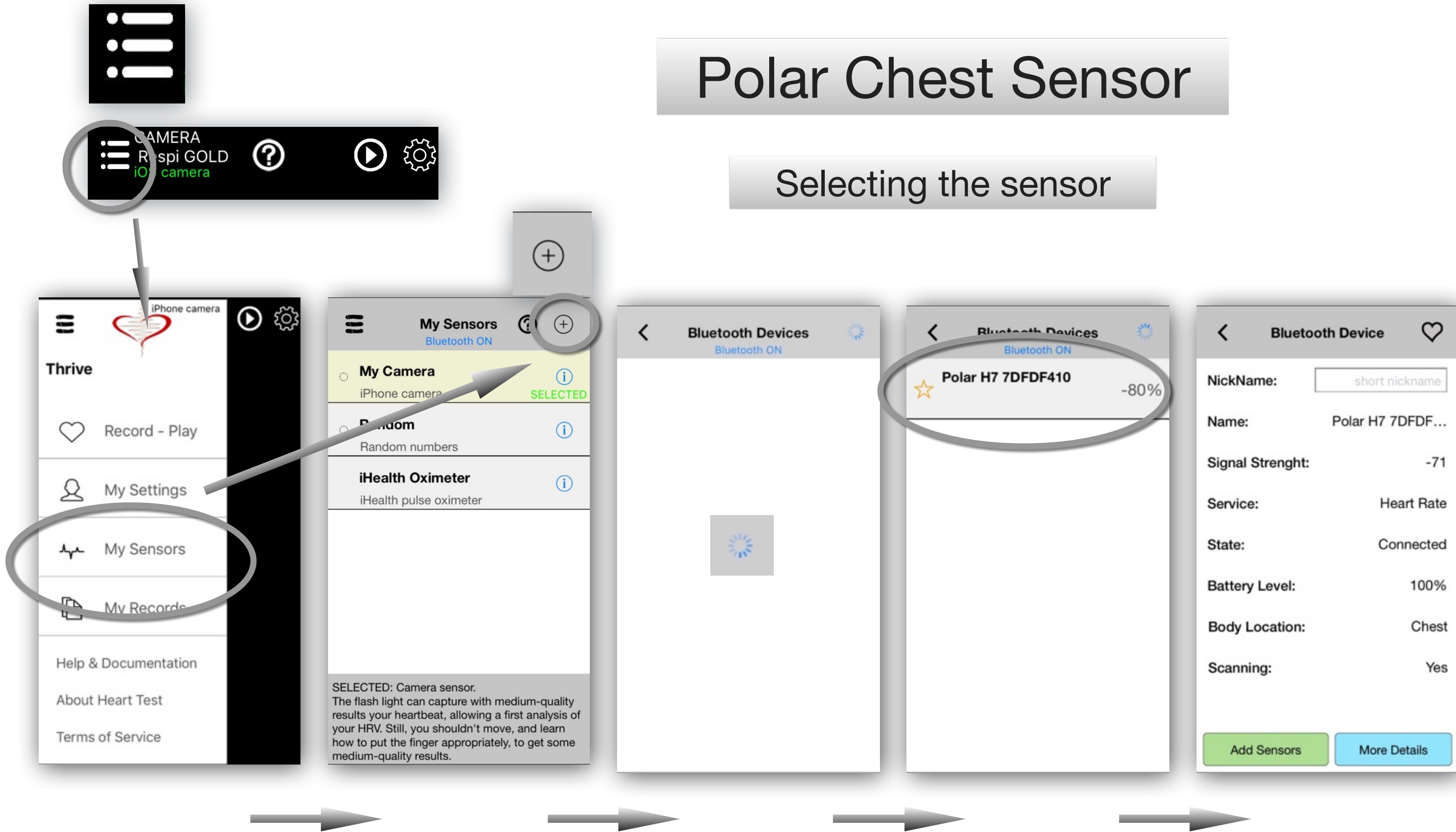


Polar Chest Sensor

Selecting the sensor



Polar Chest Sensor

Selecting the sensor

Bluetooth Device

NickName:

Name: Polar H7 7DFDF...

