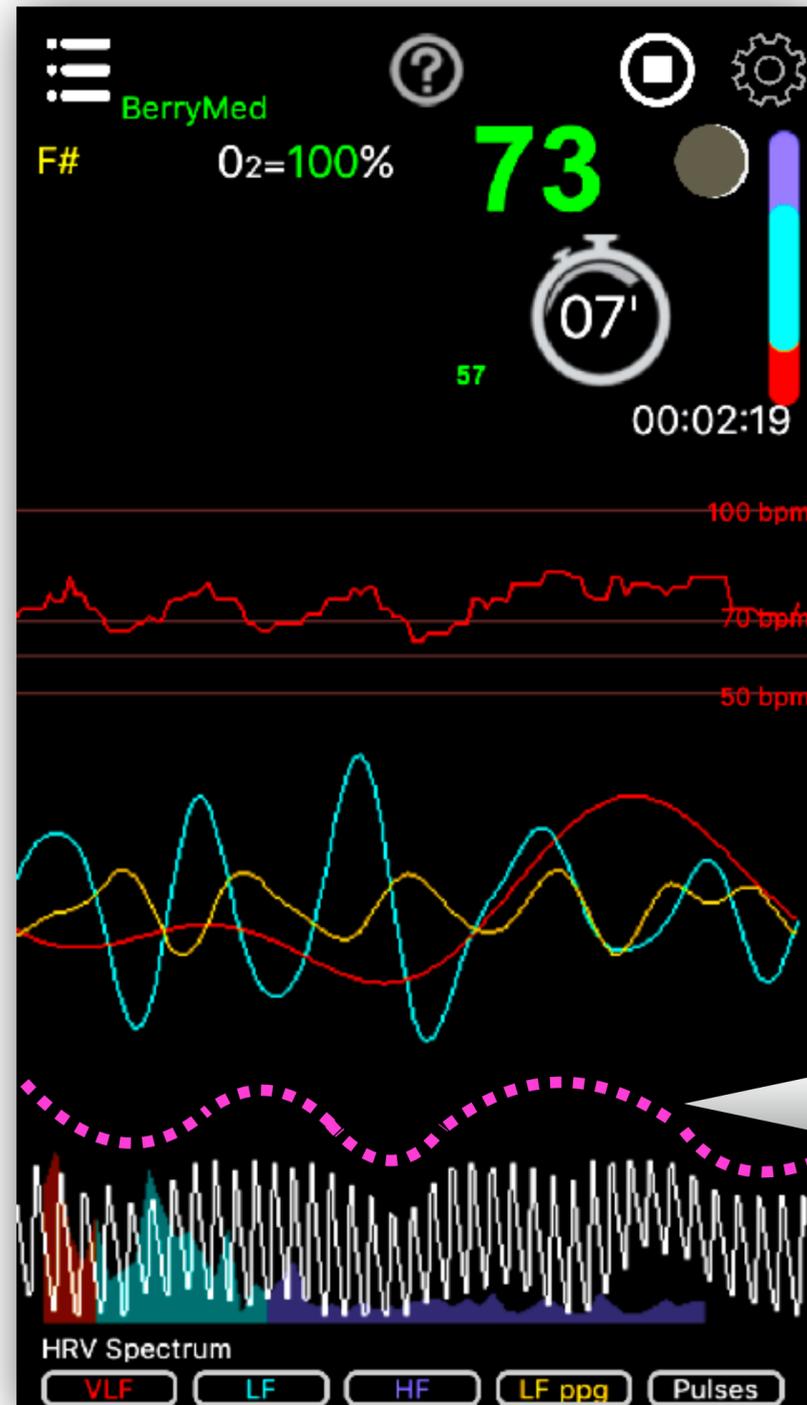


Short Recording options of the app has been designed for quite and calm recordings (as slow breath trainings, heart coherence, & relaxing or meditating states).

The light sensor devices are very sensitive to movements of the sensor: they need a special care to achieve a good acquisition of data.

If you want to make a recording while moving, it is better to use a bluetooth Polar Chest Strap.

Mayer Wave acquisition can only be achieved in a very quite and calm relaxing or meditating state.



