



Short Recording options of the app has been designed for quite and calm recordings (as slow breath trainings, heart coherence, relaxing or meditating states).

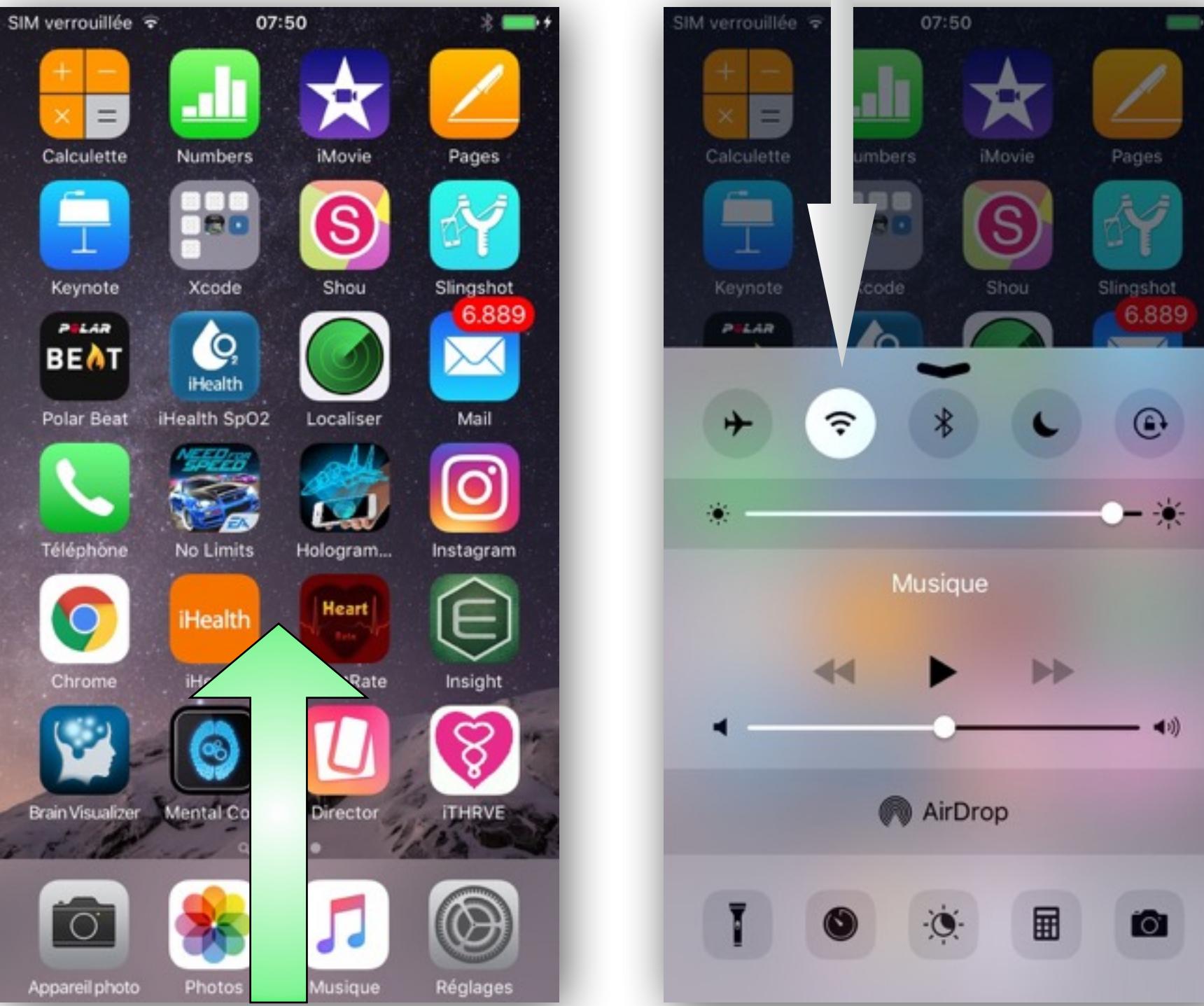
The light sensors devices (iHealth finger sensor, the earclip sensor and the ios camera) are very sensitive to movements of the sensor: they need a special care when used to achieve a good acquisition of data.

If you want to make a recording while moving, it is better to use a bluetooth Polar Chest Strap.

Mayer Wave (pressure variation LF PPG) acquisition can only be achieved in a very quite and calm relaxing or meditating state.