Signal Strength: -71

Service: Heart Rate

State: Connected

Battery Level: 100%

Body Location: Chest

Scanning: Yes

Add Sensors **More Details**

Polar H7 7DFDF410

Device local name: Polar H7 7DFDF410
RSSI: -71
State: Connected

SERVICE: Battery
- Battery Level : 100

SERVICE: Device Information
- Model Number String : H7
- System ID : to be investigated
- Software Revision String : H7 3.1.0
- Hardware Revision String : 39044024.08
- Serial Number String : 1505078656
- Firmware Revision String : 1.4.0
- Manufacturer Name String : Polar Electro Oy

SERVICE: Heart Rate
- Heart Rate Measurement : BPM=72 RSSI=-71
- Body Location : Chest

SERVICE: 6217FF4B-FB31-1140-AD5A...
- Vendor Specific : ???

Bluetooth Device

NickName:

Name: Polar H7 7DFDF...

Signal Strength: -71

Service: Heart Rate

State: Connected

Battery Level: 100%

Body Location: Chest

Scanning: Yes

Add Sensors **More Details**

My Sensors
Bluetooth ON

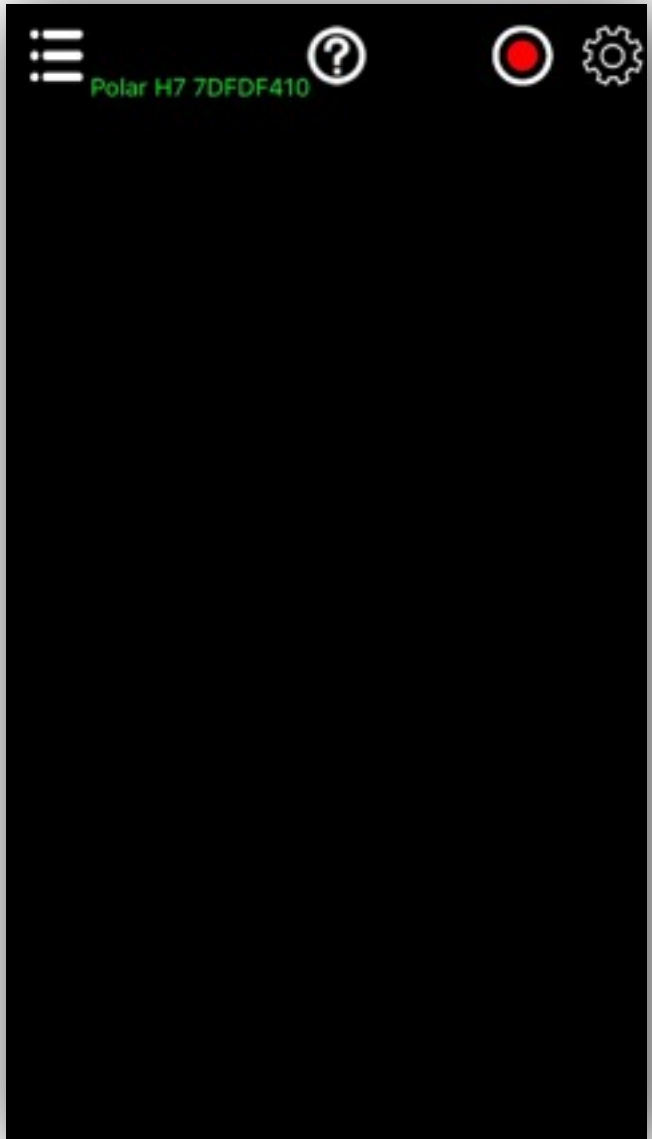
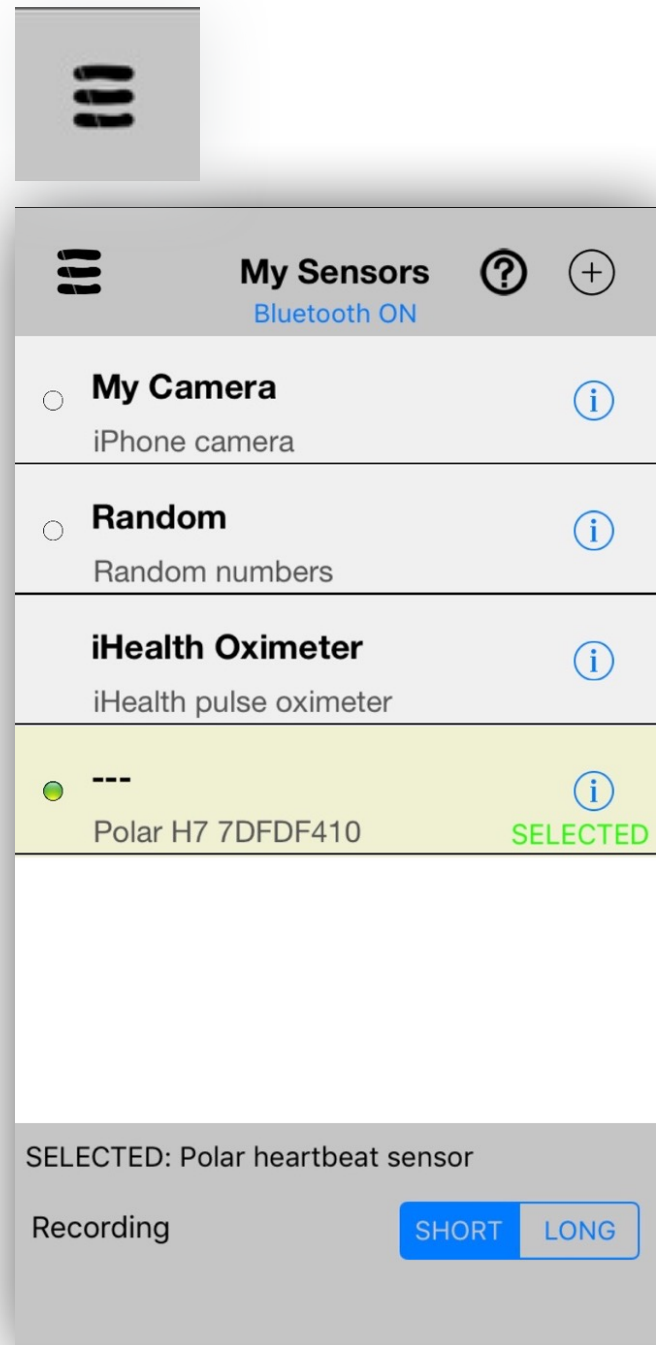
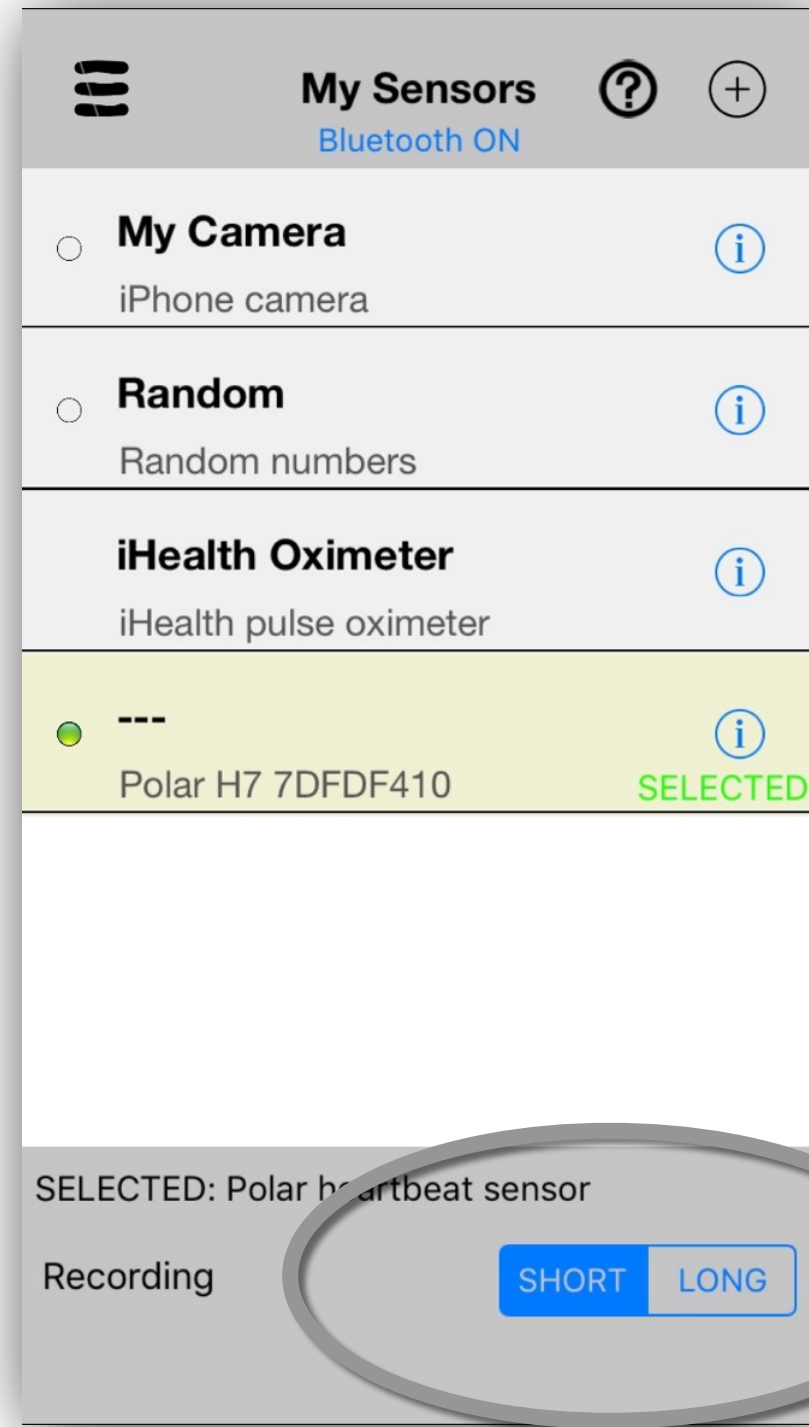
- My Camera
iPhone camera
- Random
Random numbers
- iHealth Oximeter
iHealth pulse oximeter
- Polar H7 7DFDF410 **SELECTED**

