



## **QuickStart Guide for Stress Monitoring**

### If Using a Chest Strap, Secure Heart Rate Monitor

- Be sure your chest strap properly attached, and if necessary, use water or water-based lubrication on the electrodes on the chest strap to improve conductivity. If you have a stretchy chest strap (eg. Polar), the electrodes are the smooth spots on either side of the transmitter. If you have a plastic chest strap (eg. 60Beat), the electrodes are outlined on either side of the transmitter.

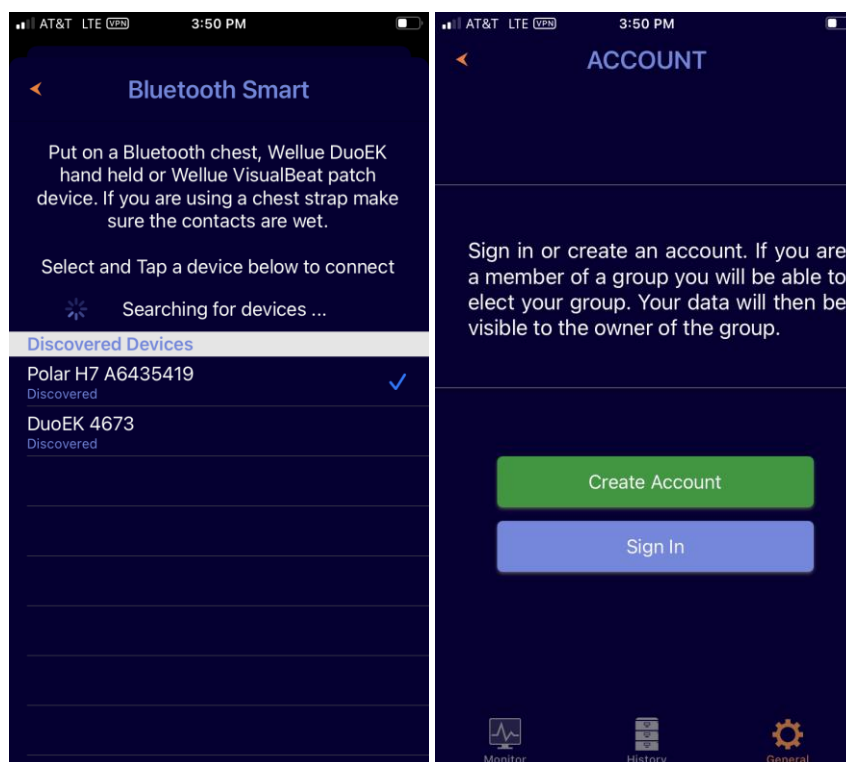
### Launch SweetBeatHRV/BradBeat/RecoverFaster

- If this is the first time you have launched this app, you will be prompted to acknowledge that this is not a medical device and then prompted to record a baseline session.
- The baseline tells the algorithm what your resting and relaxed state looks like. Since everyone is different, you may have better results if you record a baseline. Always record your baseline when you are feeling relaxed and happy, you are not in a hurry, and you are in a quiet, familiar place.
- If you choose to skip the baseline, simply select the “skip” option. This will take you to the Monitor screen.

- Next you need to select and pair your chest strap or Wellue EKG handheld or patch. From the menu tab:

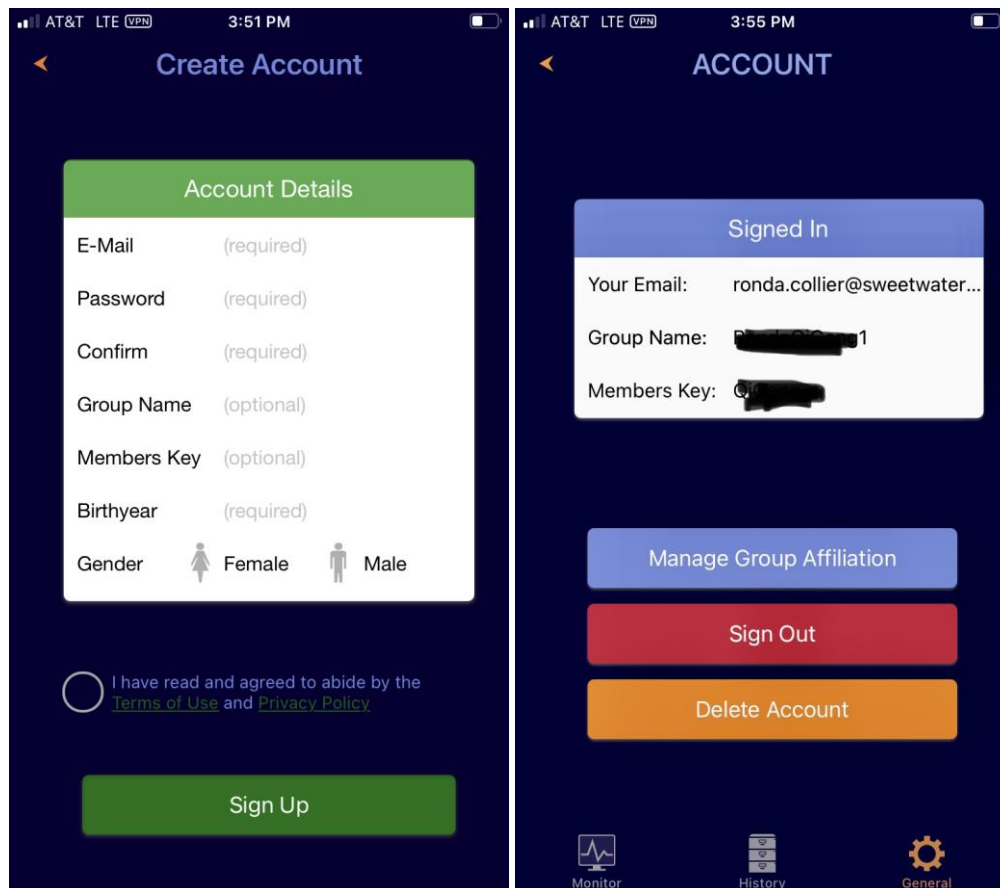


- Select General->Heart Rate Monitors and then select Bluetooth Smart. Then select your device.
- Finally, create an account so that you can upload your sessions.
  - From the menu tab select General->Account Settings->Create Account



- If you are a member of a club or a client of a health professional, include the Group Name and Members Key when you create your account. If

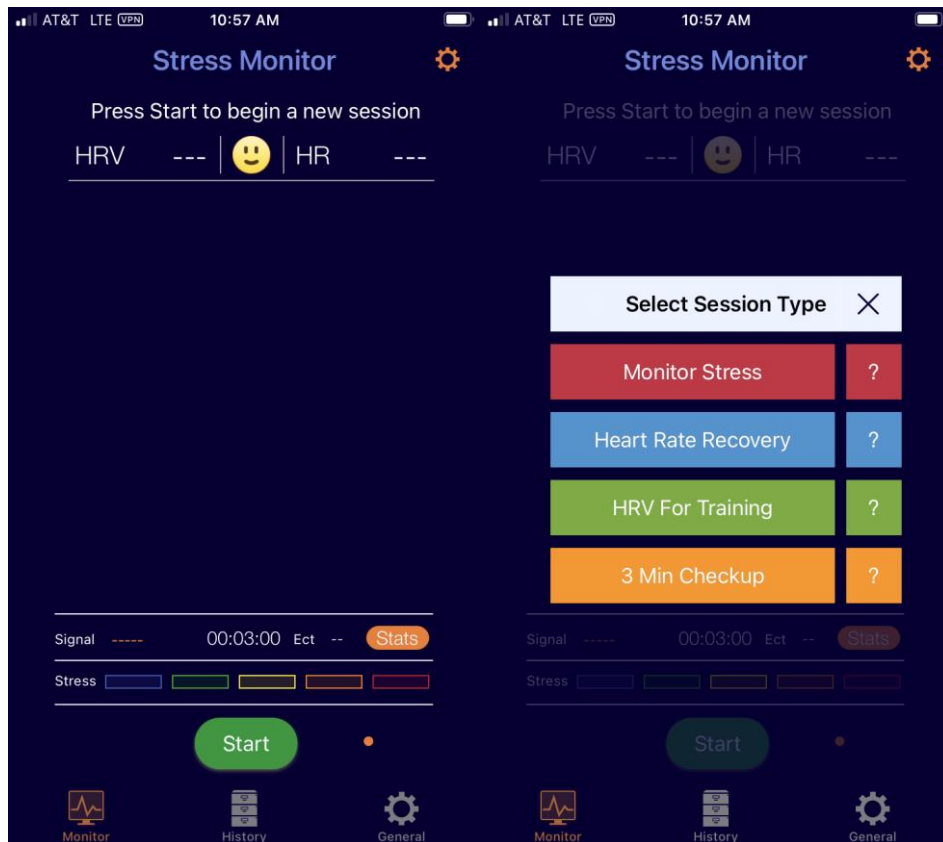
- not applicable then leave those fields blank.
- You can delete your account any time from the Account Settings screen.
- You may change your group affiliations from the account screen as well.