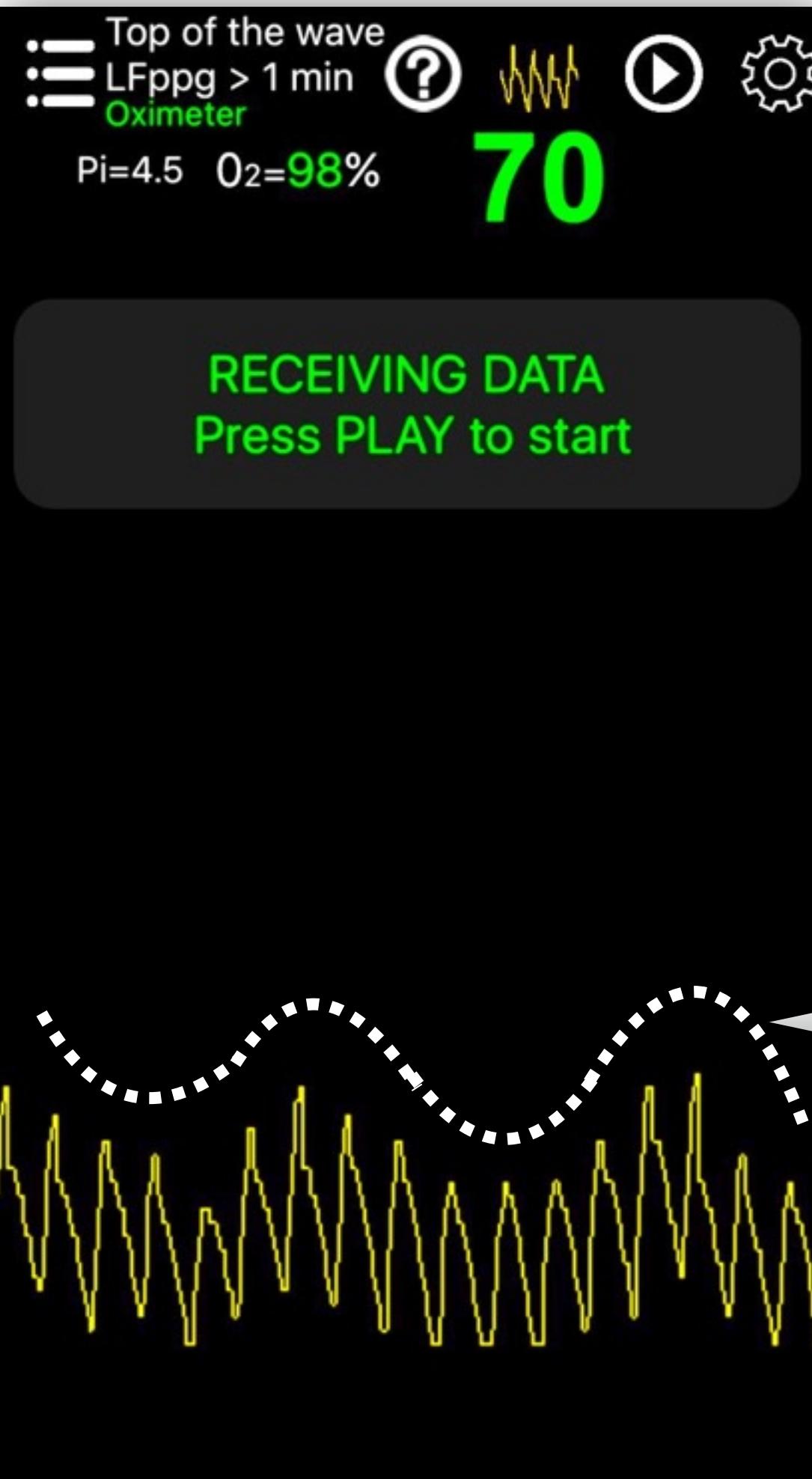
Health Finger sensor can only be used with a good internet connection

Before using this sensor, make sure internet is ON



When the app is running, the iHealth sensor is uploading data to the iHealth cloud.

To run the app with this sensor, you need a good HIGH speed internet connection.



