



QuickStart Guide for SweetBeat and MySweetBeat

Attach Heart Rate Monitor

- Be sure your heart rate monitor is properly attached and, if necessary, use water or a water-based lubrication on the electrodes on the chest strap to improve conductivity. The electrodes are either smooth spots on your elastic band or outlined on your plastic band.
- Securely attach the receiver to the iPhone or iPod. If you are using the 60Beat receiver, be sure to turn it on.




Launch SweetBeat

- Launch the SweetBeat™ application by pressing the icon on your iPhone or iPod.
- If this is the first time you have launched SweetBeat, you will be prompted to record a baseline session. The baseline tells SweetBeat what your resting and relaxed state looks like. Since everyone is different, you may have better results if you record a baseline. Always record your baseline when you are feeling relaxed and happy, you are not in a hurry, and you are in a quiet, familiar place.
- If you choose to skip the baseline, simply select the “skip” option. This will take you to the Monitor screen.

Start Session

- Press the “Start” button to start your session.
- At the top you will see a message saying “Searching For Sensor,” followed by “Detecting Chest Strap,” followed by “Waiting For More Data”.
- SweetBeat is now connected to your monitoring device and will soon begin to display your stress levels.
- Your heart rate (HR), calculated Stress level (Stress) and heart rate variability (HRV) are displayed beneath the heartbeat monitor.
 - Your HR value is your current heart rate in beats per minute
 - Your Stress level displays your stress as blue for low stress to red for high stress
 - Your HRV is a number between 0-100 and shows your ability to put the brakes on stressful situations. A high HRV is desirable. Most people will have a baseline HRV between 55 and 90.


Enter Your Mood and Perceived Stress Level

- Press the “Set Stress” button to enter your perceived stress level 
- Press the “Happy”  button to enter your mood.
- If you are in a high-stress state, the Relax Screen will automatically open. You can go to the Relax Screen at any time by pressing the Relax button  in the Application’s task bar at the bottom of your screen.

Relax Screen

- The relax screen provides an audio (optional) and visual breath pacing prompt. Slow, deep breathing is known to balance the nervous system and reduce stress.
- The fractal images will change from hot red to cool greens and blues as your stress is reduced.

Stop Session

- Return to the Monitor screen by pressing the Monitor button  in the bottom menu tab and press the “Stop” button.
- The “Session Summary” screen will automatically open.

Save Session

- Enter a Tag (where you are, what you are doing, etc) and press “Save.” If you have not already logged in or created an account, press “Login.” This will take you to the Login page.
- Login by entering your email address and a password.
- If you do not yet have an account, tap “Create New Account,”
- Enter your email address, a password, and tap “Sign Up.”
- Press “Login.” A message will indicate that you were logged in successfully.
- Press “Save.” The session will be saved and uploaded for your review at your MySweetBeat web portal.

Review and Track Sessions

- Open a browser on your choice of PC or mobile platforms.
- Go to www.BeatHealthy.com .
- Select the MySweetBeat screen.
- Login to your private MySweetBeat Account.
- Select “View Your MySweetBeat Sessions Calendar.”
- You now have a calendar view with your sessions color-coded to average stress and labeled with your session tag.
- Select a session.

- Your session summary is displayed.
- Select the link under “View Session Chart” to view a graph of your session.