## Start Session

- Return to the Monitor screen by selecting “Monitor” in the menu tab.
- Press the “Start” button to start your session.
  - You will be prompted to enter your fitness level the first time. Enter this and then press “Start”

again.



- A “Select a Session Type” pop-up will appear. Press whichever type of session you would like to run (Monitor Stress, Heart Rate Recovery, HRV For Training).
  - Monitor Stress will measure HRV, Heart Rate and Stress in real time until you press the stop button.
  - Heart Rate Recovery is used at the end of your workout to determine how quickly your heart rate decreases. Press Start and measure a few minutes of your workout and then press Stop

when you finish your workout - sit down if possible.

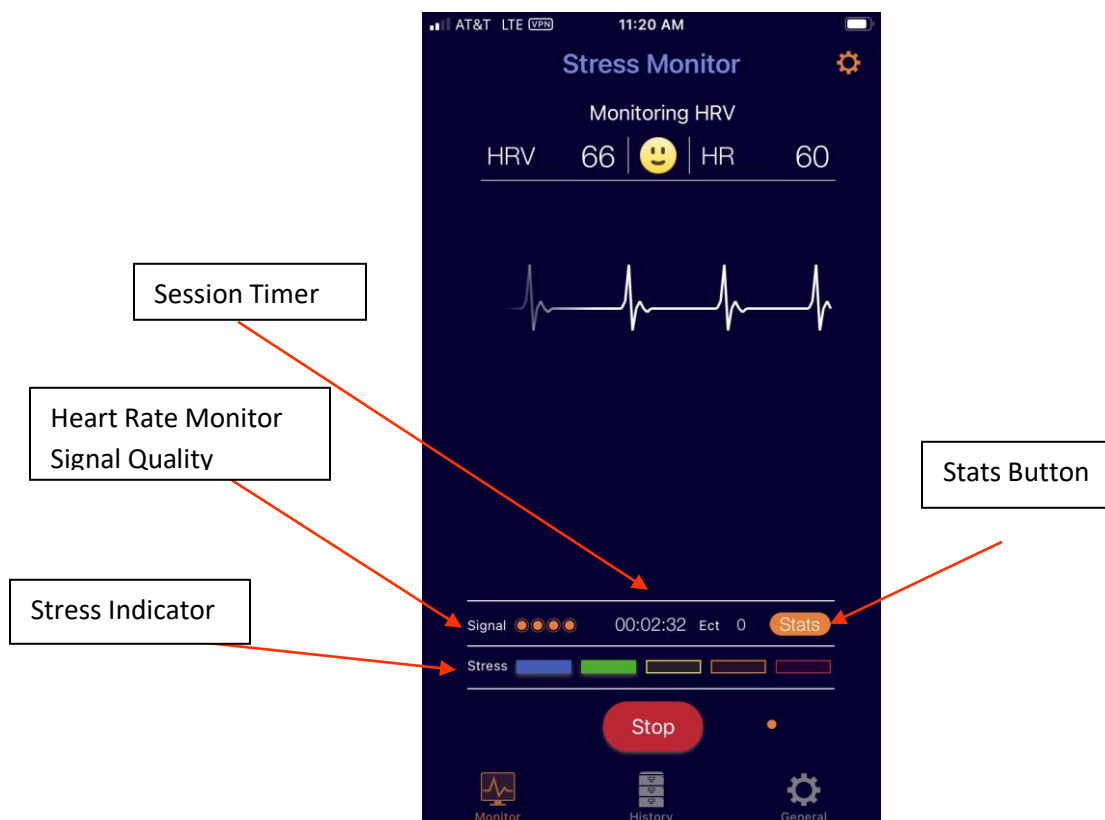
- HRV for Training is used to guide your training and is a 3 minute timed session. HRV for Training should be done at the same time each morning and in the same position (lying down, sitting, standing).
  - Please read [Using HRV for Improved Sports Performance.pdf](#)
- At the top you will see a message “Listening for heart Beat,” followed by “Waiting for More Data”. Please note that it may take up to 40 seconds in the “Waiting for More Data” stage before recording will begin.



