

How Do I Choose the Right Sensitivity Level?

The sensitivity setting helps personalize how stress feedback is displayed based on your own HRV patterns. This matters because people have different baselines, and the most helpful feedback is feedback that feels accurate for you.

You can adjust the sensitivity from the orange gear on the Monitor screen. Think of the levels like challenge settings: lower levels are easier, while higher levels are more demanding.

A good place to start is Level 3, which is also the default recommendation. If the app seems to under-report stress, try moving up a level. If it feels too reactive, move down a level.

People over 50, or people with chronically elevated stress, may find that a lower setting works best at first. As your baseline improves, you can gradually increase the sensitivity for a greater challenge.