SELECTED: Polar heartbeat sensor

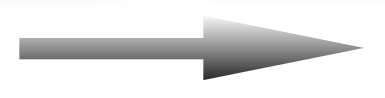
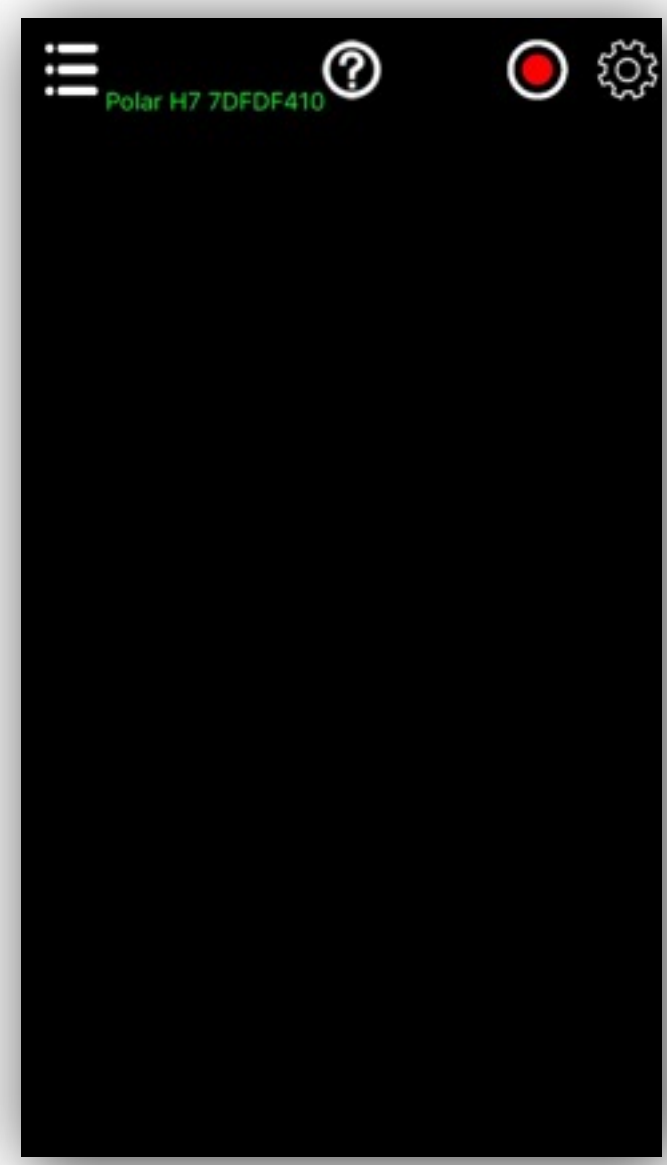
