

My Settings

My Profile

Username

Gender ☐ ☐ ☒

Language ☐ ☒ ☐

Age

App Settings

Show swipe arrows-hints ☒

HealthKit share ☐

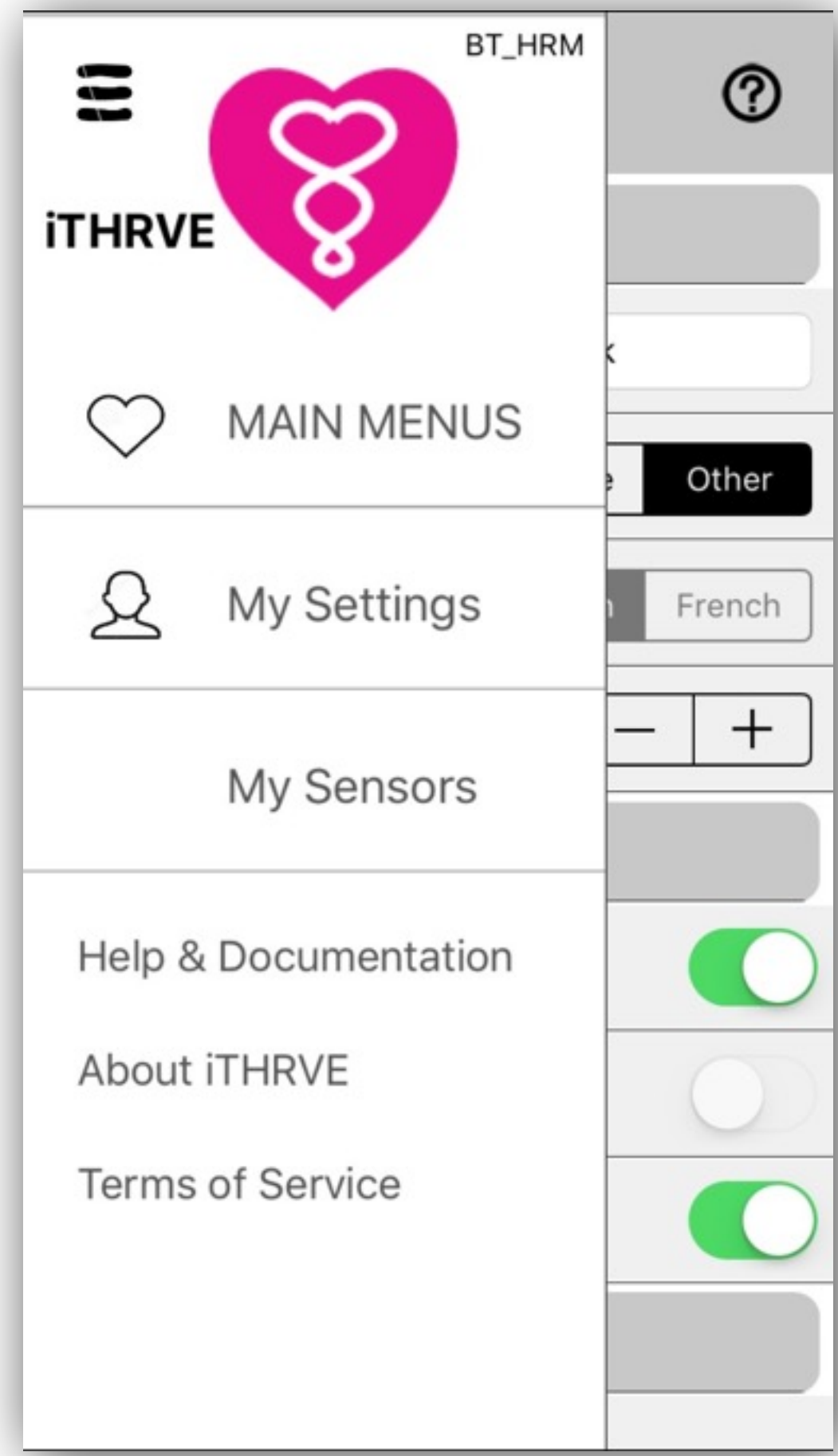
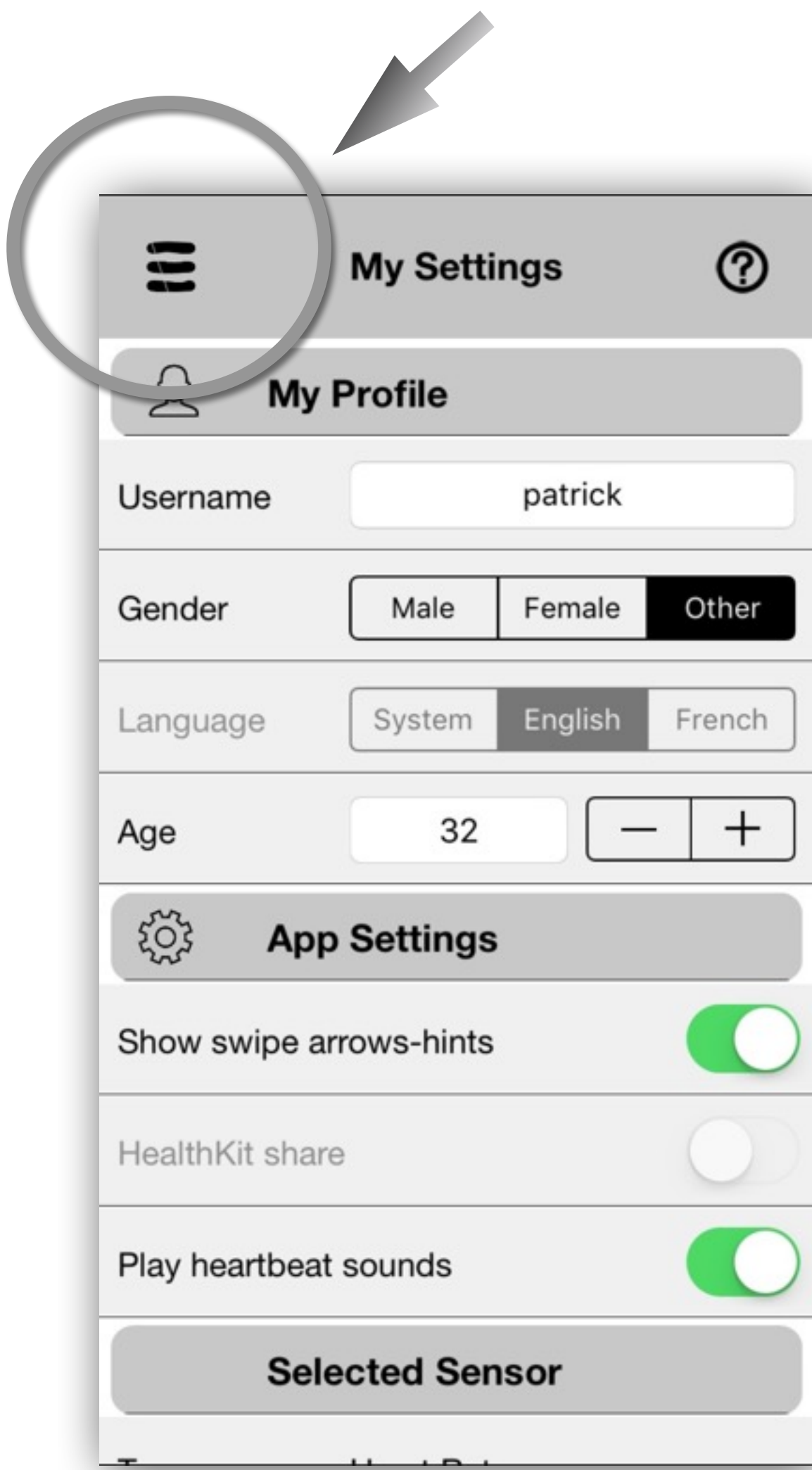
Play heartbeat sounds ☒