- If there is a problem with your hardware connection, a message will appear advising you. Please check your chest strap connections or Wellue contacts if you get this message. Make sure batteries are current/Wellue is charged.
- Once enough data is collected, your heart rate (HR),

calculated stress level (Stress), and heart rate variability (HRV) are displayed.

- Your HR value is your heart rate in beats/minute.
- Your Stress level displays your stress as blue for low stress to red for high stress (stress level is green in picture below).
- Your HRV is a number between 0-100 and shows your ability to put the brakes on stressful situations. A high HRV is desirable. Most people will have a baseline HRV between 55 and 90.




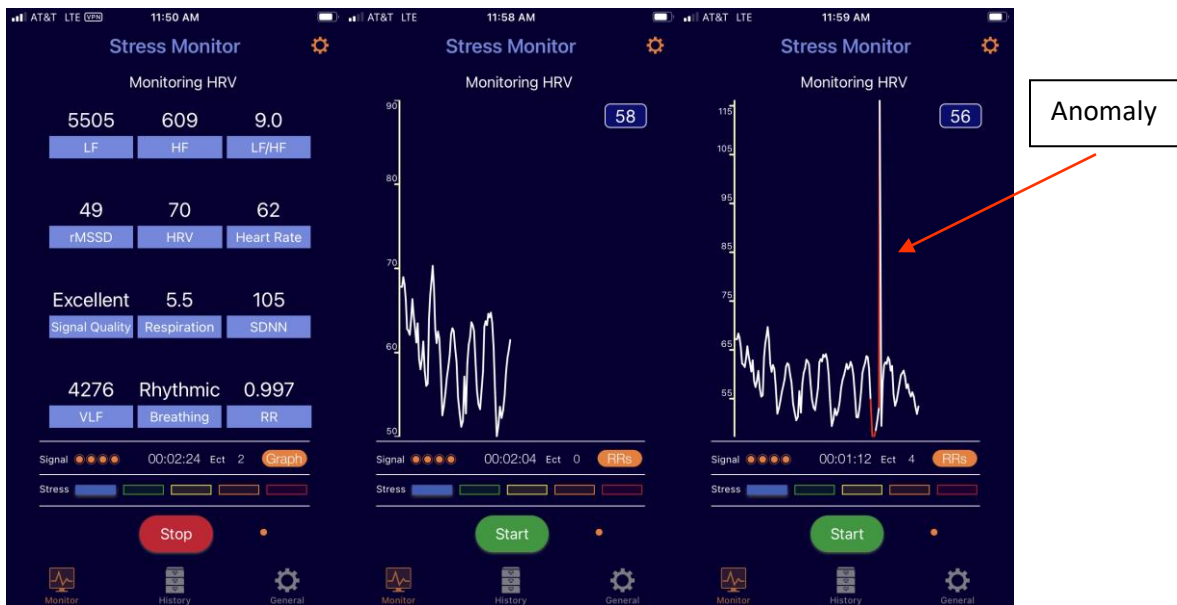
- Optionally, press the “Happy Face” button to enter your mood.

- If you're in a high-stress state, the Relax screen will automatically open. You can go to the Relax screen at any time by swiping from right to left from the monitor screen.