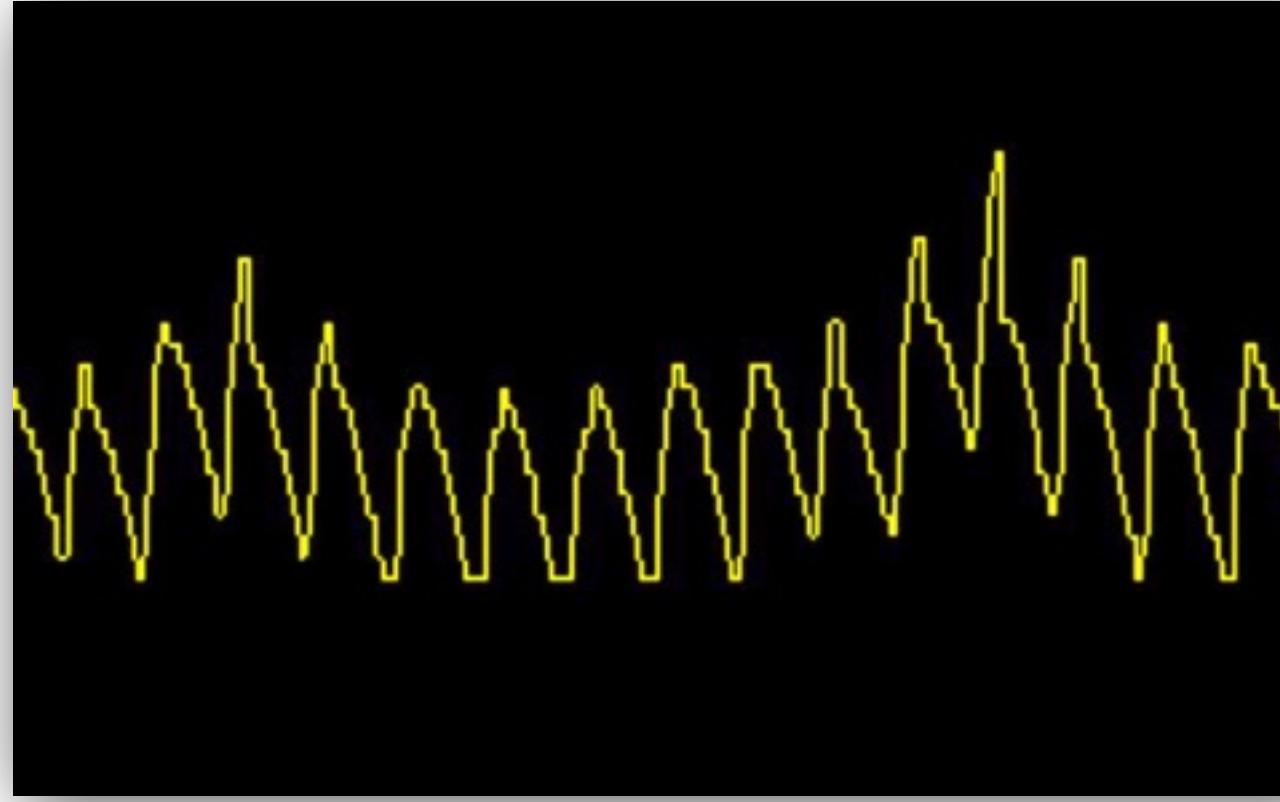
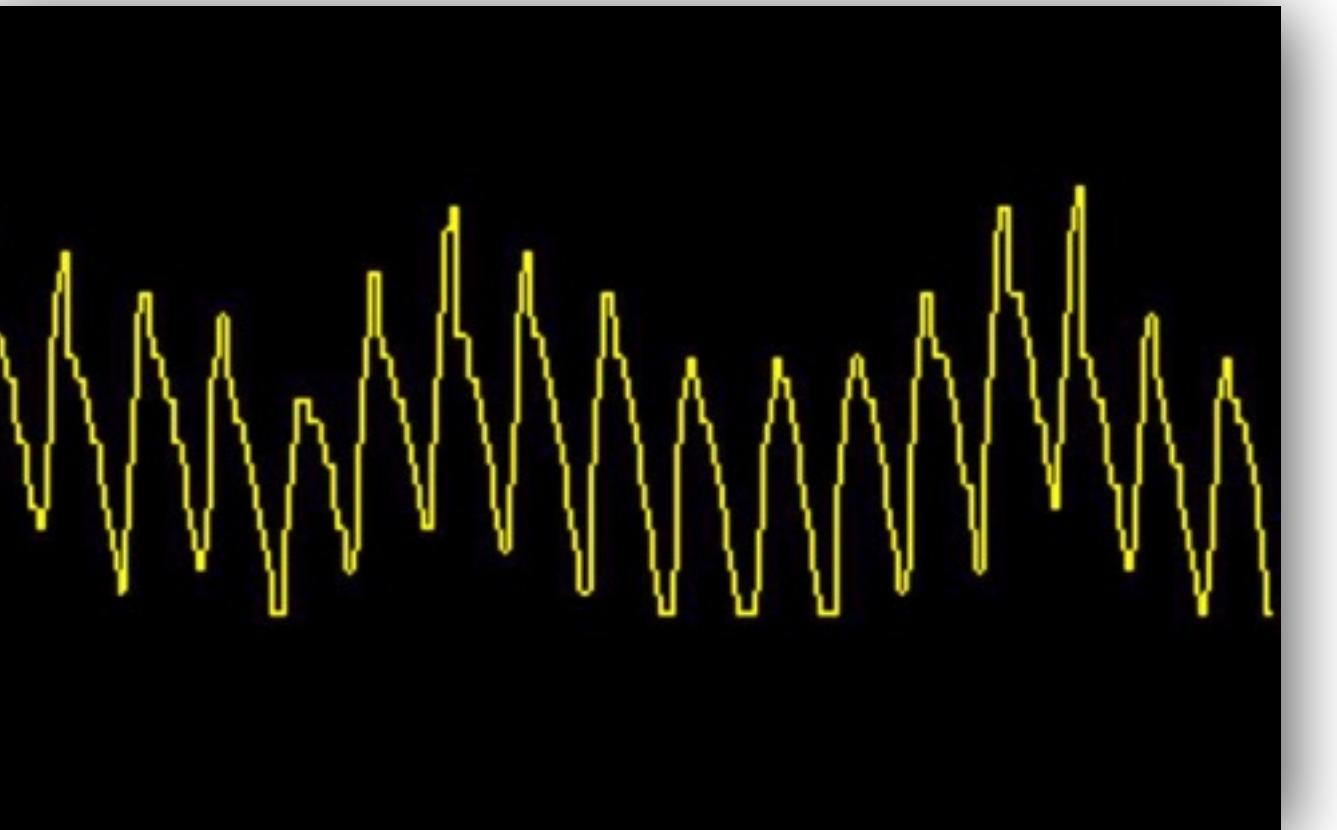
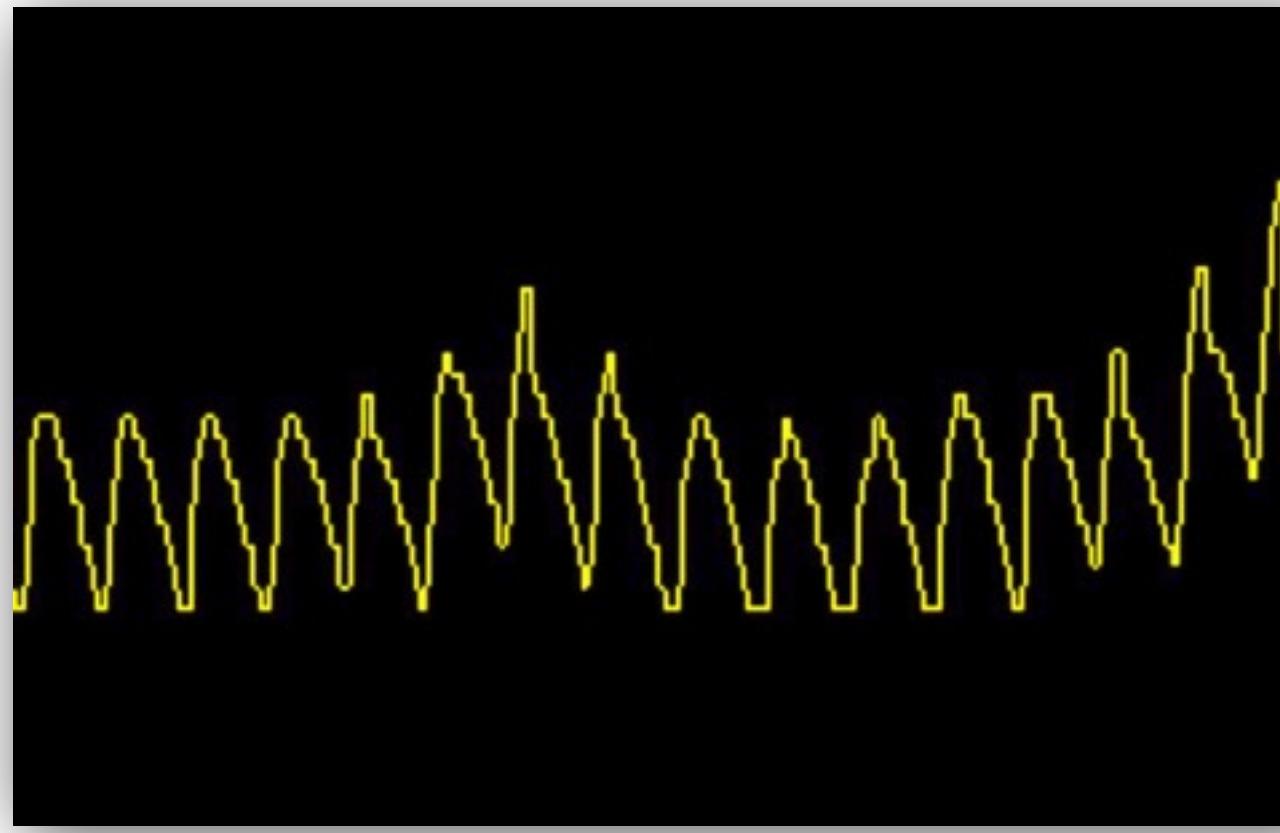