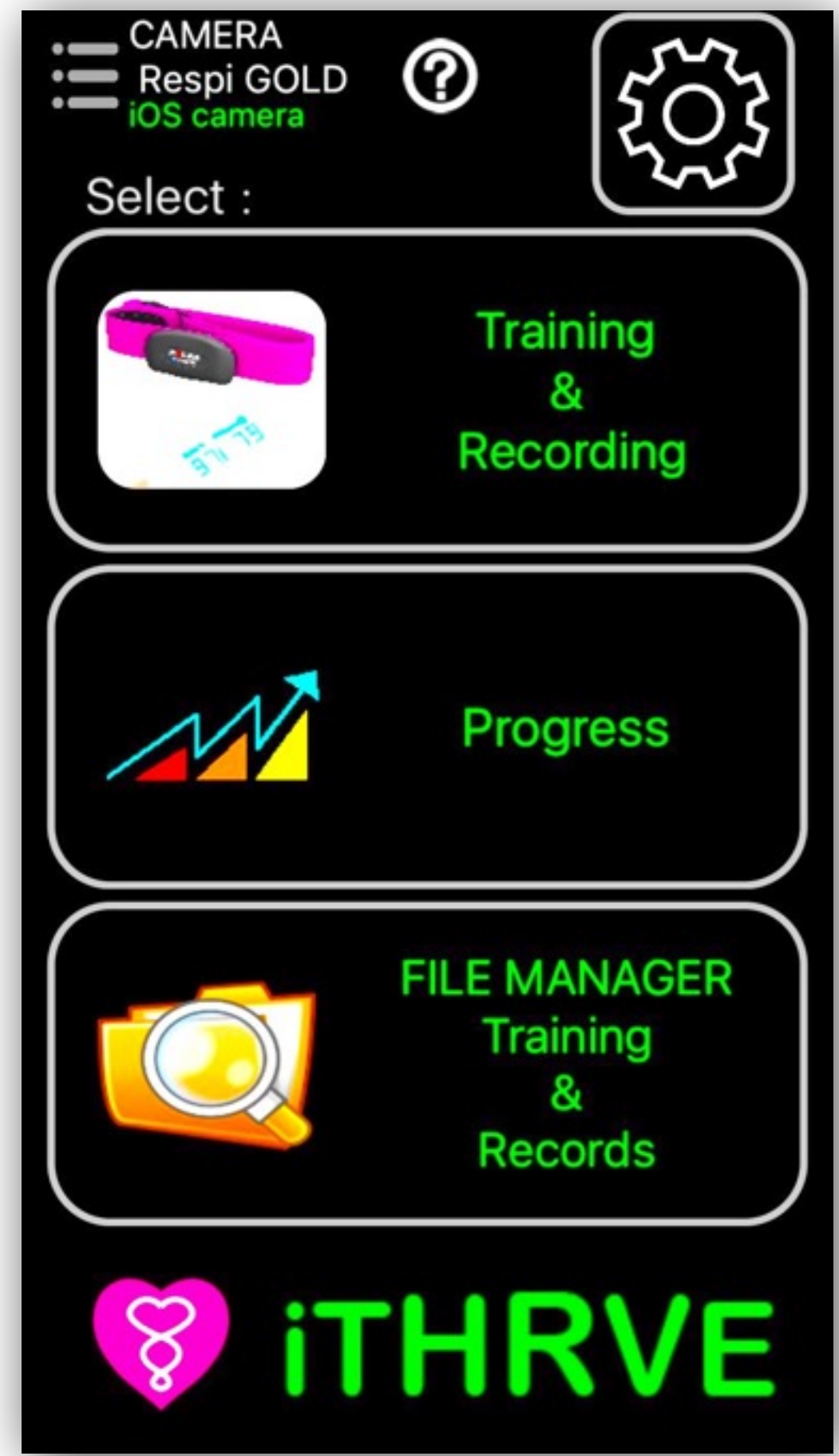
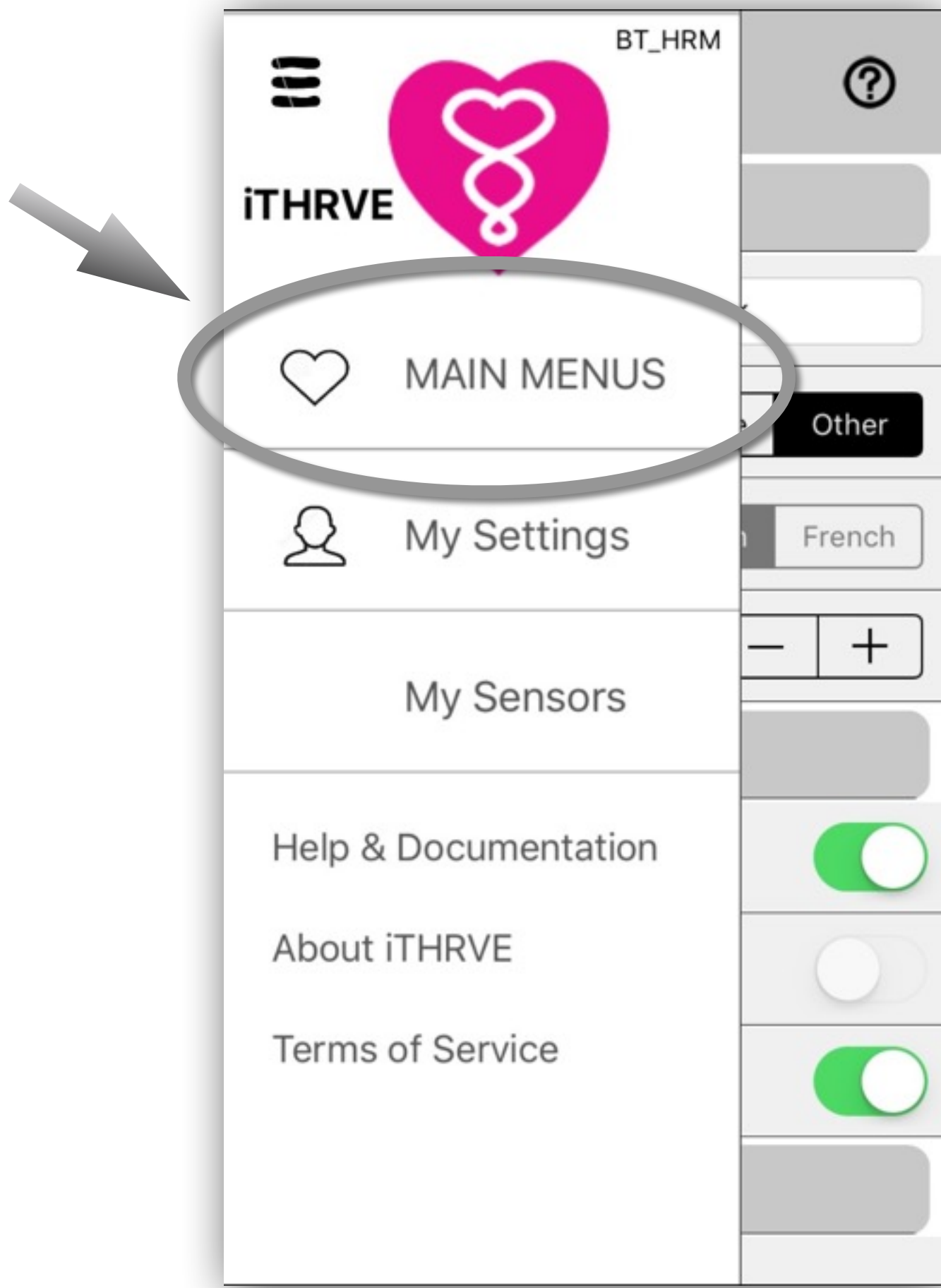
Selected Sensor