- The Relax screen provides an audio and visual breath pacing prompt. Slow, deep breathing is known to balance the nervous system and reduce stress. Note: you can turn off the audio and vibrate functionality by pressing the “Orange Settings Wheel” (Breath Pacer Options) located in the upper right corner of the Breath Pacer screen.
- The fractal images will change from hot red to cool greens and blues as your stress is reduced. Or use your own images by pressing the “blue wheel” (Relax Options) on the Relax Screen and Change Images.

- From the relax screen you may return to the Monitor screen by pressing the Monitor button  in the bottom menu tab (or by pressing “Back” in the top left corner or by swiping left to right).
- You can view the stats screen by selecting the orange stats button below the EKG animation and can toggle between The EKG animation, the stats screen or the real time RR interval graph by repeatedly pressing that button.
  - If you see an **Anomaly** in the RR graph it will be filtered out and will not affect your results. If you have many of these, check your heart rate monitor connection and battery and start a new session.



- If you are doing a *3 Minute Checkup* or *HRV for Training*, your session will automatically end. To end

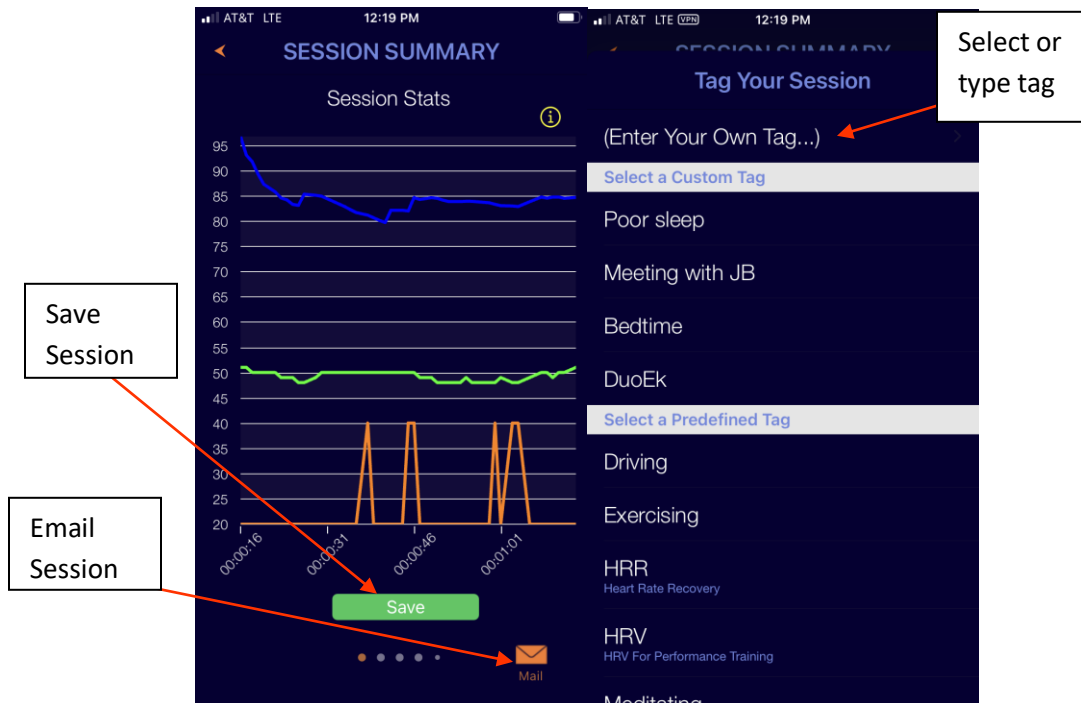


a *Monitor Stress* session, press the “Stop” button. The Session Summary screen will automatically open.