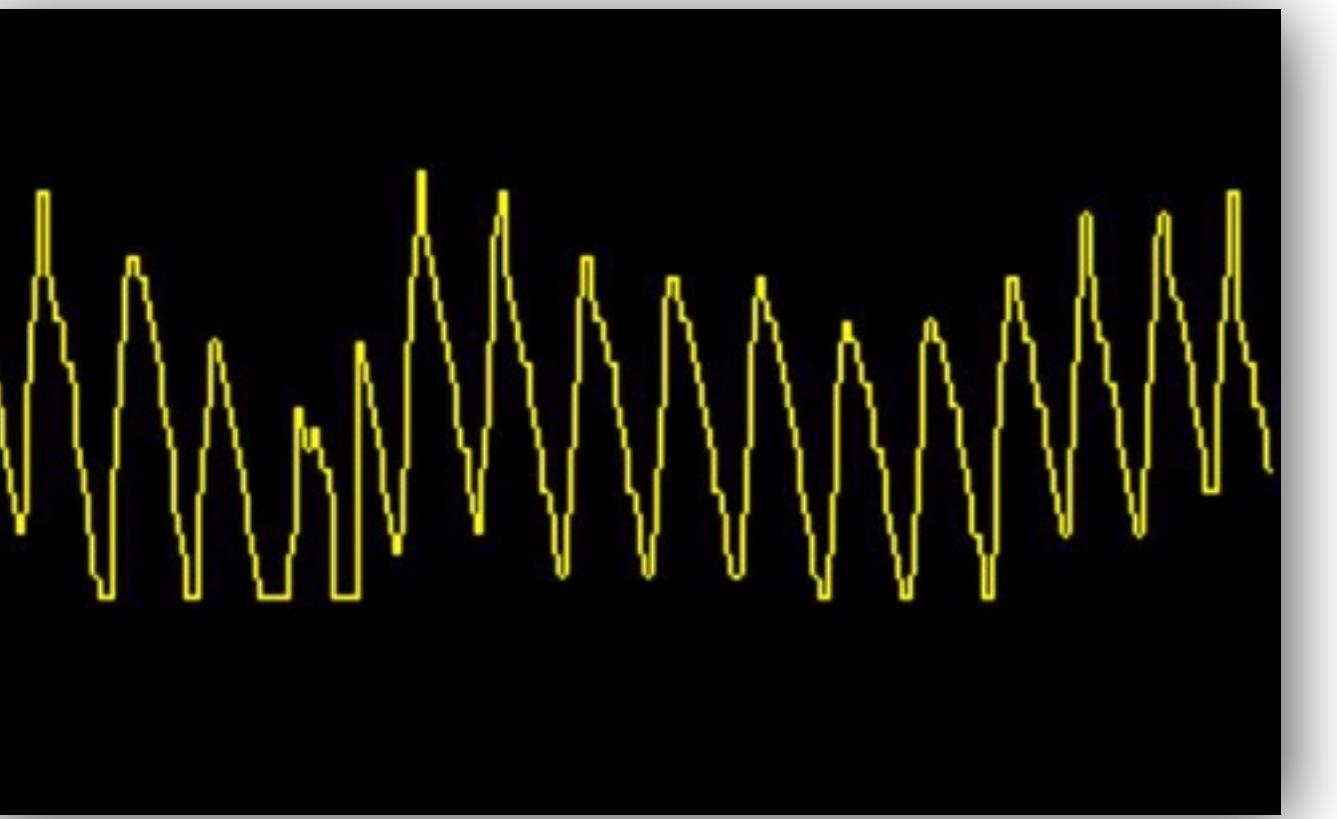
This sensor is quite sensitive to movements.