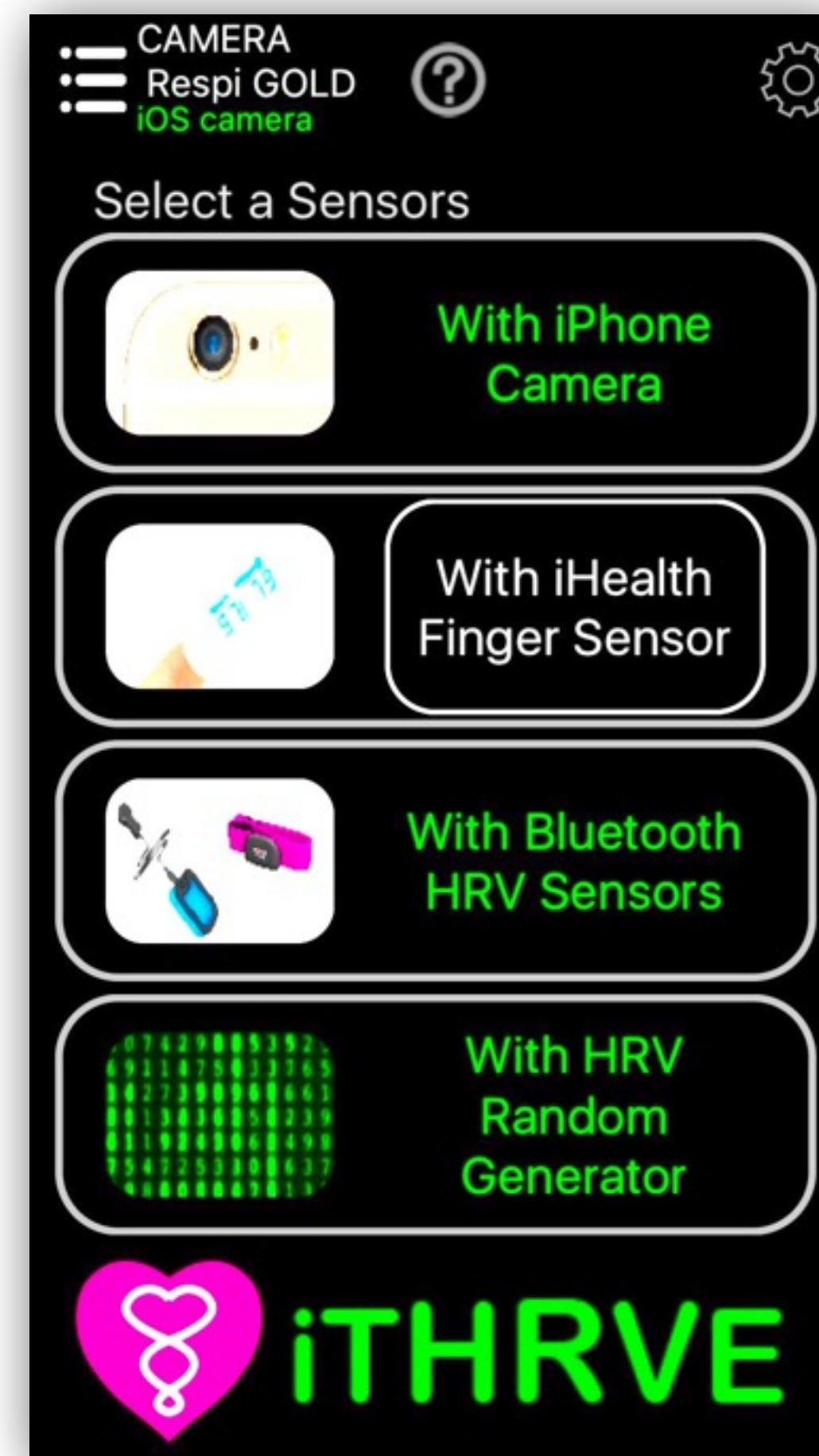
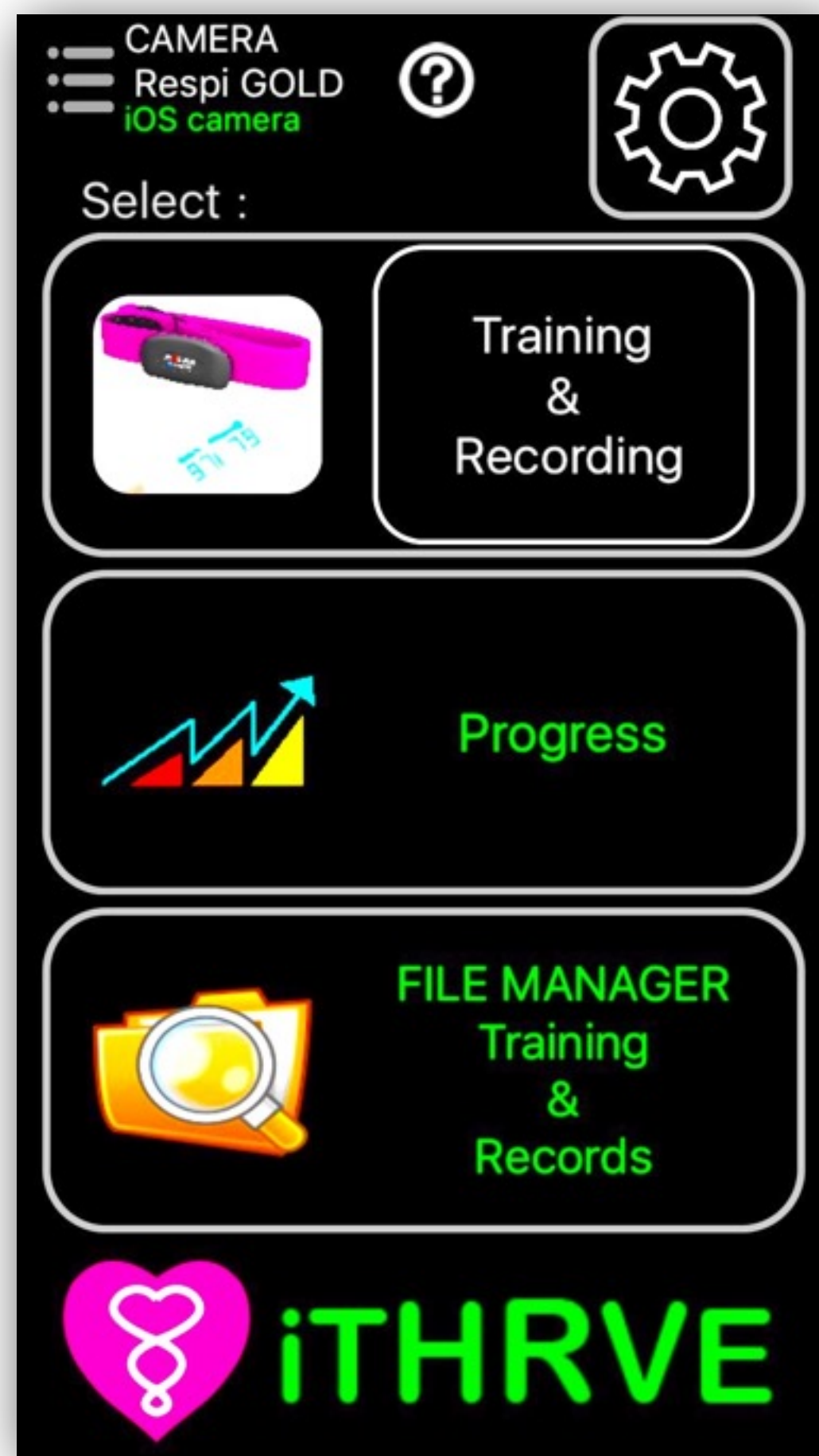
Insert
Your Name, Your Gender & Your Age

