



Help for SweetBeat and MySweetBeat

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Hardware Requirements

- You need an iPhone 3G or later, iPod Touch second generation or later, or an iPad with iOS 4.xx or later.
- You need a supported iPhone receiver and compatible heart rate monitor:
  - 60beat iPhone receiver with Polar or other analog compatible heart rate monitor: <http://www.60beat.com/info/Receiver>
  - Wahoo Fitness receiver or case with Garmin or ANT+ compatible heart rate monitor: <http://www.wahoofitness.com/Products/Products.asp>. If you already own a Wahoo monitor, but you have not been using it with your iPhone, you will also need a Wahoo “key” (receiver or dongle) that allows the iPhone to receive the signal from your monitor.
  - Numetrex sport shirt/bra monitor: <http://www.numetrex.com>

- You need one of the SweetWater Health apps:
- SweetBeat: <http://apple.com/iphone/from-the-app-store/>

## Monitor Screen

- Heart Beat Trace: Shows your heart beat trace in a familiar EKG-like format.
- HR: Displays your current heart rate in beats per minute.
- Stress: Displays your current detected stress level.
  - Blue (Low Stress)
  - Green
  - Yellow
  - Orange
  - Red (High Stress)
- HRV: Displays your current HRV on a scale from 0 – 100.
- Current Mood
  - Set Mood: Press the Set Mood (Happy) button and select your mood or activity. This will be saved with your session and can be reviewed in History or at your BeatHealthy website page.
  - Set Stress: Press Set Stress and select the stress level you are feeling from Blue (Low Stress) to Red (High Stress). This will be saved with your session and can be reviewed in History or at your MySweetBeat website page. This will also be used to configure you personal stress detection module available with your subscription membership.
- Start/Stop: Press the start/stop button to start or stop your session. When you press stop, the Session Summary screen will appear allowing you to upload your session to the website for later review at your MySweetBeat page. You will also have the option to post your Session Summary to Facebook and Twitter.

## Relax Screen

- Relax Graphic: The relax graphic provides visual feedback of your current stress level. You can select from the default fractal graphic which changes from edgy red to cool blues and greens as your stress is reduced. You may also choose up to five personal images from your photos to represent each stress level.
- Breath Pacer: The breath pacer guides your breathing in a rhythm that is known to create balance and reduce stress. The optional audio breath pacer allows you to breathe in rhythm without looking at the screen.

## History Screen

- The History Screen is where your saved sessions are located.
- The History Screen shows a listing of your saved sessions, with icons indicating the status of upload (the arrow), Facebook post (small f), and Twitter tweets. If these icons are darkened, you have already uploaded or posted these sessions. If they are not darkened, they have not yet been uploaded or posted.
- By selecting a saved session, that session's Session Summary screen will appear. From there you may upload the session to MySweetBeat, post to Facebook or Tweet your session on Twitter.

## Settings Screen

### Application Settings

- Stress Sensitivity
  - Choose a level from 1 (easiest) to 5 (hardest)
- Stress Alerts
  - When Stress Alerts is enabled (ON), the relax screen will open if the Stress Threshold is exceeded.
  - Stress Threshold: Choose the stress level that will trigger a Stress Alert for you.
- Heart Rate Alerts
  - When this is enabled (ON), the relax screen will open if the Heart Rate Threshold is exceeded.
  - Heart Rate Threshold: Select the heart rate that will trigger a Heart Rate Alert.
- Breath Pacer
  - When enabled (ON), the Breath Pacer will run in the Relax page.
  - Audio Alerts: When enabled (ON), Audio Alerts will sound if a threshold is exceeded.
  - Vibrate Alerts: When enabled (ON), Vibrate Alerts will vibrate if threshold is exceeded.

- Relax Screen
  - Use Default Images: Select the default fractals (ON) or images from your camera roll (OFF).
  - Custom Images: Allows you to choose your own images for the Relax Screen.
  
- Baseline
  - Check your Last Baseline Results or Record New Baseline

### Account Settings

- Login
  - Login (or Logout) from here.
  
- Persona
  - Select one or more persona to personalize your MySweetBeat experience. Persona selections will be saved with session data and can be changed depending on how you feel.
  
- Personal Info
  - This screen contains your personal information. HRV varies with age and gender, so your stress readings may be more accurate if this information is added.
  
- MySweetBeat
  - This screen contains a link to your MySweetBeat webpage.

### Support

- Quick Start Guide
  - This screen gives a short overview of the SweetBeat Application.
  
- FAQ

- This screen provides answer to Frequently Asked Questions about the SweetBeat Application.
- Help
  - This screen gives you information about the SweetBeat Application.

## About

- Version
  - This shows the software version of the SweetBeat Application.
- Legal
  - This shows the Terms Of Use and Privacy Policy of the SweetBeat Application.
- End of Session Stats
  - This shows the Sensitivity factor generated by your sessions and your Baseline Average HR.
- Reset Stats
  - This allows resetting of stats listed in the “End Of Session Stats” section.

## Trouble Shooting

- I get a “No Hardware Detected” error even though I am wearing my chest strap and have my receiver attached to my iPhone/iPod Touch.
  - The SweetBeat App may not be receiving the signal from your hardware due to a bad electrical connection. Wet the electrodes on your chest strap. Use water or a moisturizer such as K-Y jelly. The electrodes are either smooth spots or outlined on your chest strap.
- My iPod touch lost WiFi connection and my session will not upload
  - If you take your device outside of your WiFi range, simply save the session, exit the app to re-establish WiFi connection. Launch SweetBeat and go to the history. Select the saved session and upload.
- My Stress Level shows red even though I feel relaxed and calm.

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- Your Stress Sensitivity level may be set too high. Try running a session with the Sensitivity at a lower level. Press Settings on the Tab Bar. This will take you to the Settings page. Press Application Settings. This will take you to the App Settings page. Press Sensitivity Level and press the next lowest level.
  
- The App will not download.
  - Check the software version of your iPhone, iPod Touch, or iPad. SweetBeat will not work on Versions below 4.0.