To get the pressure wave, you need to carefully use this sensor.

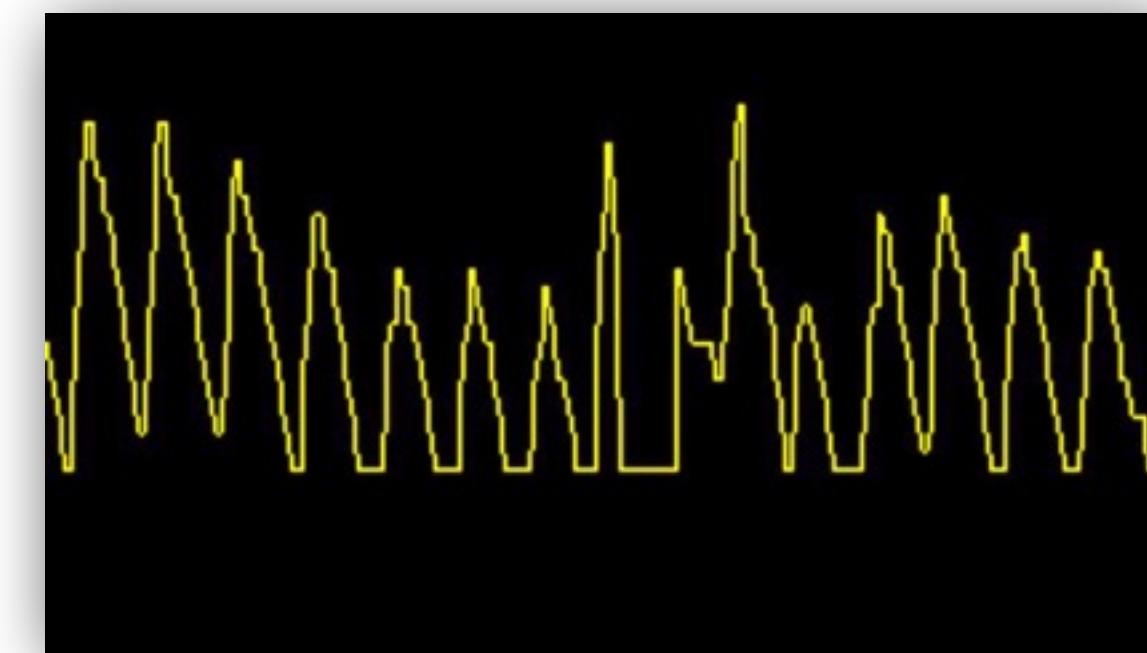
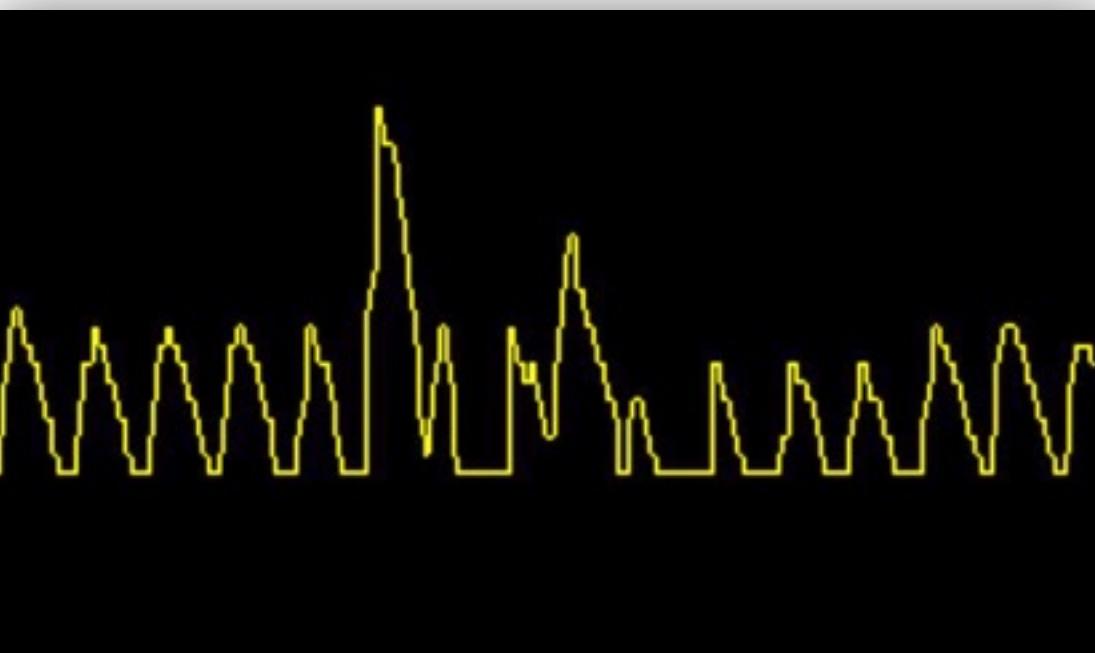