Leave the swipe arrows selected.
They will help you during the first uses
of the app.

Turn OFF or ON the heart beats
sounds. Better to leave them ON for
the first use of the app.







CAMERA
Respi GOLD
iOS camera

?

⚙

Training



CADuceus
Breath
Training



Your MayerWave
Coh. Breath
Training




Induced 0.1 Hz
Coh. Breath
Training



My personalised
Training




Resting
HeartRate
capture

 iTHRVE


CAMERA
Respi GOLD
iOS camera

?


⚙




Beginner




Advanced



Confirmed




Expert

 iTHRVE


CAMERA
Respi GOLD
iOS camera

?


⚙




10 Minutes




15 Minutes




20 Minutes

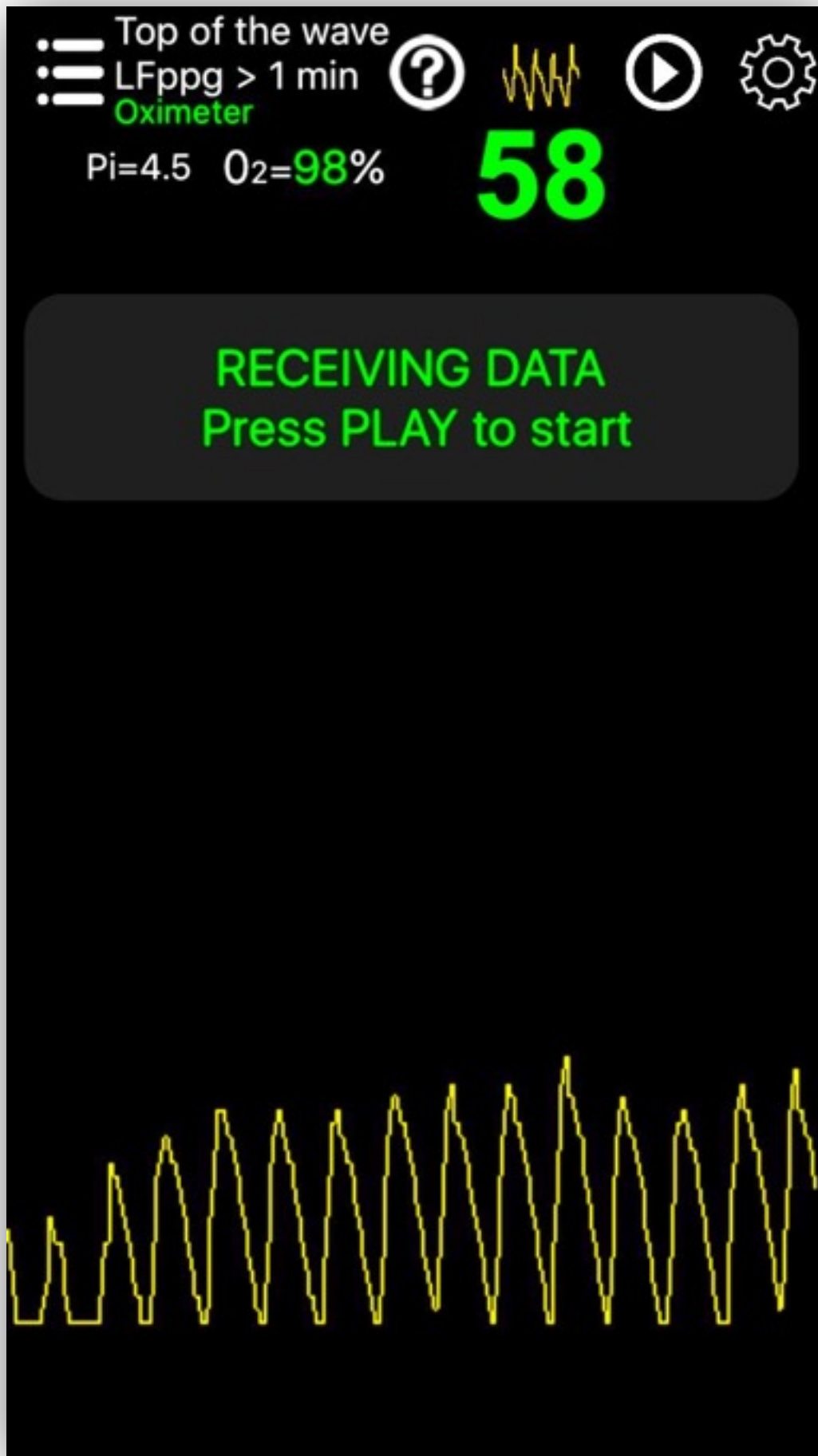
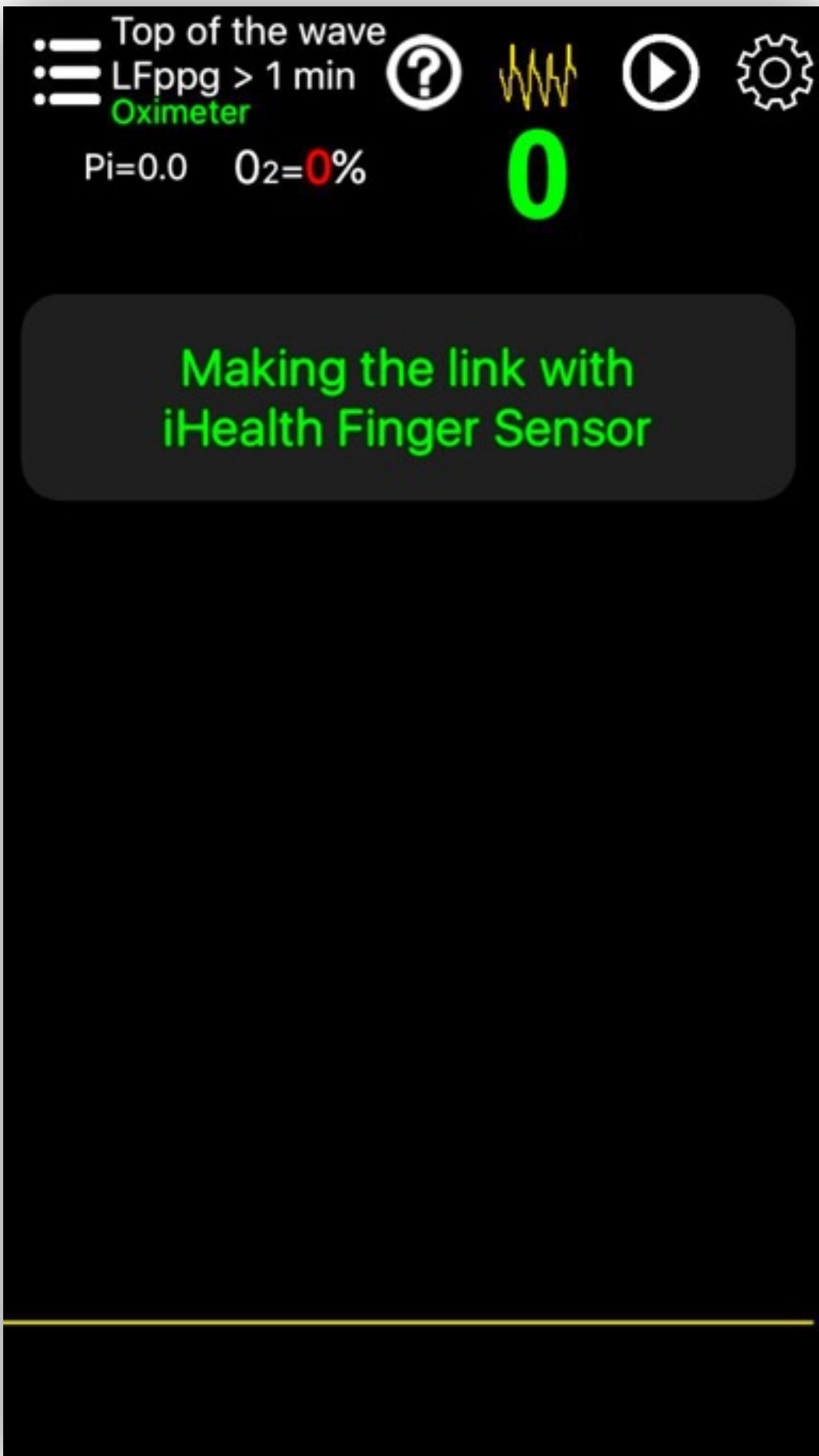


30 Minutes



??