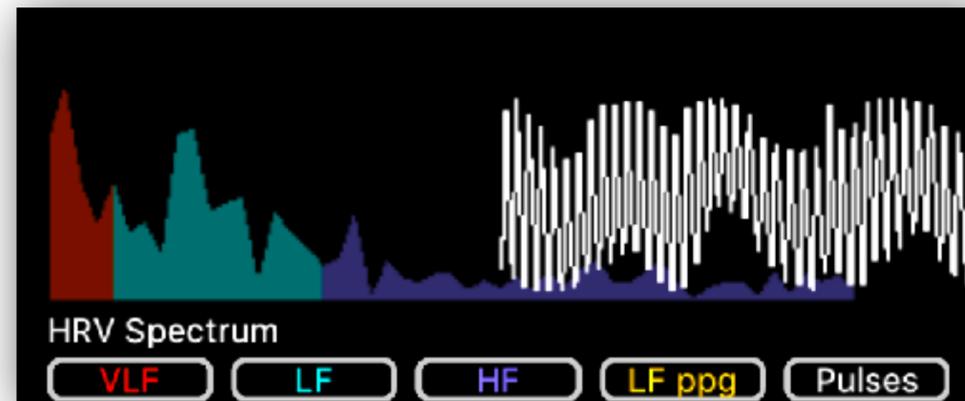
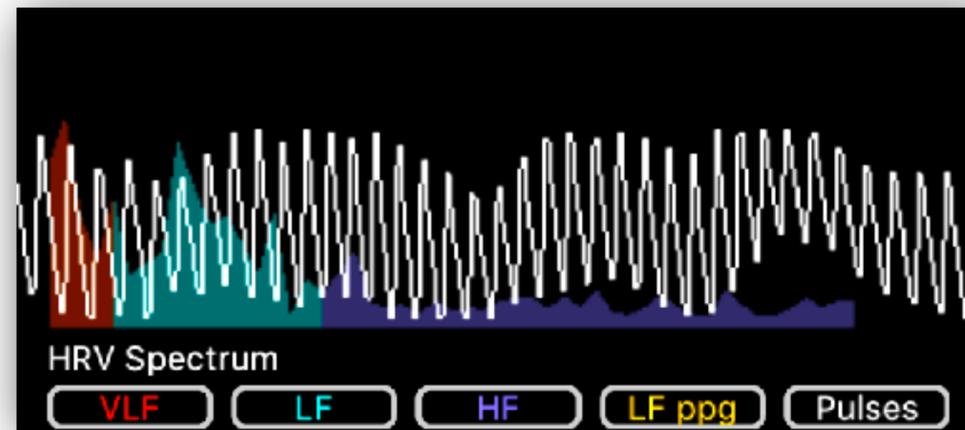
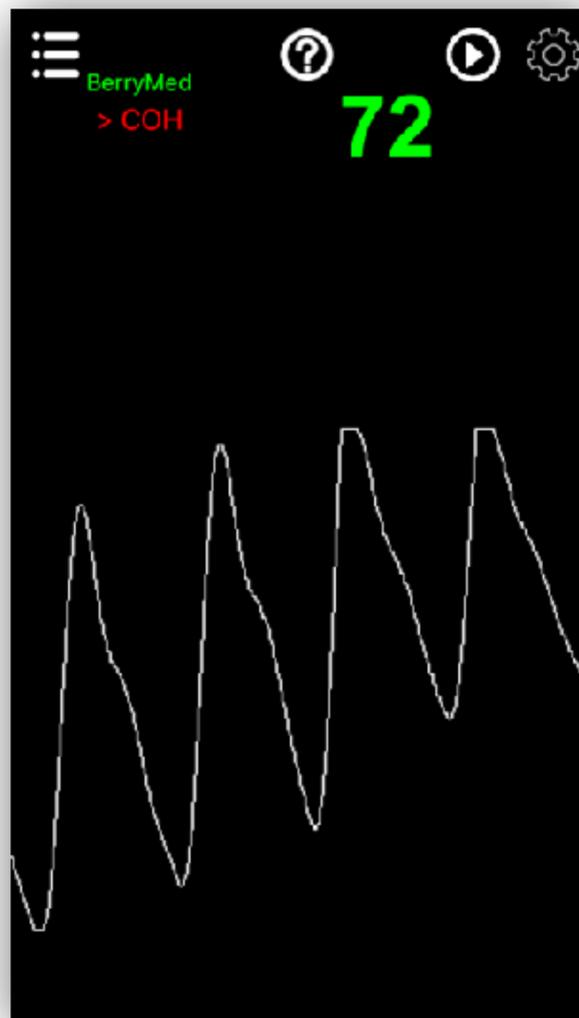
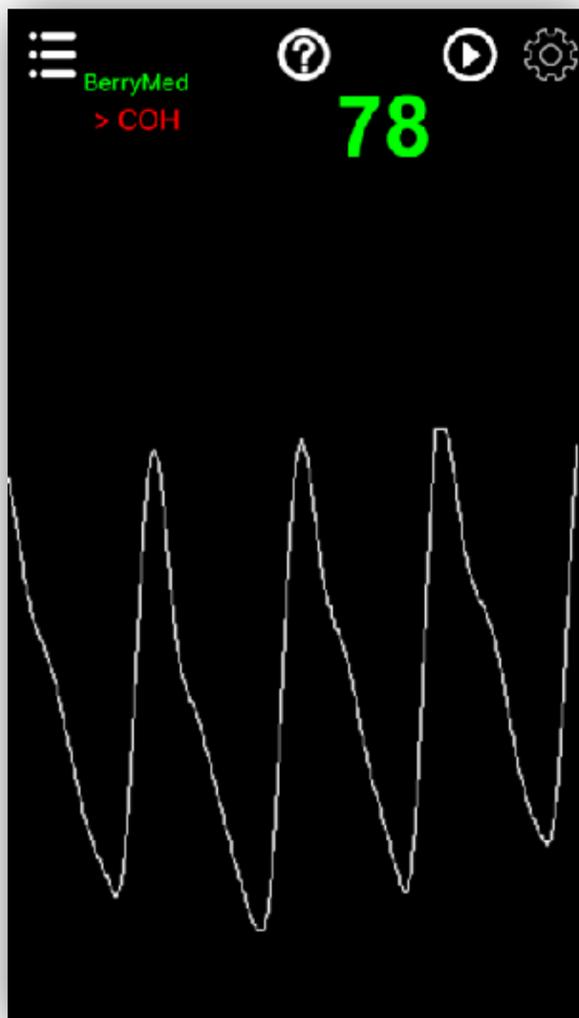
This sensor is quite sensitive to movements.

To get the pressure wave, you need to carefully use this sensor.

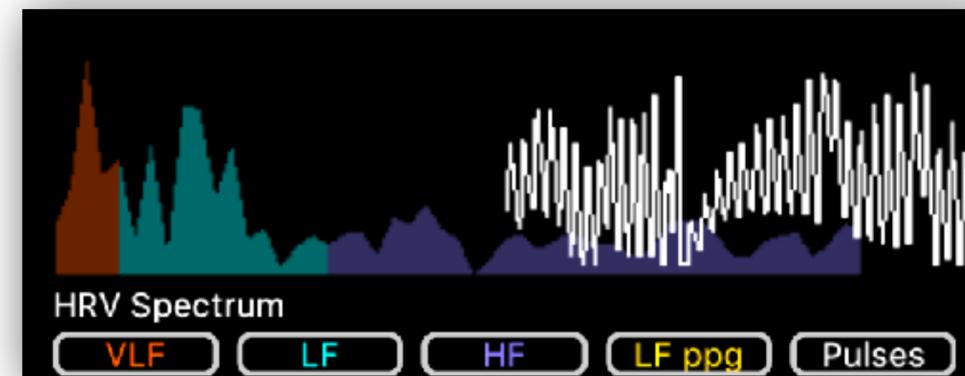
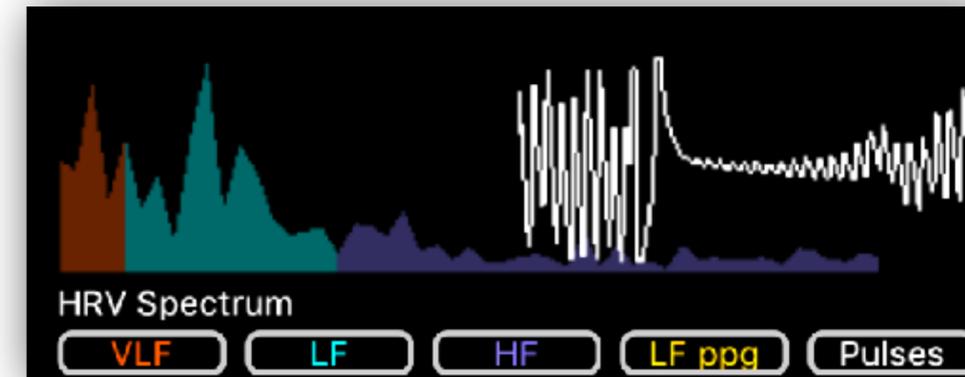
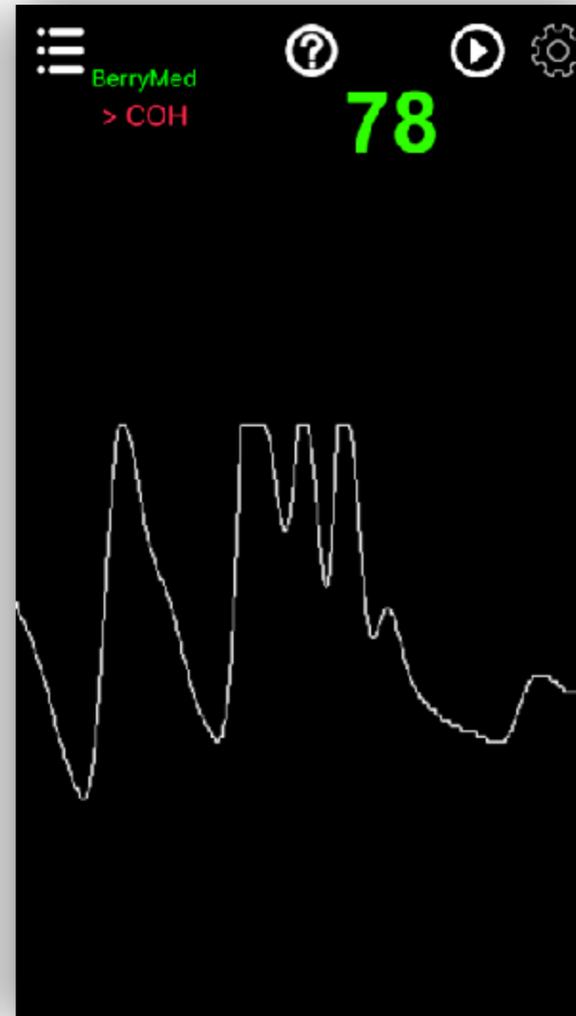
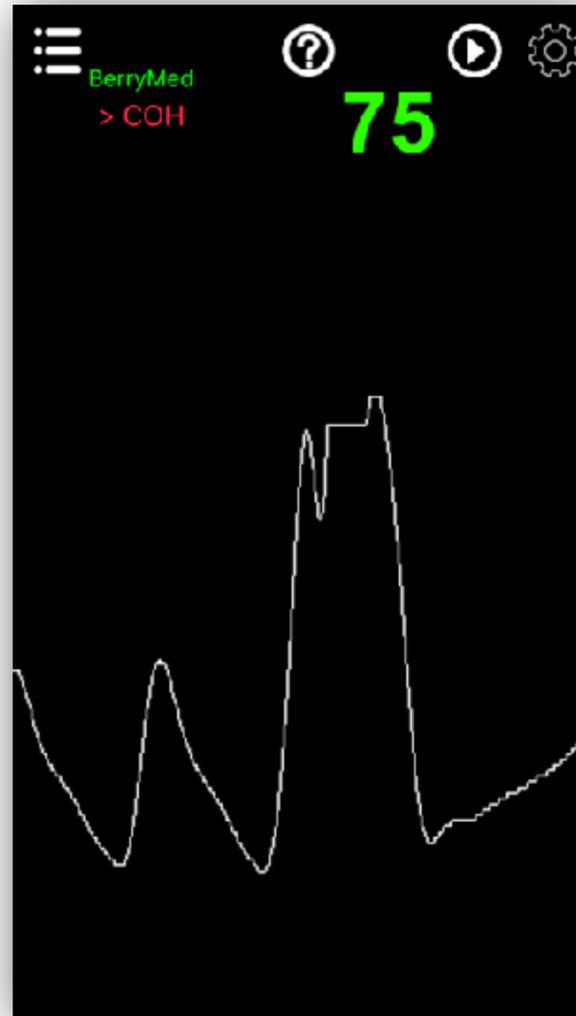
Artifacts will introduce bad analysis of the waves.