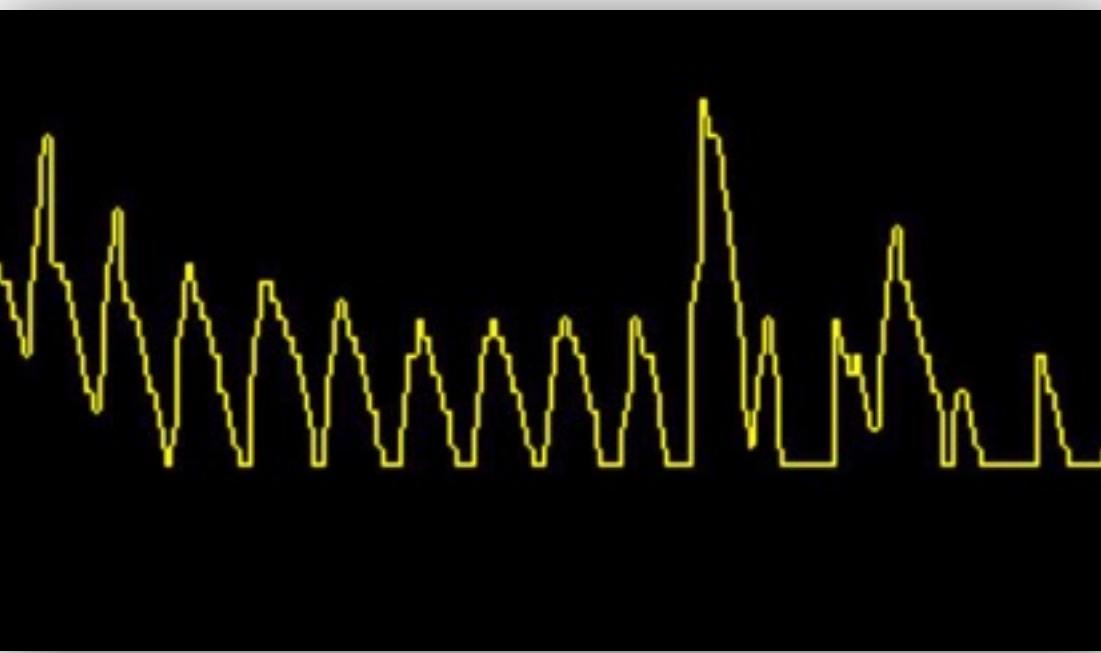
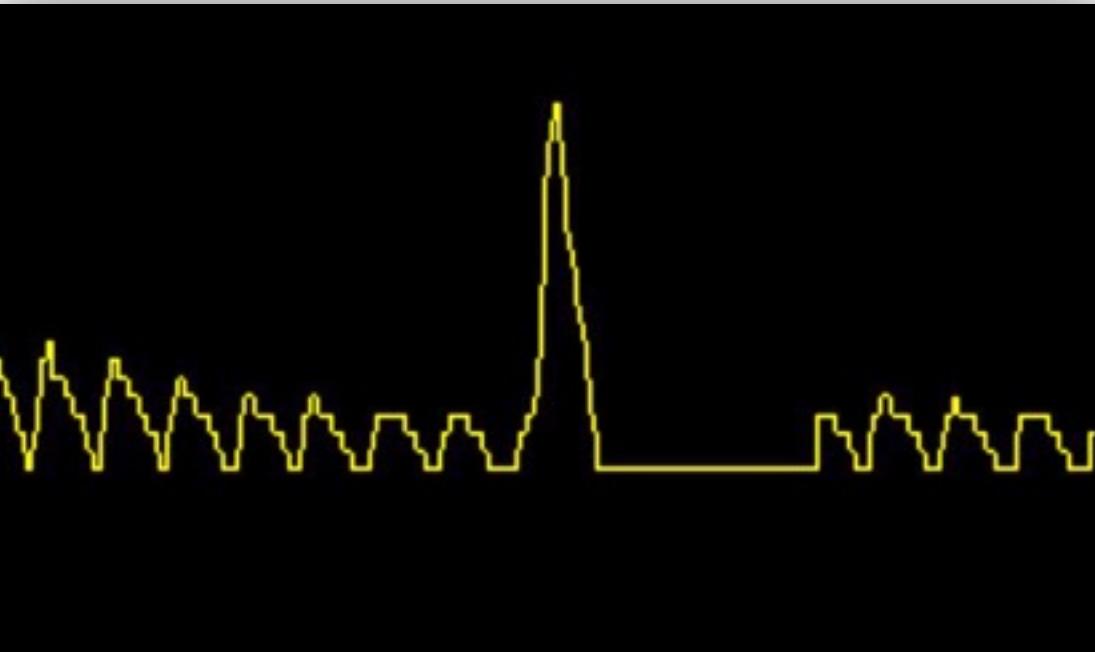
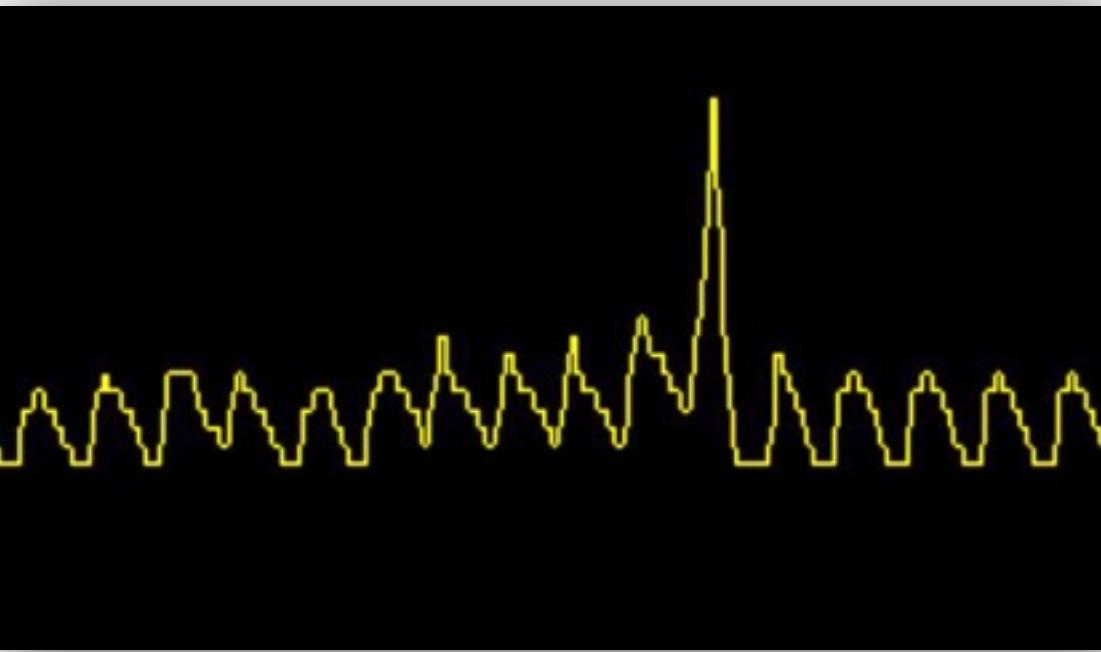
Artifacts will introduce bad analysis of the waves.

