



Help for SweetBeat and MySweetBeat

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Hardware Requirements

- SweetBeat requires an iPhone 3G or later, iPod Touch second generation or later, or an iPad with iOS 5.xx or later.
- In addition SweetBeat requires a supported iPhone receiver and compatible heart rate monitor:
 - 60beat iPhone receiver with Polar or other analog compatible heart rate monitor: <http://www.60beat.com/info/Receiver>
 - 60beat Blue HR Bluetooth Smart chest strap
 - Wahoo Fitness receiver or case with Garmin or ANT+ compatible heart rate monitor: <http://www.wahoofitness.com/Products/Products.asp>. If you already own a Wahoo monitor, but you have not been using it with your iPhone, you will also need a Wahoo “key” (receiver or dongle) that allows the iPhone to receive the signal from your monitor.
 - Polar H7 Bluetooth Smart chest strap
 - Numetrex sport shirt/bra monitor: <http://www.numetrex.com>
 - You need one of the SweetWater Health apps:
 - SweetBeat: <http://itunes.apple.com/us/app/id492588712?mt=8>

Monitor Screen

- Heart Beat Trace: Shows your heart beat trace in a familiar EKG-like format.
- HR: Displays your current heart rate in beats per minute.
- Stress: Displays your current detected stress level.
 - Blue (Low Stress)
 - Green
 - Yellow
 - Orange
 - Red (High Stress)
- HRV: Displays your current HRV on a scale from 0 – 100.
- Current Mood
 - Set Mood: Press the “Happy” button to open the Set Mood screen. Select your current mood or activity. This will be saved with your session and can be reviewed in History or at your BeatHealthy website page.

- Set Stress: Press “Set Stress” and select the stress level you are feeling from Blue (Low Stress) to Red (High Stress). This will be saved with your session and can be reviewed in History or at your MySweetBeat website page. This will also be used to configure your personal stress detection module available with your subscription membership.
- Start/Stop: Press the “Start/Stop” button to start or stop your session. When you press “Stop”, the Session Summary screen will open, allowing you to upload your session to the website for later review at your MySweetBeat page. You will also have the option to post your Session Summary to Facebook and Twitter.

Food Screen

- The Food Screen is where you run a Food Sensitivity Test.
- To get a quick guide to how to use the FST, read the Quick Start Guide (Food Sensitivity) or tap the “Food” tab and then tap the “Help” button in the upper-left corner.

Relax Screen

- Relax Image: The Relax image provides visual feedback of your current stress level. You can select from the default fractal images which change from edgy red to cool blues and greens as your stress is reduced. You may also choose up to five personal images from your camera roll to represent each stress level.
- Breath Pacer: The breath pacer guides your breathing in a rhythm that is known to create balance and reduce stress. The optional audio breath pacer allows you to breathe in rhythm without looking at the screen.

History Screen

- The History Screen is where your saved sessions are accessible.
- The History Screen (Monitor) shows a listing of your saved stress sessions, with icons indicating the status of upload (the arrow), Facebook post (small f), and Twitter tweets. If these icons are darkened, you have already uploaded or posted these sessions. If they are not darkened, they have not yet been uploaded or posted.
- By selecting a saved session, the Session Summary screen will appear. From there you may upload the session to MySweetBeat, post to Facebook or Tweet your session on Twitter.
- The History Screen (Food) allows you to view your Food Sensitivity Tests by dates. Simply click on a date and that date’s FST data is available.

- Charts shows you your saved sessions (stress) results in a graph format.

Settings Screen

Heart Rate Monitors

This is where you choose your Heart Rate Monitor. If you try to start a session without choosing one, you will be asked automatically.

Application Settings

- Stress Sensitivity
 - Choose a level from 1 (easiest) to 5 (hardest).
- Stress Alerts
 - When “Stress Alerts” is enabled (ON), the relax screen will open if the Stress Threshold is exceeded.
 - When “Stress Alerts” is disabled (OFF), the relax screen will not open if the Stress Threshold is exceeded.
 - Stress Threshold: Choose the stress level that will trigger a Stress Alert for you.
 - Choose stress level Blue – Red.
- Heart Rate Alerts
 - When this is enabled (ON), the relax screen will open if the Heart Rate Threshold is exceeded.
 - When this is disabled (OFF), the relax screen will not open if the Heart Rate Threshold is exceeded.
 - Heart Rate Threshold: Select the heart rate that will trigger a Heart Rate Alert.
 - Choose your heart rate threshold from 30 BPM to 200 BPM.
- Breath Pacer
 - When enabled (ON), the Breath Pacer will run in the Relax page.
 - When disabled (OFF), the Breath Pacer will not run in the Relax page. In addition this will disable Breath Pacer vibrate and audio features.
 - Audio Cue: When enabled (ON), Audio Cue will sound if a threshold is exceeded.
 - Audio Cue: When disabled (OFF), Audio Cue will not sound if a threshold is exceeded.
 - Vibrate Cue: When enabled (ON), Vibrate Cue will vibrate if threshold is exceeded.
 - Vibrate Cue: When disabled (OFF), Vibrate Cue will not vibrate if threshold is exceeded.