Mayer wave or CranioSacral Wave :
a low frequency wave
on the PPG blood pressure pulses

Examples of correct pulses acquisition



Examples of bad pulses acquisition with artifacts



A few tricks for a best use of the BerryMed BM1000C finger Sensor

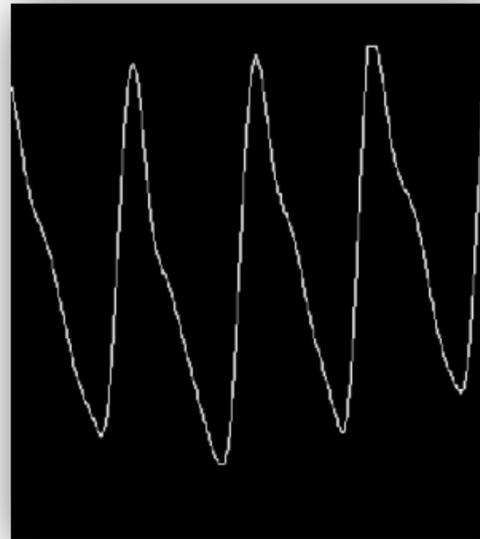
- Avoid too much light in your room
- leave completely free the sensor and the finger using the sensor
- As we are measuring pressure pulses & wave, the pressure between the sensor and the finger should remain constant:
 - avoid movements of the sensor
 - avoid movements of fingers

Avoid too much external light

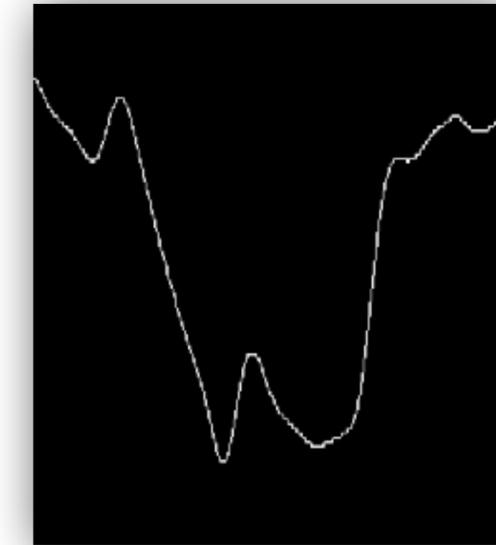
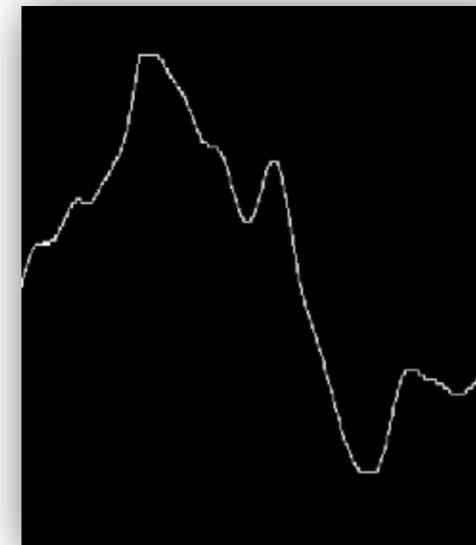
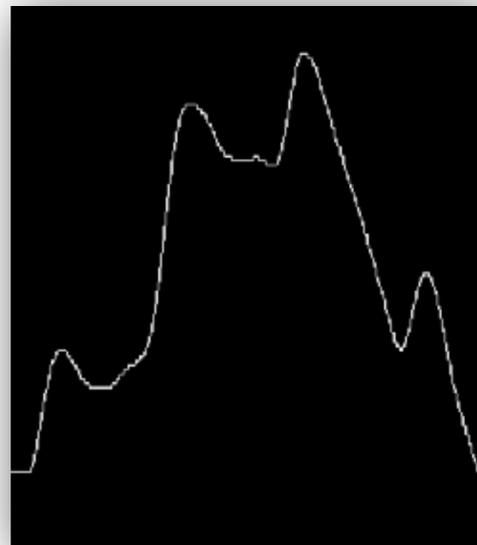
This sensor is sending light through your finger.
External light can therefore introduce artifacts in the data acquisition.

If there is too much light in your room,
put a dark sheet or a dark towel on the sensor.