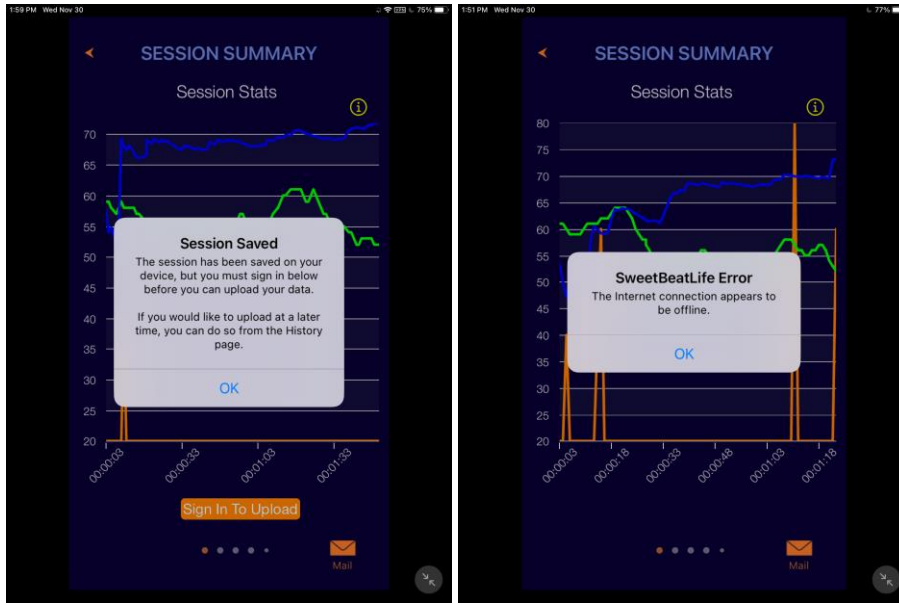
- There are 6 Session Summary screens, swipe left from the top of the screen to see all your session stats. If you swipe from inside the graph area you will see the graph move and not the screen swipe.

## Save Session

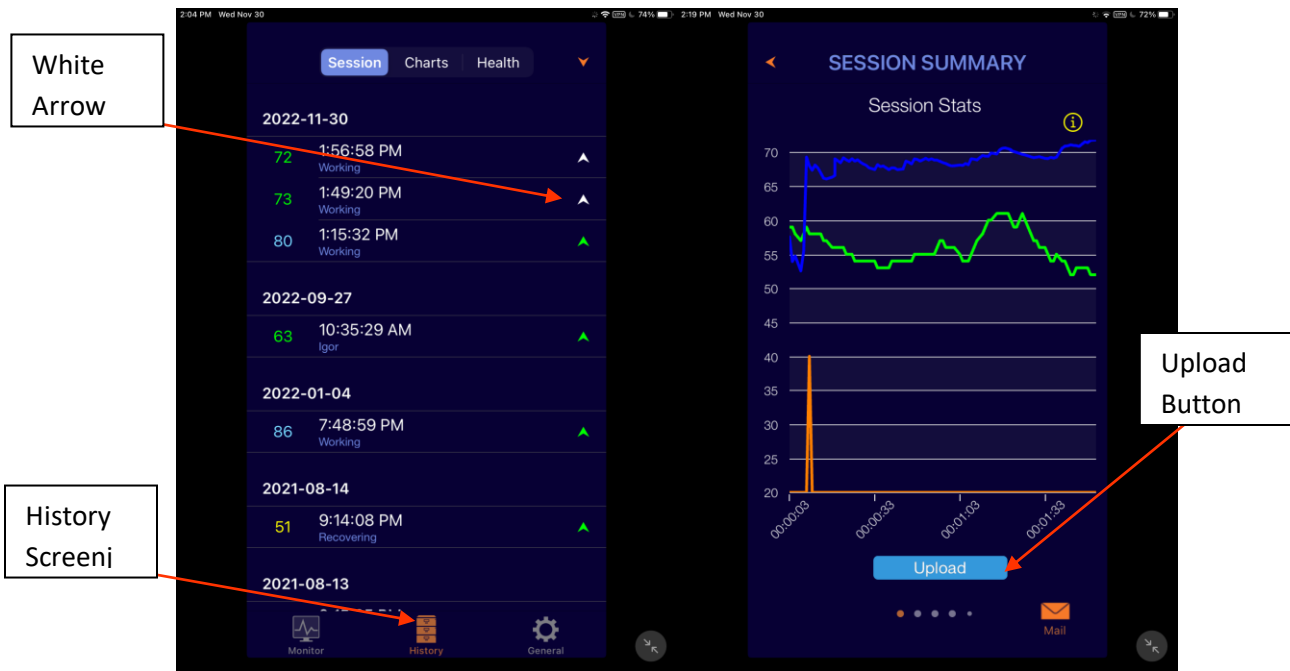
- To save your session, press “Save Session”. A “Tag Your Session” menu will appear and you may select a canned tag or you may enter a custom tag.
  - **Note** that if you do an HRV for Training session, please select the canned tag “HRV for Training”. This will enable export to popular training websites like Training Peaks and RestWise.



