

Bulletproof Stress Detective Quickstart Guide for Android

General Overview

Welcome to the Stress Detective application for Android! Please follow the instructions below to start measuring your heart rate variability (HRV) and stress.

IMPORTANT: If you are running Android 6.0 Marshmallow you will need to enable Location Services in your devices system settings.

Getting Started With Your Heart Rate Monitor:

- You will need a Bluetooth Low-Energy (BTLE) heart rate monitor to monitor your stress. The heart rate monitor must be a chest strap that transmits RR-Intervals. Some of the more popular BTLE chest straps are the Polar H7, the 60Beat Blue and the Wahoo Tickr. Please view our website for all of our <u>compatible heart rate monitors</u>.
- Put on your heart rate monitor just under the breast and adjust to snug fit. The transmitter should be in the middle, and each electrode should be under each breast.
- Be sure your heart rate monitor is properly attached and use water (or a water-based lubricant) on the chest strap electrodes to improve conductivity. The 60Beat electrodes are outlined on either side of the transmitter.
- Most chest strap heart rate monitors are set up the same way as the 60Beat Blue pictured below.



Launching Stress Detective on Android:

SweetWater Health, LLC • P.O. Box 608, Los Gatos, CA 95030-0608 © 2011 SweetWater Health LLC. All Rights Reserved. If this is the first time you have launched Stress Detective, you will be prompted to acknowledge that this is not a medical device and must agree to continue. Once you agree, you will see this screen:



When you press the start button, your phone will ask you to turn on your Bluetooth (if it is not already on). Select Yes. Stress Detective will automatically scan for a Bluetooth heart rate monitor. When it is found, you must tap the device to pair it.



The screen will look like this and say "connecting to heart rate monitor" or "waiting for more data…" Your heart rate monitor is gathering enough data to calculate your initial HRV and stress score.

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Once the application starts calculating stress and HRV, you will see some changes occur. The stress score will be shown through changing colors and faces.

- Blue = Cool, totally relaxed
- Green = Happy and relaxed
- Yellow = Working, perplexed, not stressed though not chilled
- Orange = Heating up, do some breathing
- Red = Stressed, sit down and do deep breathing with long exhales



Scrolling down will also show you more metrics as shown below.

Selecting the settings wheel in the top right corner will give you a number of options.



Select the first option, Stress Sensitivity to change your sensitivity level. This is important as every person is different and handles stress uniquely. You will have five options:

- Edgy
- Concerned
- Average
- Reassured
- Zen Master

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TIP: If you are constantly in the red, then lower your stress sensitivity to Edgy or Concerned. If you are constantly in the blue, then raise your sensitivity level to Reassured or Zen Master. The application automatically starts out on Average.

To the left of the Settings wheel, you will see the History button, which looks like a clock with an SweetWater Health, LLC • P.O. Box 608, Los Gatos, CA 95030-0608

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arrow around it. When you press this button you will see the screen below.

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Select a session. The summary is automatically set to average, but can be changed to minimum and maximum, as well. The summary includes

- Low Frequency (LF) fight or flight mode & High Frequency (HF) rest and repair mode
- Stress based on your LF/HF ratio
- rMSSD a measure of HRV, which reflects the vagus nerve
- HRV heart rate variability or the variability between your heart beats
- HR heart rate
- RR-Interval the variation of beat to beat

If you scroll down you can see the session date, start time and duration.



Selecting the envelope in the top right corner, allows you to email your session summary! When you are finished, press the stop button.



You have successfully completed a session with the Bulletproof Stress Detective application on Android. Congratulations!

Stress & HRV Background

The algorithm behind the stress measurement is based on Heart Rate Variability (HRV). Check out the podcast, "Hacking Stress with Ronda Collier & Dave Asprey" or our Library for more information. There are many documents which can help you understand the different metrics.

Because Stress Detective HRV measurements follow the medical standards, the algorithm is based on the medical 5 minute "short term HRV" window. Therefore it is important to for your stress measurement session to be a minimum of 5 minutes! Before 5

minutes, the readings may be sporadic as the "5 minute window queue" is being filled.

Happy Biohacking from the SweetWater Health Team!