Be careful to avoid pulsed light coming from artificial light sources
(halogen light introduce big artifacts)



Good pulses



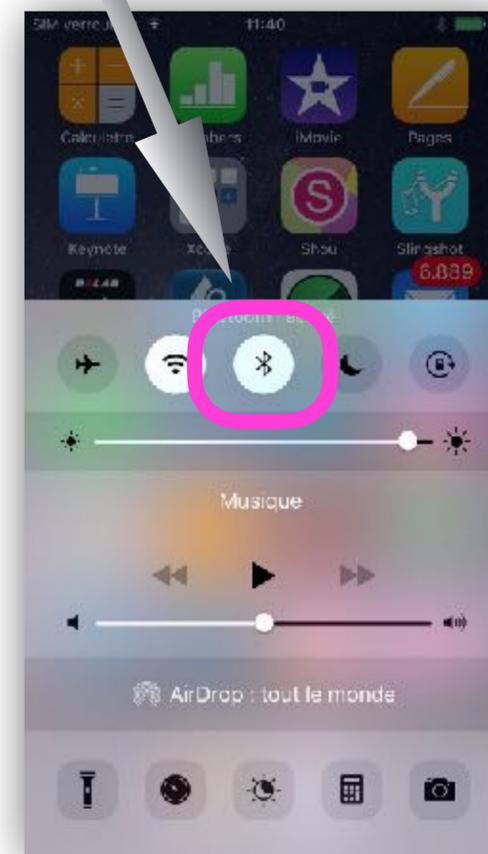
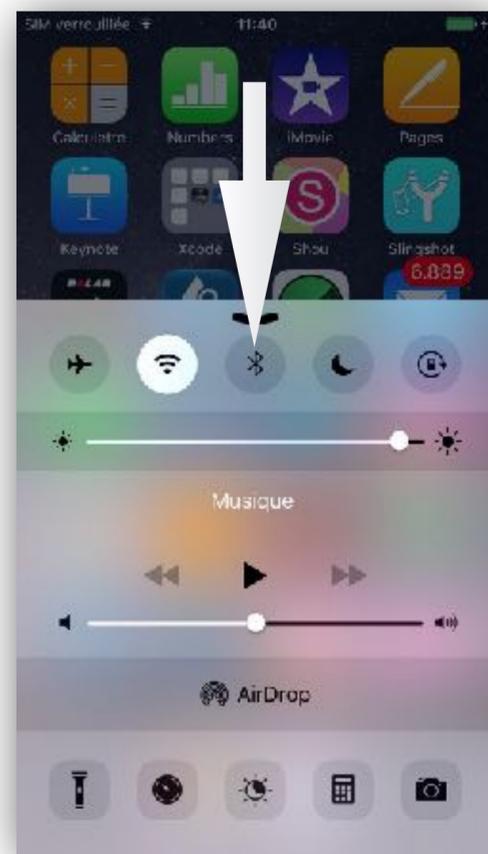
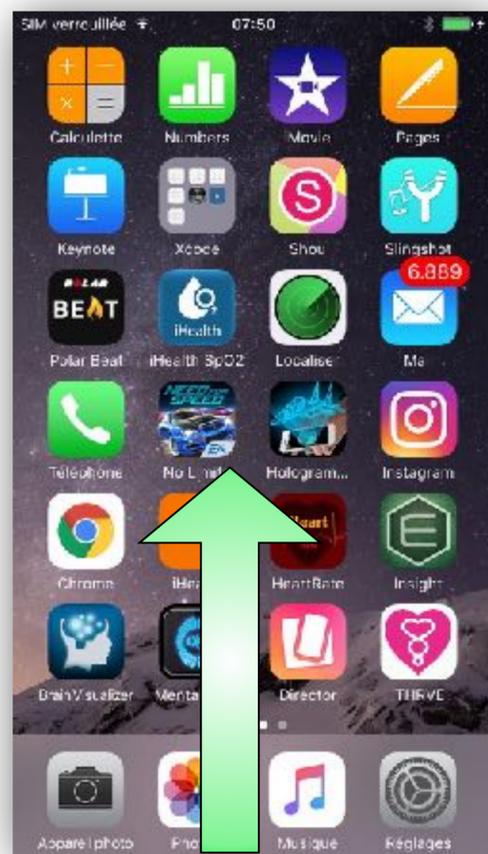
Artifacts due to external halogen light

