

Which Sensitivity Setting Should I Use ?

- The sensitivity settings are similar to challenge levels in video games. The novice starts on the lowest level then increases this level as his or her skill increases. The Sensitivity level can be set from the settings wheel in the top right corner of the Monitor screen.
- The sensitivity settings allow SweetBeatHRV to accommodate all types of personalities, such as Type A or Type B, as well as different age groups. They also provide challenge levels for reducing stress and increasing balance. Starting at level 1, the easiest level, the goal is to progress to level 5, the most challenging level.
 - Because HRV reduces naturally with age, persons over 50 may find that a lower level is suitable.
 - Some people have chronic stress or are naturally high strung. This means that even at rest, they carry some level of stress in their bodies. For these individuals, SweetWater Health recommends starting at Level 1.

- The general recommendation is to start with level 3 (which is the default setting). If you feel you are stressed and are not showing a high stress state, then it is time to move to level 4. If you feel the stress state shown is too high, then move to level 2. Continue to increase your sensitivity level as your baseline stress levels decrease. If you find that you are showing a high-stress state when you are not feeling stressed, reduce your level until SweetBeatHRV is predicting a more accurate state.