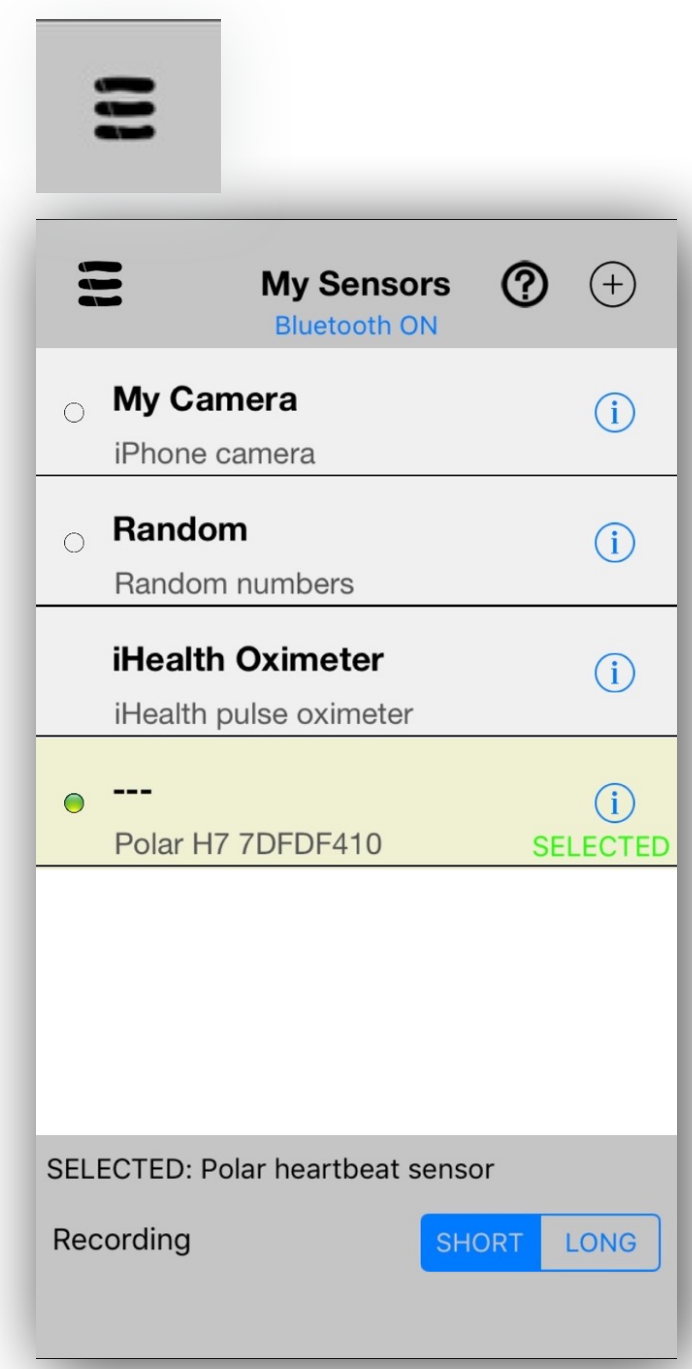
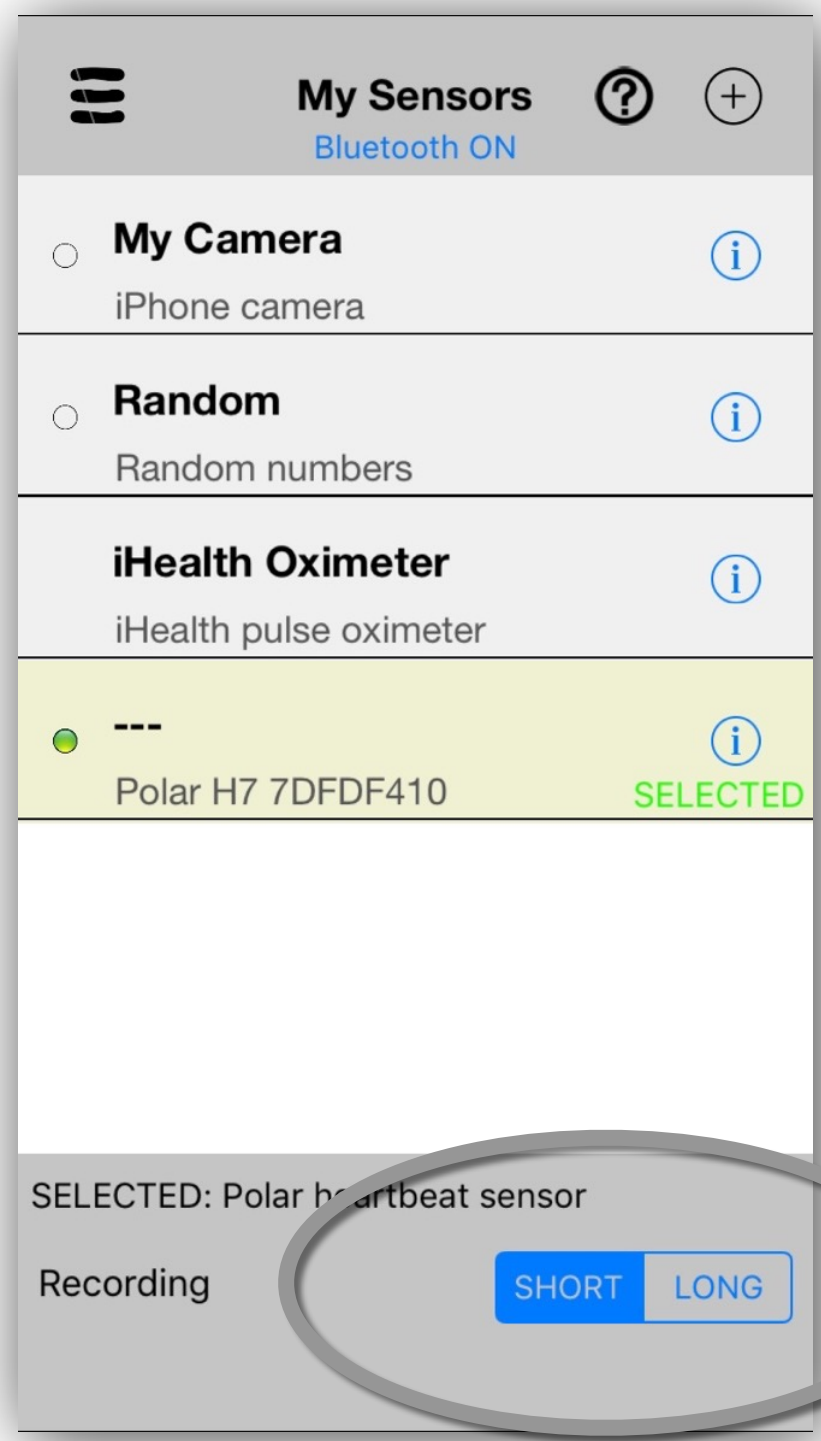
Recording **SHORT** LONG