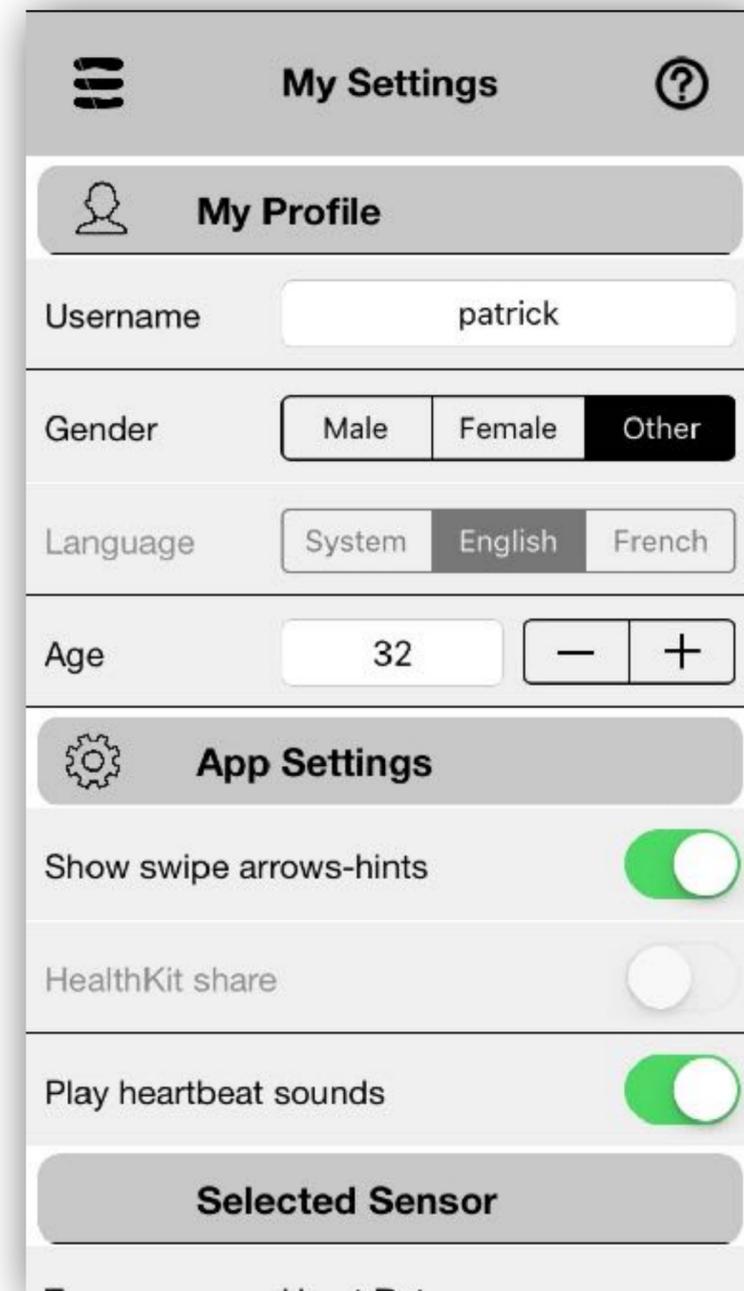
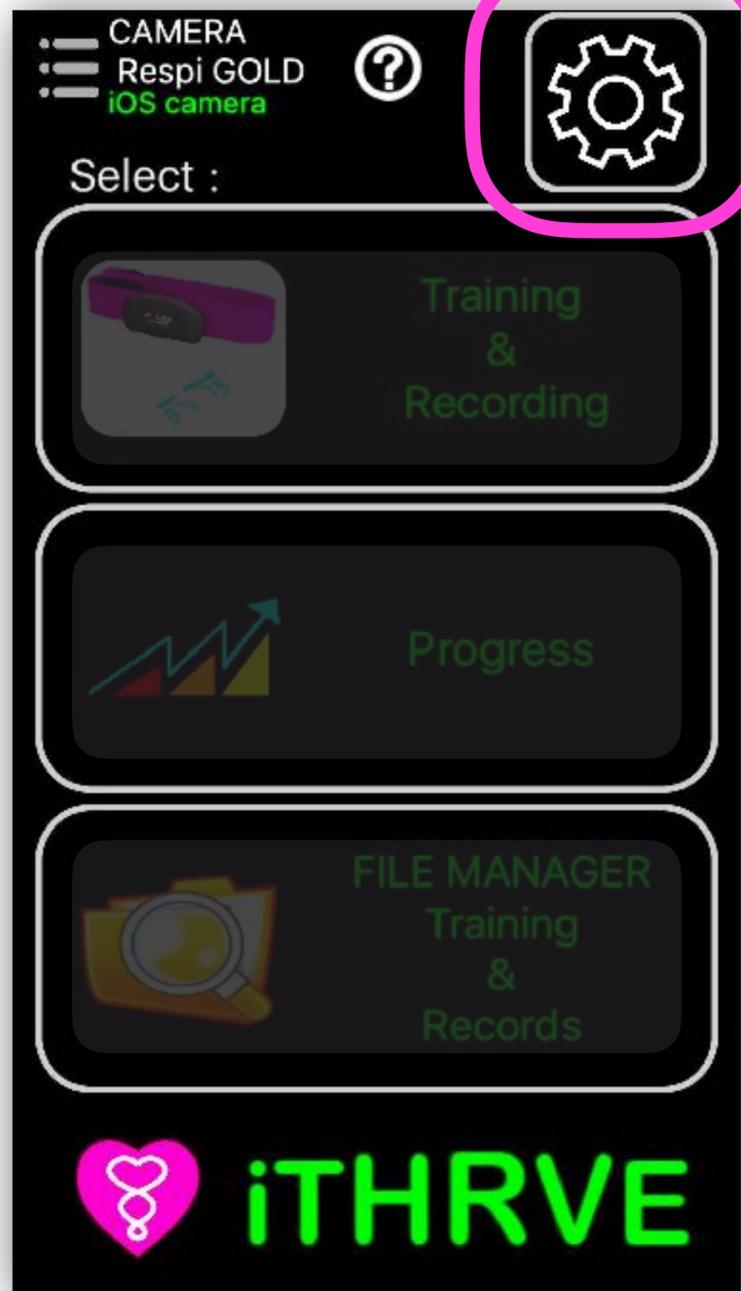
**leave completely free
the finger with the sensor**

