

More Stress FAQs

- Why can't I connect my Bluetooth low-energy (BTLE) chest strap?

There is a known “competing” problem with SweetBeatHRV and BTLE straps on iOS8. There are two steps to make this issue go away:

- 1.) You need to have your strap un-paired from your phone. Go to Settings (on your phone)>Bluetooth>select your strap and press “Forget This Device”.
 - 2.) Close (kill) all other apps that are paired with this strap. Double click the home button on your phone. Swipe the app(s) upward to kill them.
- How do I delete unwanted sessions from my iPhone?

To delete sessions, go to the session in History and swipe from right to left. This will bring up a red “Delete” rectangle that may be pressed to delete.