 iTHRVE





Heart Rate

Remaining Time

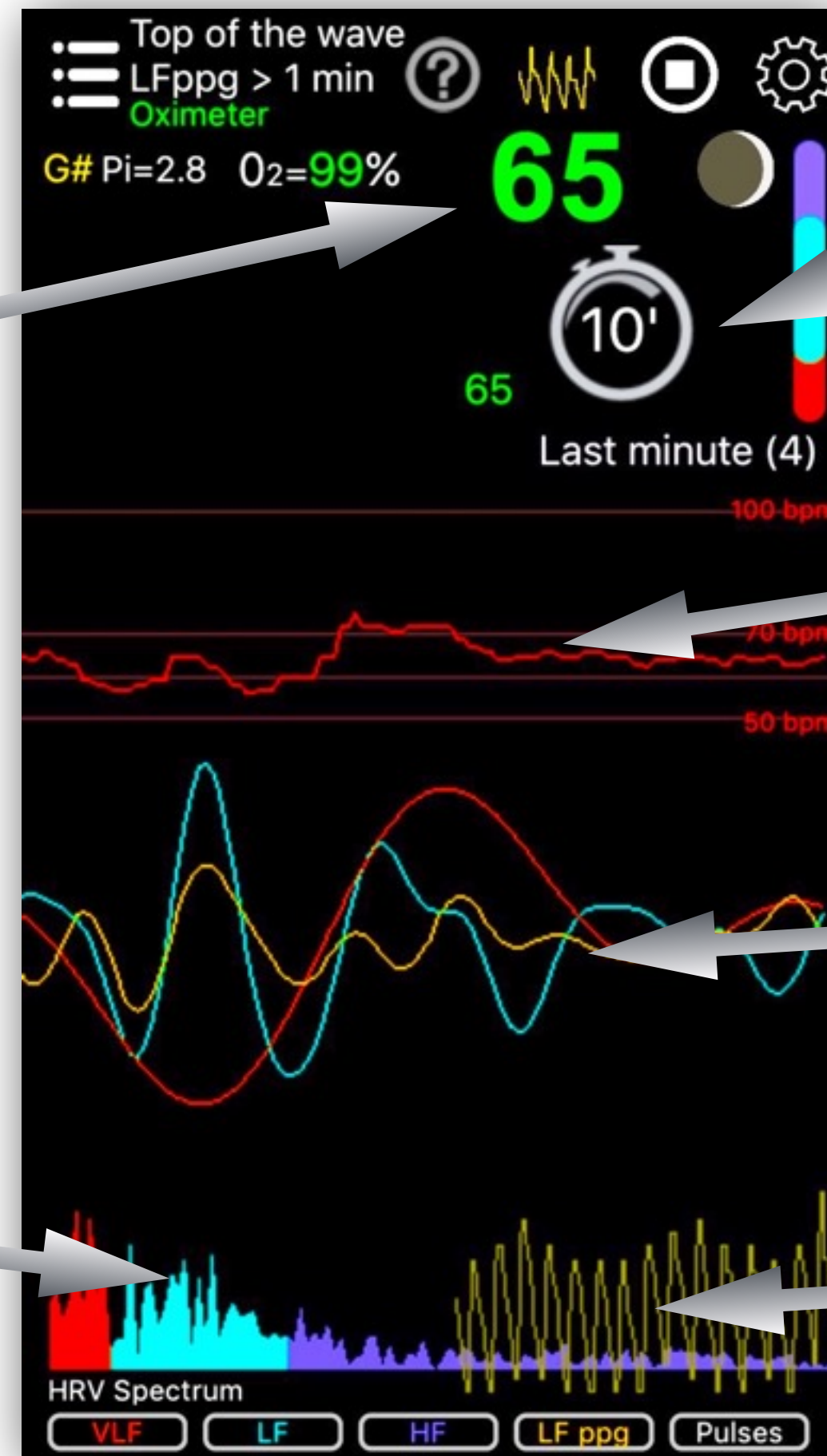
Heart Rate Variability

VLF, LH, HF Waves