Mayer wave or CranioSacral Wave

## Examples of correct pulses acquisition



## Examples of bad pulses acquisition with artifacts



# A few tricks for a best use of the iHealth finger Sensor

- Avoid too much external light in your room
- leave completely free the sensor and the finger using the sensor
- As we are measuring pressure pulses & wave, the pressure between the sensor and the finger should remain constant:
  - avoid movements of the sensor
  - avoid movements of fingers

## **Avoid too much external light**

This sensor is sending light through your finger.  
External light can therefore introduce artifacts in the data acquisition.

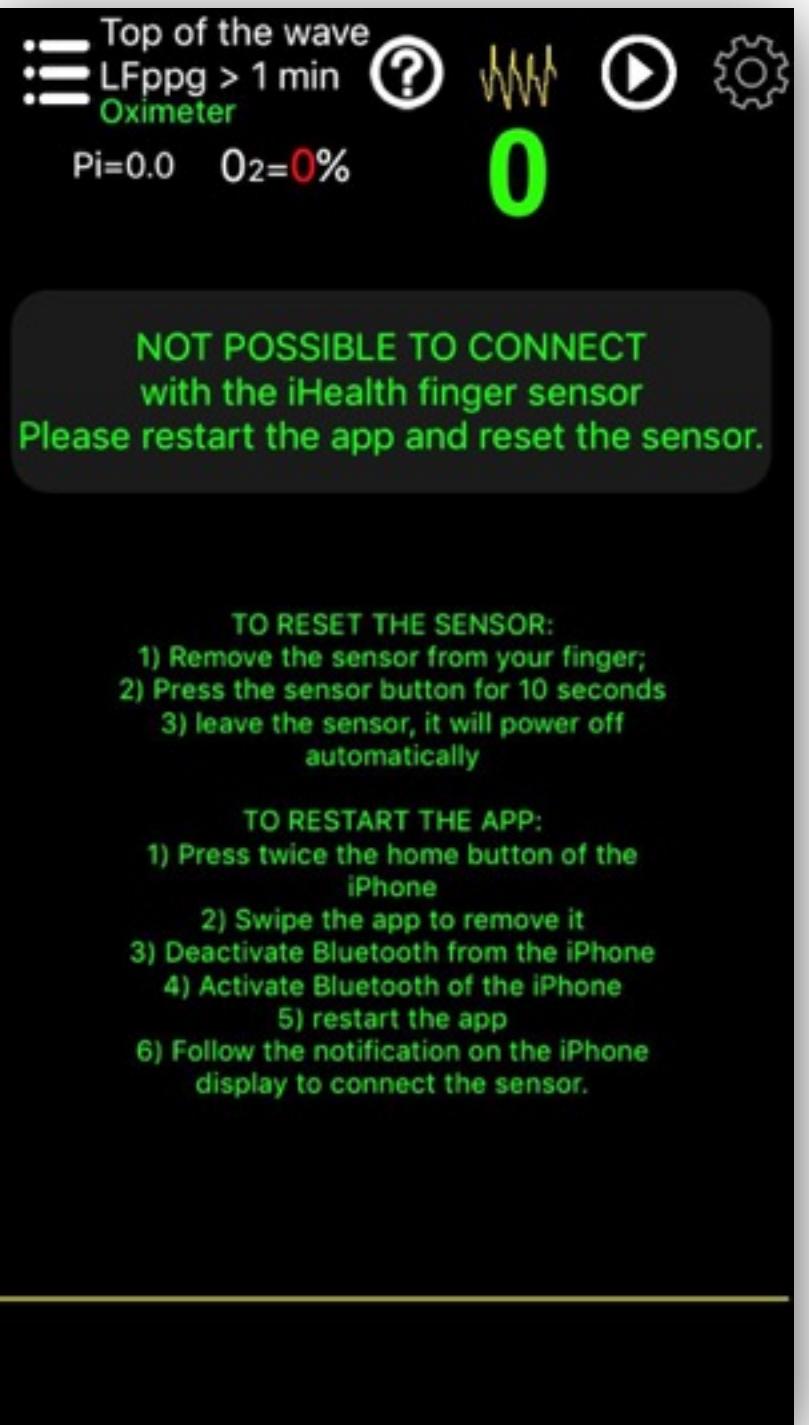
If there is too much light in your room,  
put a dark sheet or a dark towel on the sensor.