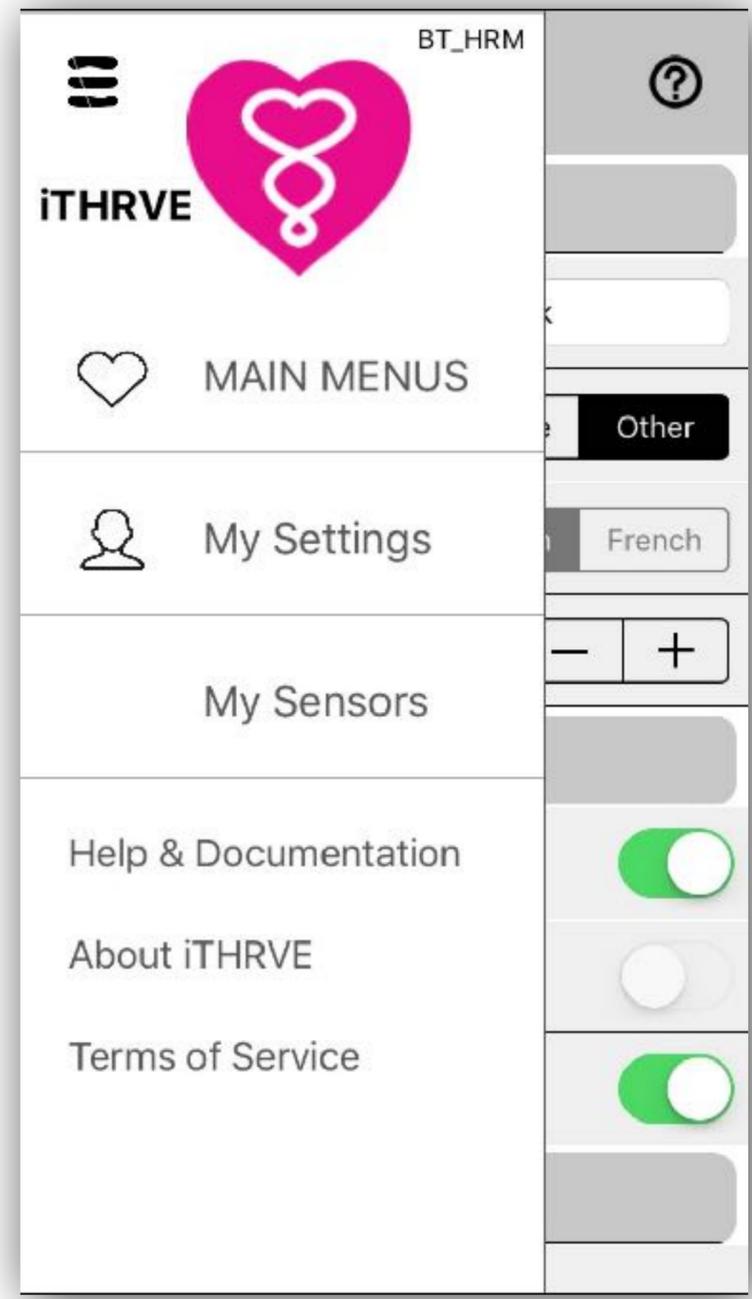
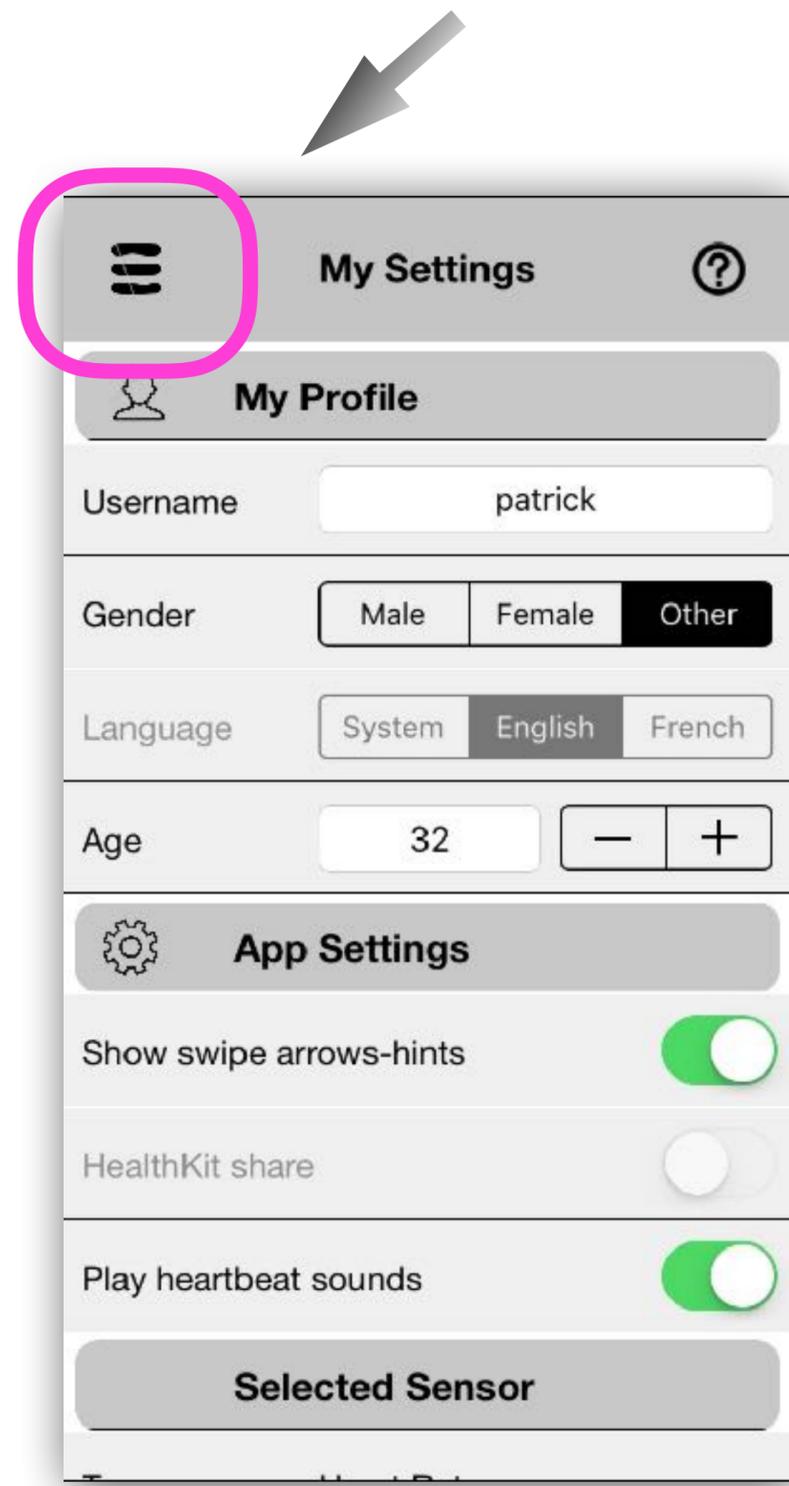
avoid contact with other fingers
and leave completely free the
finger with the sensor
(not touching anything)