Heart Rate Spectrum

PPG Pulses

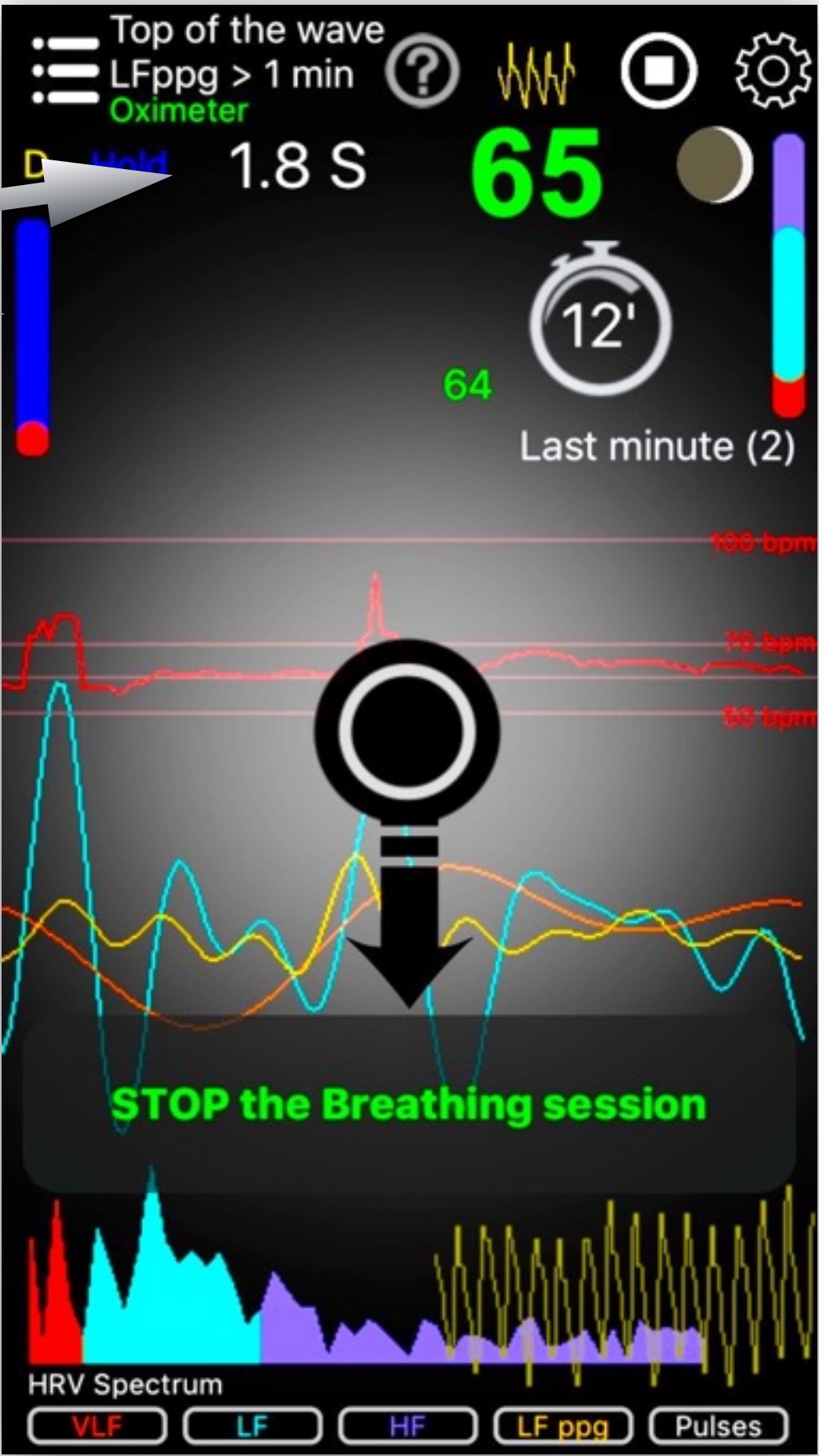
Buttons to show/hide parts of the display