**leave completely free  
the finger with the sensor**

avoid contact with other fingers  
and leave completely free the  
finger with the sensor  
(not touching anything)



# Troubleshooting with the sensor connection.



If you cannot establish the connection with the sensor,  
follow these 5 steps:

1. quit the app
2. cancel bluetooth
3. activate bluetooth again
4. reset the iHealth finger sensor
5. restart the app

## Step 1 : quit the app



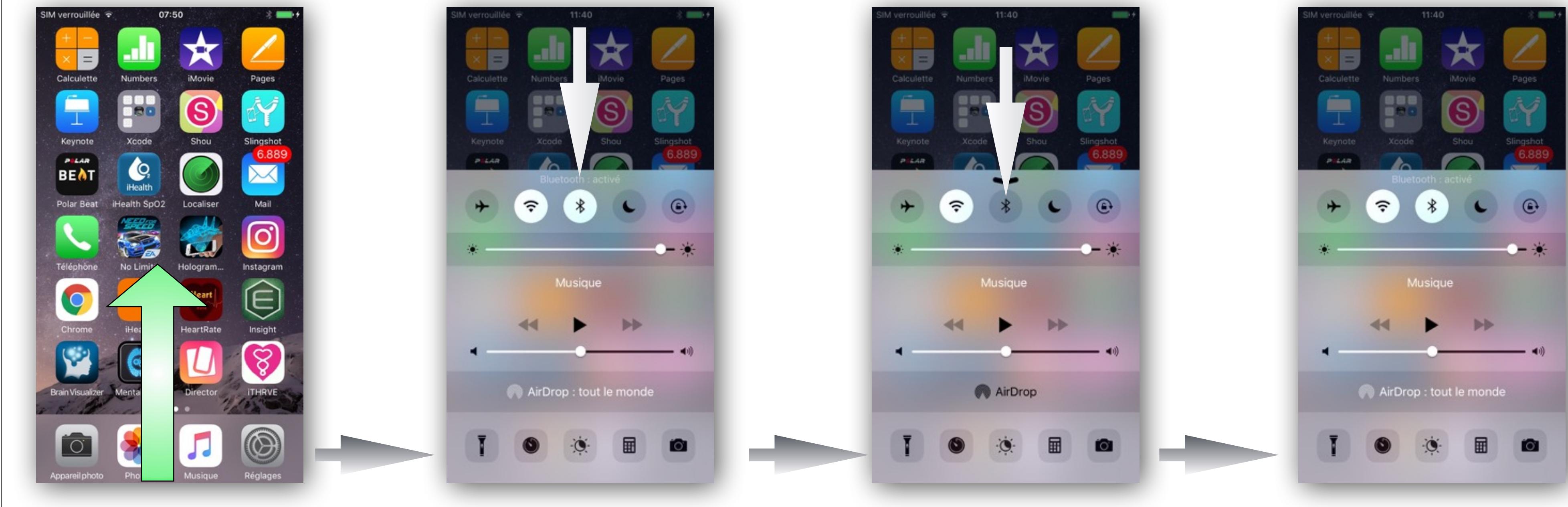
Double click  
the  
HOME BUTTON



Swipe out  
the iTHRVE App

## Step 2 : cancel bluetooth

## Step 3 : activate bluetooth again



## **Step 4 : reset the iHealth finger sensor**

reset the iHealth finger sensor by  
pressing  
the sensor button for 8 seconds



## **Step 5 : relaunch iTHRVE app**