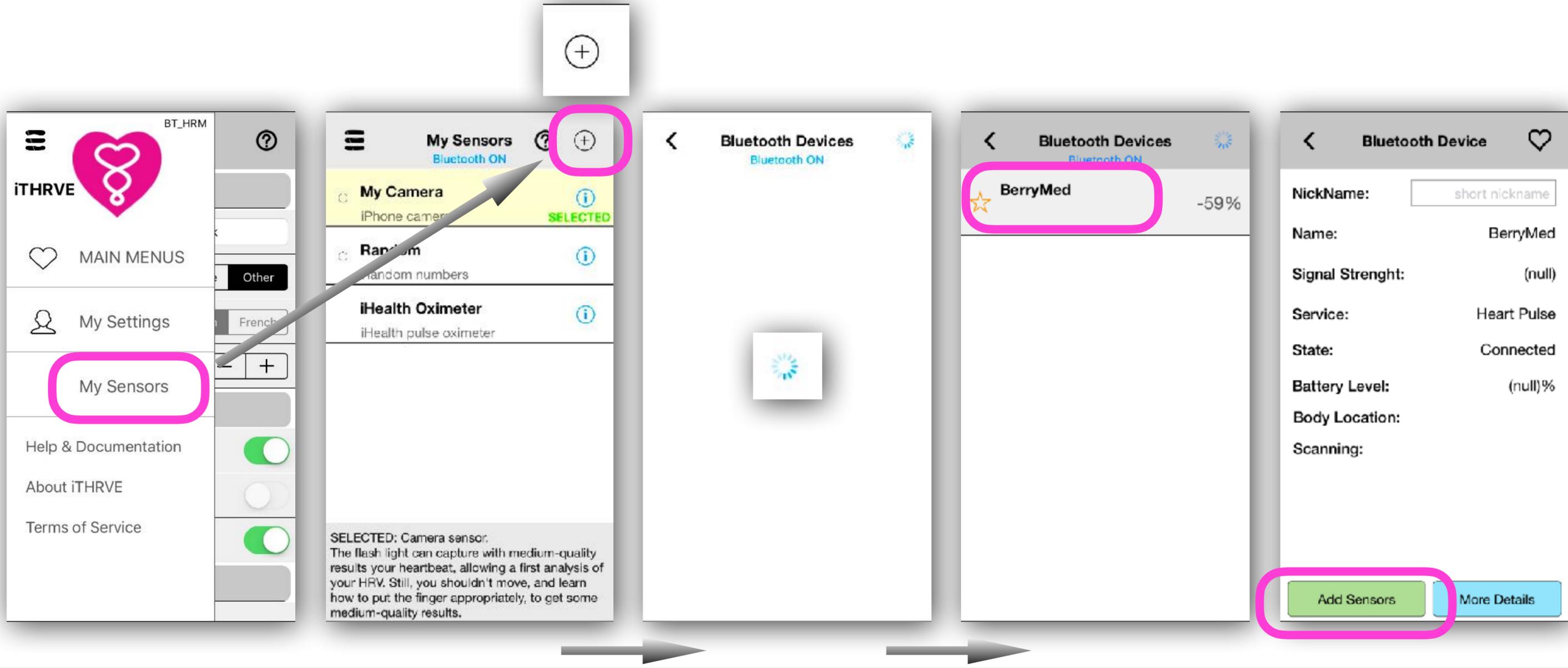
Make sure Bluetooth is ON



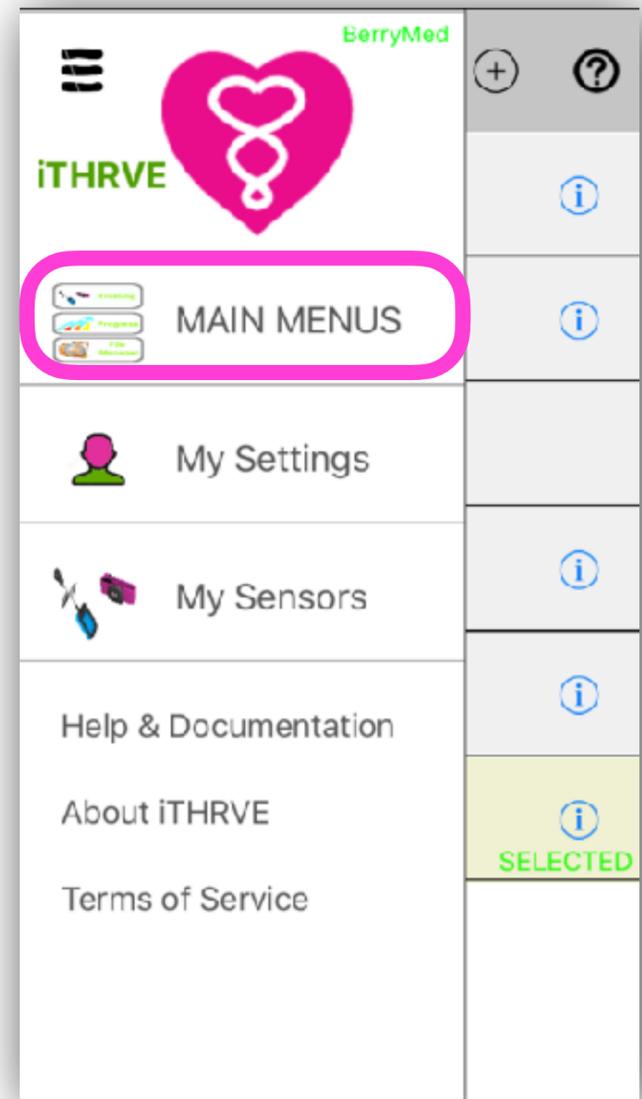
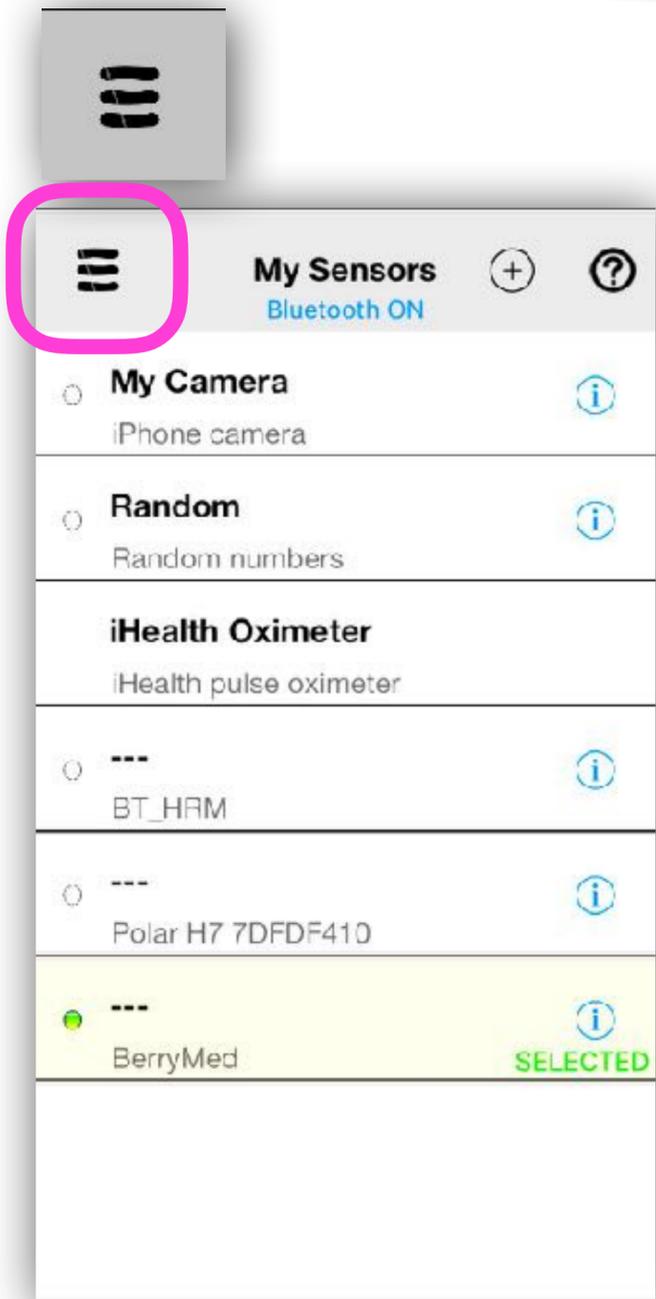
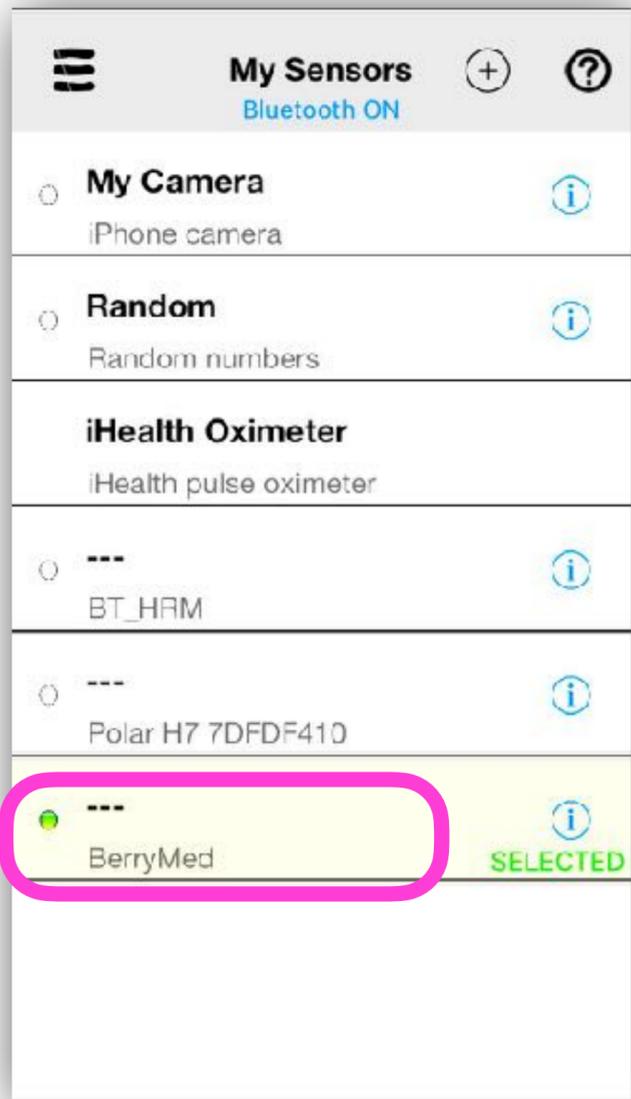


