

When Do I “SweetBeatLife” ?

- While the SweetBeatLife app provides the ability to do near-continuous (battery power limited) monitoring, many people will choose to SweetBeatLife when:
 - Driving, especially during stressful or frustrating traffic hours. SweetBeatLife will remind you to relax and breathe if you become stressed while driving.
 - Before an important meeting or event, SweetBeatLife will measure your stress and if needed, prompt you to breathe and relax so you can perform at your best.
 - While working. When we are stressed, the blood moves to our muscles and away from

the brain and digestive system. If you have important creative work to do, it is best done when your HRV is high and you are relaxed. If your stress level is on the high side, this may be a good time to do busy work and reserve creative focus tasks for later.

- On the golf course, nerves can ruin your shot. SweetBeatLife will help you stay balanced and play your best. (Remember to turn off Audio Alerts, or your playing partner's stress levels will soar!).
- During yoga, pilates or Qigong practice. SweetBeatLife will measure your balance and let you know if you are getting the most out of your practice.
- During meditation, SweetBeatLife will measure your balance and let you see yourself progress through the meditation.

- If you're a "tracker," you can SweetBeatLife any time.
- While resting, napping or watching TV, SweetBeatLife will let you know if you are truly unwinding.