To start/stop a breathing session



Breath in/out



After 1 minute

Waves & Spectrum



Coherence displays



Slide left or right
this part of the screen
to switch between
these 2 display options



After 2 minutes

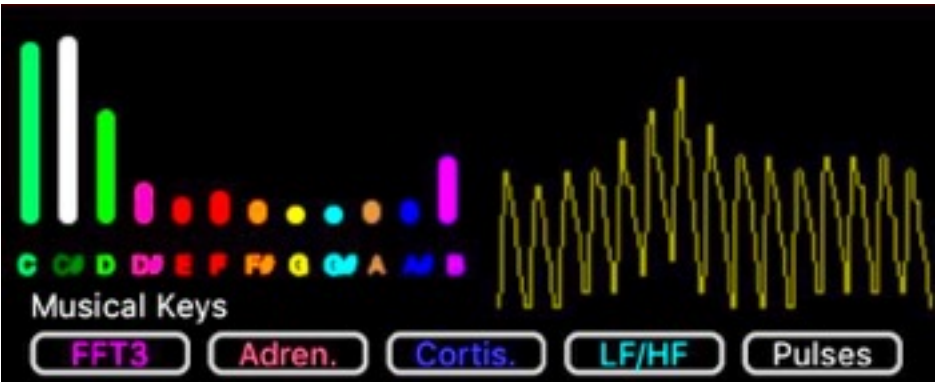
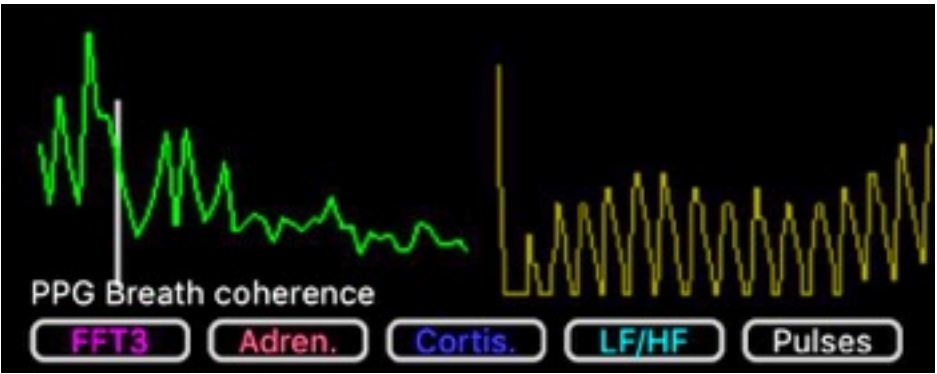
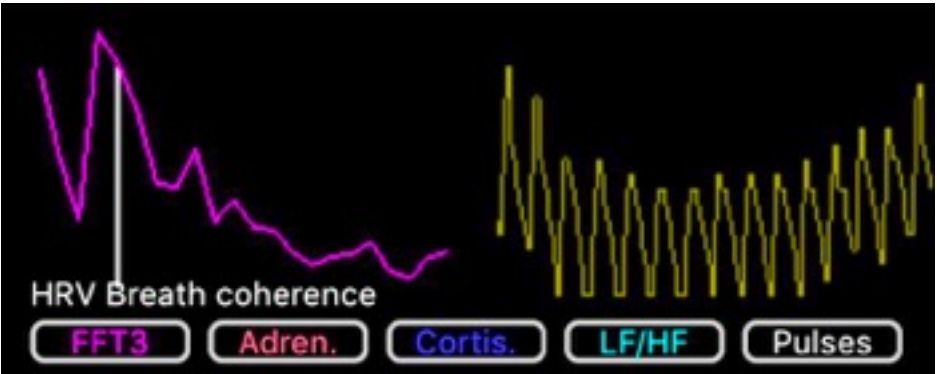


Slide left or right
this lower part of the
screen
to switch between
these display options

HRV
FFT3
Coherence

PPG
FFT3
Coherence

Music
Keys



After minimum 4 minutes

press **STOP**
for analysis