- Relax Screen
 - Use Default Images: Select the default fractals (ON) or images from your camera roll (OFF).
 - Custom Images: Allows you to choose your own images for the Relax Screen. Press 'Custom Images'. This takes you to the Custom Images page. Press on a Stress color which will bring up your Camera Roll. Select a picture to use by pressing the picture. That picture will now appear beside the Stress color you have chosen and will appear on the Relax Screen!

- HRV For Training
 - Allows you to set a time to be reminded to perform your daily HRV For Training session.

- Baseline
 - The Baseline screen displays your last baseline results:
 - Average heart rate.
 - Date Created
 - Time Created
 - Average HRV
 - You may also record a new baseline by pressing "Record New Baseline".

Account Settings

- Login
 - From the login screen you may "Sign Out", "Create Account", or "Sign In". If you are a new user, you may create your account from the Login screen.
- Persona
 - Personas help identify your personal style and will eventually be used to customize your MySweetBeat experience. Please select the Personas that apply to you.
- MySweetBeat
 - This screen contains a link to your MySweetBeat webpage where you may view and track your SweetBeat sessions.

Support

- Quick Start Guide (Stress Monitor)
 - This screen gives a short overview of the SweetBeat Stress Application.

- Quick Start Guide (Food Sensitivity)
 - This screen gives a short overview of the SweetBeat Food Sensitivity Application.

- FAQ (Stress Monitor)
 - This screen provides answer to Frequently Asked Questions about the SweetBeat Stress Application.

- FAQ (Food Sensitivity)
 - This screen provides answer to Frequently Asked Questions about the SweetBeat Food Sensitivity Application.

- Help
 - This screen gives you information about the SweetBeat Applications and provides troubleshooting tips.

About

- Version
 - This shows the software version of the SweetBeat Application.

- Legal
 - This shows the Terms of Use and Privacy Policy of the SweetBeat mobile and web application.

- End of Session Stats
 - Sensitivity: This shows the Sensitivity factor generated by your sessions and/or your baseline session. This provides custom sensitivity levels based on your unique physiology. Note the default value is 0.6 and will change automatically to reflect your custom value.
 - Baseline Average HR: This shows your average heart rate from your last baseline session.
 - HRV Minimum: This shows the lowest HRV level you have recorded in all of your saved sessions.
 - HRV Maximum: This shows the highest HRV level you have recorded in all of your saved sessions

- Reset Stats
 - Reset Sensitivity: This will reset your sensitivity factor to a default value of 0.6.
 - Reset Baseline Average HR: This will reset your baseline heart rate.

- Reset HRV Minimum: This will reset your lowest recorded HRV level to the default of 50.
- Reset HRV Maximum: This will reset your highest recorded HRV level to the default of 70.
- Delete Auto-Save Files: This will delete any sessions that were automatically saved.

Trouble Shooting

- I get a “Heart Rate Monitor Not Found” error even though I am wearing my chest strap and have my receiver attached to my iPhone/iPod Touch.
 - The SweetBeat App may not be receiving the signal from your hardware due to poor contact with your skin or due to the receiver key not being inserted properly.
 - Wet the electrodes on your chest strap. Use water or a lubricant such as K-Y jelly. The electrodes are either smooth spots or outlined on your chest strap.
- My iPod touch lost WiFi connection and my session will not upload
 - If you take your device outside of your WiFi range, simply save the session, exit the app to re-establish WiFi connection. Launch SweetBeat and go to the history. Select the saved session and upload.
- My Stress Level shows red even though I feel relaxed and calm.
 - Your Stress Sensitivity level may be set too high. Try running a session with the Sensitivity at a lower level.
 - Press Settings on the Tab Bar. This will take you to the Settings page.
 - Press Application Settings. This will take you to the App Settings page.
 - Press Sensitivity Level and press the next lowest level
- The App will not download onto my device.
 - Check the software version of your iPhone, iPod Touch, or iPad. SweetBeat will not work on Versions below 5.0.