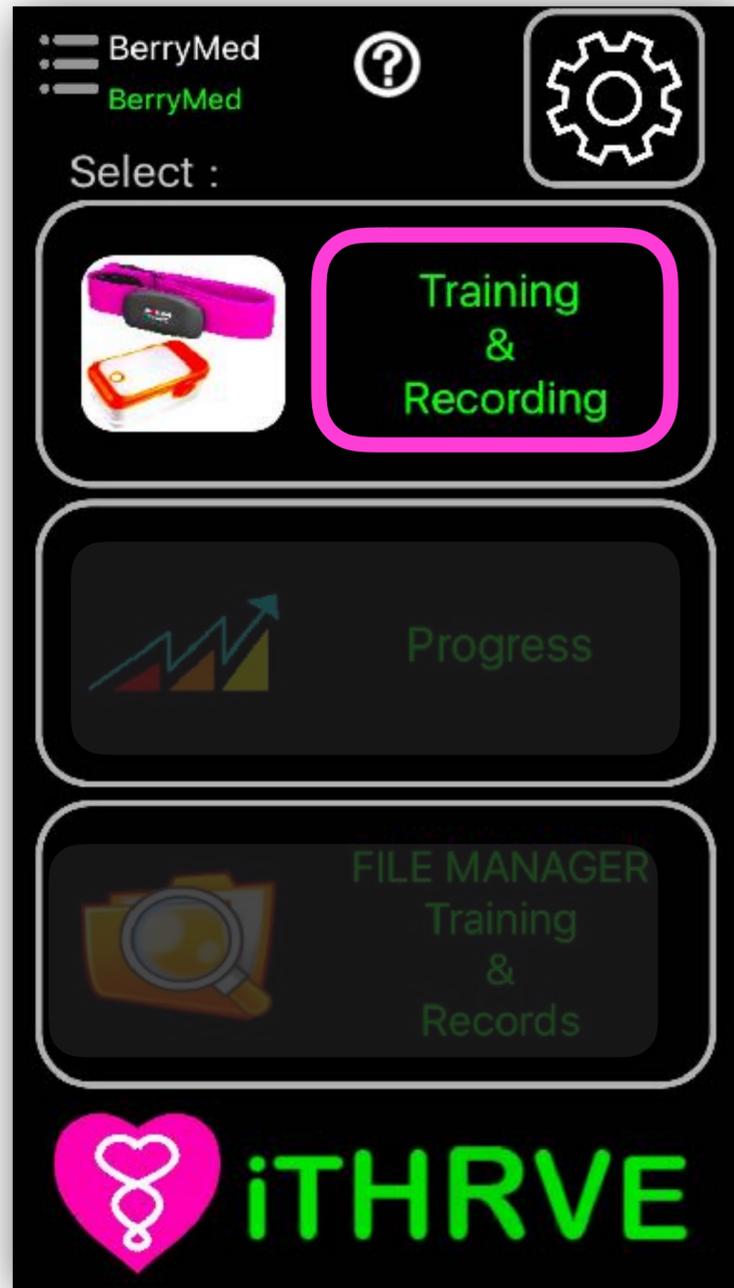


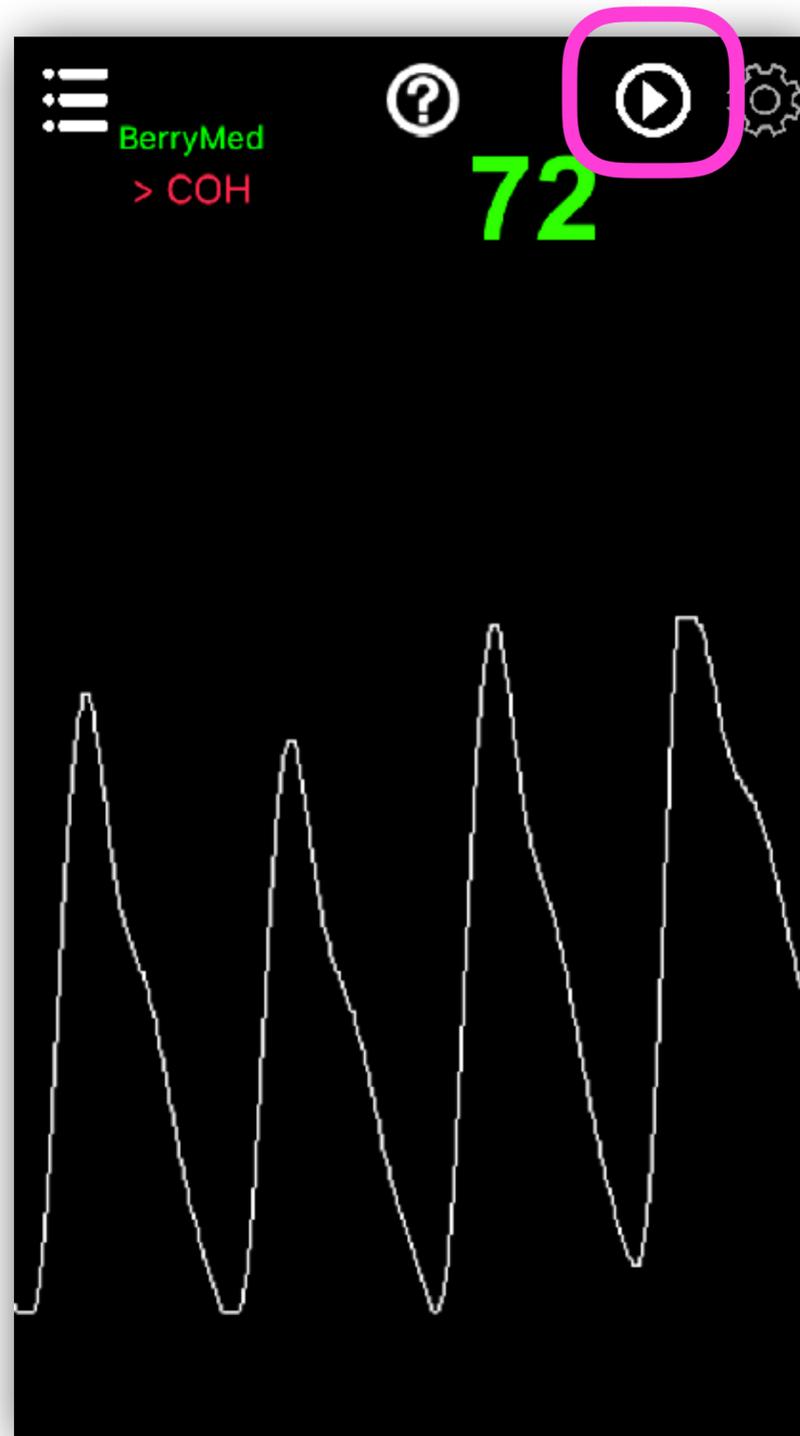
Selecting a new HRV Bluetooth sensor



Selecting a new HRV Bluetooth sensor







Press PLAY
to
Start