- You will see “Upload Successful” on the Upload screen, in the same location as the Save button, when your session has successfully uploaded.
  - If you have not signed in a message will advise you that your session has been saved locally and not uploaded. Press “Sign in to Upload”. This will take you to the Login screen.
    - A similar message will advise you if you are offline.



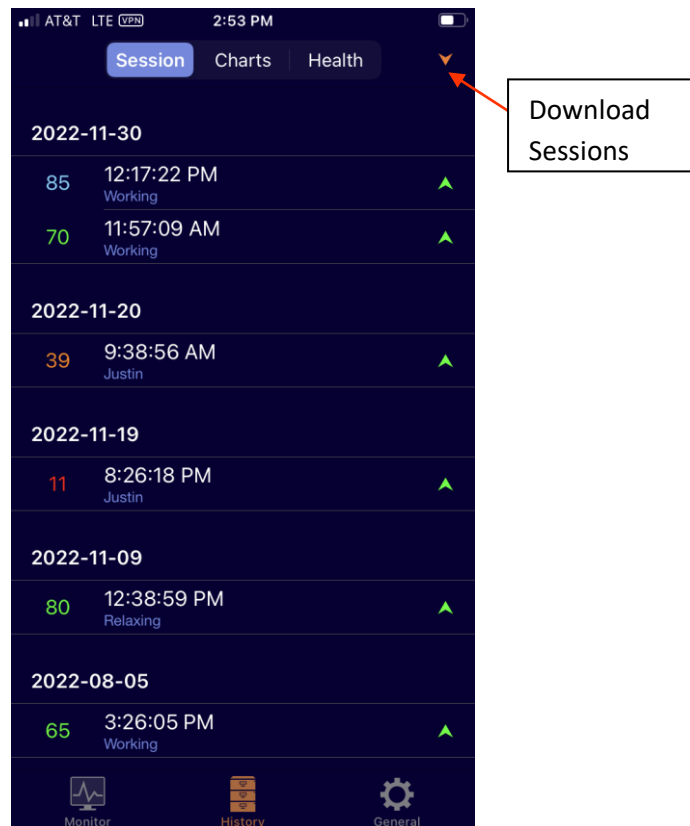
- Whether you were not signed in or not online, you may upload your session at a later date by selecting the History menu tab and then the sessions that are not uploaded have a white arrow.
  - To upload simply select the session and touch the upload button.



- You may also email your RR intervals by selecting the “Email” option.
  - Please see the explanation of the RR interval download file “[RR Interval CSV File Explanation.pdf](#)”

