

## Understanding the Monitor Screen

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The Monitor screen provides real-time insight into your body.

Your heart beat trace appears in an EKG-style format. Heart rate (HR) is displayed in beats per minute, while HRV is shown on a 0–100 scale.

Stress is displayed in color levels from blue (low) to red (high), giving an immediate sense of your state.

Rotate your device to view real-time graphs of RR intervals and deeper stats like LF, HF, and rMSSD.

Use Start/Stop to control sessions and review results in the Session Summary.