

## What is in the SweetBeatHRV App ?

- The Monitor Screen displays your heart rate, HRV and detected stress level.
  - There are five levels of stress to indicate the balance of your nervous system, from low stress (blue) to high stress (red). It is normal to be somewhere in the middle-warm range when you are working, driving or performing other activities. If a traffic jam causes one to get frustrated, SweetBeatLife will generate an alert and start the relaxing breath-pacing screen, bringing the nervous system back into balance.
  - The HRV number shown in the SweetBeatLife Monitor is a measure of your heart's beat-to-beat variation, and may change from day to day. SweetBeatLife displays HRV as a number ranging from 0 -100 and most people will have a resting HRV of 50-90. This HRV number may change substantially when you are very relaxed and "in the zone" or when you are having a stressful moment. Also, many athletes use this number to decide when to train hard and when to take it easy.

- Enter how you feel by pressing the “Happy” button.
- By rotating the screen 90 degrees (from the Monitor Screen) you will see a real-time graph of your RR-intervals. From here, press the circled “i” by RR to see a Real-time graph of your Heart Rate, HRV, Stress, LF, HF
- The Food screen is where you run a Food Sensitivity Test. To get a quick guide to how to use the Food Sensitivity Test, please read Quick Start Guide (Food Sensitivity).
- The Relax screen provides a breath pacer and a visual feedback image based on your stress level.
  - The breath pacer prompts you when to inhale and exhale. It is set at a breathing frequency that is known to calm and balance the nervous system. So breathe deeply and relax!
  - The visual image changes as your stress level changes. You can choose the beautiful fractals (default) or you may choose your own images from

the camera roll. Just navigate the Settings menu and choose your Relax screen images.

- The Correlation screen is no longer supported though still appears in current release of the app.
- The History Screen shows you your saved sessions by date and allows you to view those saved sessions.
- The General tab provides settings and support for all the other SweetBeatHRV screens.
  - Heart Rate Monitors
    - *Allows the user to choose which Heart Rate Monitor to use.*
  - Application Settings
    - HRV For Training is where the Daily Reminder's time is set .
    - Baseline is where you can view your Baseline results or record a new Baseline.

- Account Settings
  - Sign In takes you to the Login page.
- Support
  - Support is where Quick Start Guides, FAQs, and Help are found.
- About
  - Version shows SweetBeatHRV's software version.
  - Legal is where the legal docs are found.
  - End of Session Stats, Reset Stats.