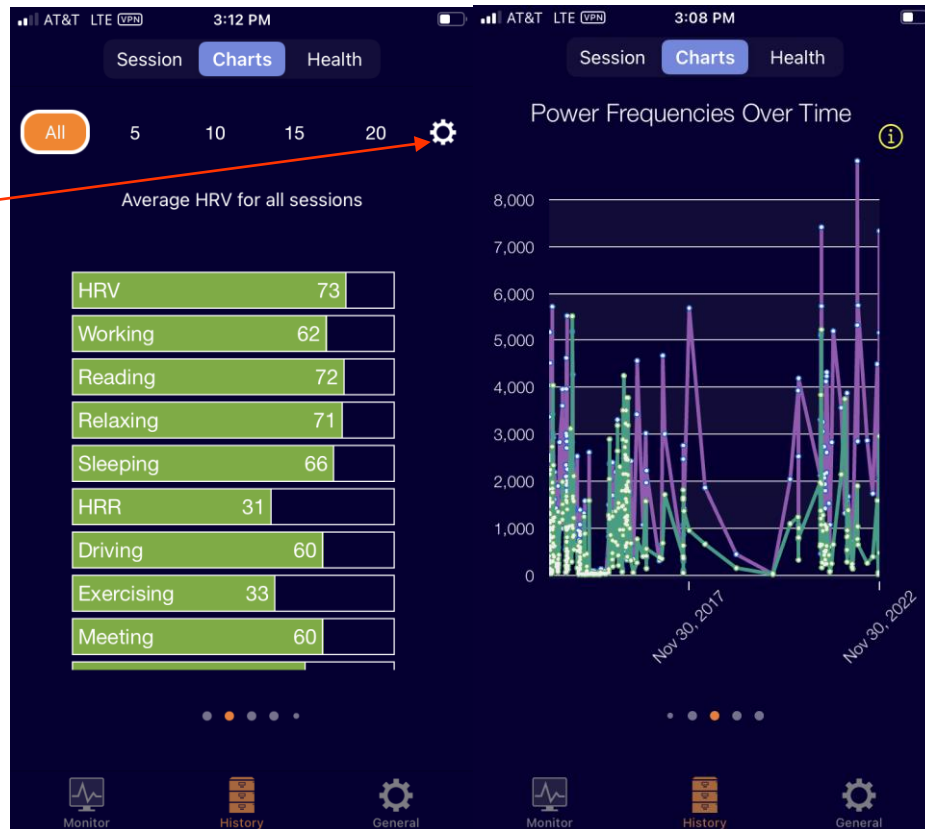
## Review and Track Sessions

- From the menu tab, select History
- In the top banner you have the option to view Sessions, Charts and Health
  - You can download older sessions by tapping the orange arrow in the upper right hand corner.
  - To delete a session touch that session and swipe left to reveal the delete button.

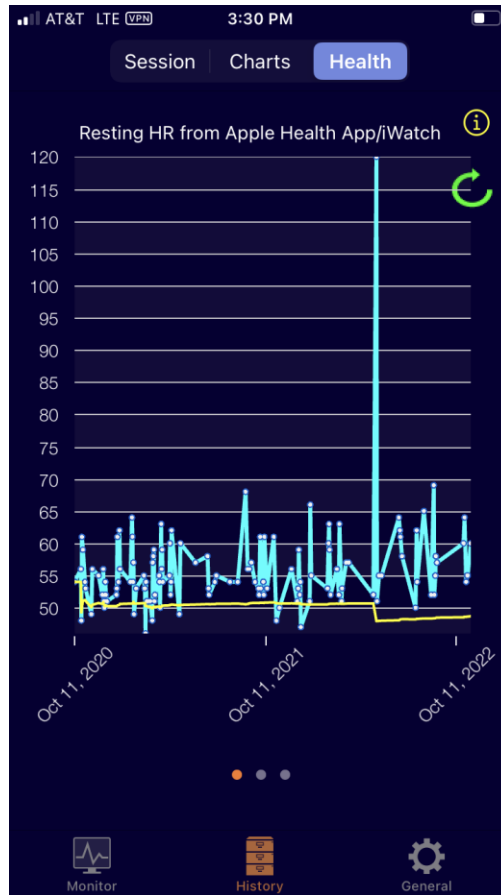


- Select Charts to see statistics for all your sessions. **Charts lets you track your HRV over time and is an important tool for long term health monitoring.**
  - There are 5 screens of session charts, 2 of which are shown below.
  - Average stats for canned tags are shown below.
    - Press the settings wheel to view HRV or Stress or Heart Rate
    - Select all or other total number of sessions for the activity summary
  - Power Frequencies over time are shown below. This is important, especially if you see a significant reduction in power levels.

Select HRV,  
Stress, or HR



- Select Health to see statistics from your Apple Health app.
  - To link SweetBeatHRV/BradBeat to Apple Health app, open the Health app -> profile and under PRIVACY Select apps -> SweetBeatHRV and enable the metrics you want to import.
  - An example of resting heart rate from the Apple Watch is shown below.



For more information please visit  
[www.SweetWaterHRV.com](http://www.SweetWaterHRV.com) or email  
Support@sweetwaterhrv.com