Polar Chest Sensor

SHORT / LONG record



Polar Chest Sensor SHORT Record

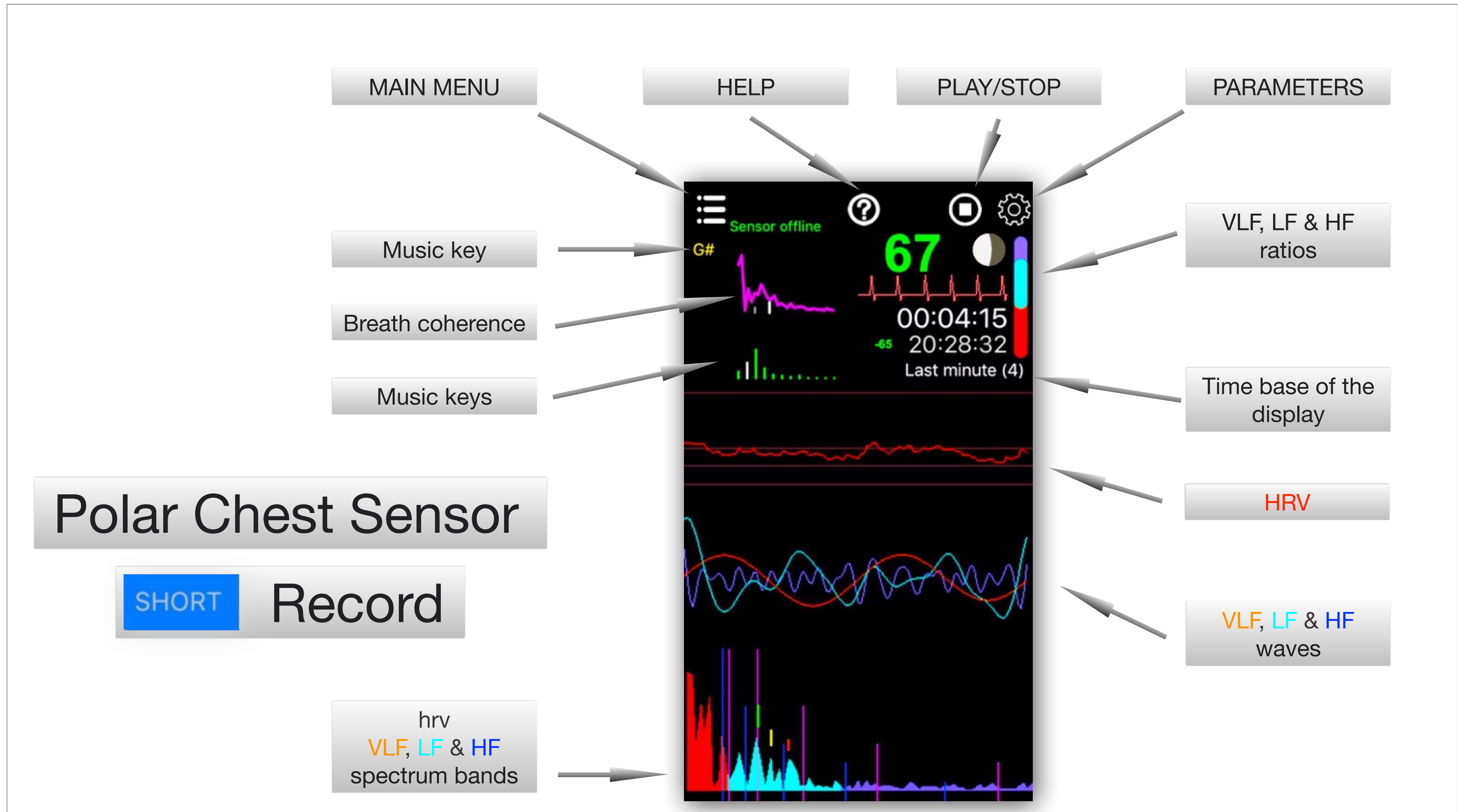


Polar Chest Sensor SHORT Record



Recording ...



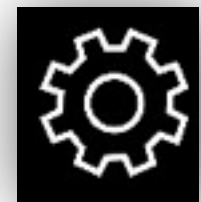


Polar Chest Sensor SHORT Record

Display



Polar Chest Sensor SHORT Record



Display parameters during PLAY



Polar H7 7DFDF410

DISPLAY BREATHE

VLF_hrv (i)	Finger Test (i)
LF_hrv (i)	GOLDEN hrv (i)
HF_hrv (i)	MINE hrv (i)
LF_pressure (i)	Music Key (i)
LF / HF_ratio (i)	ZOOM (i)

Highlight the display of the raw data of the sensor. Help to get the best signal.

Golden pointers

Golden pointers from your frequency domain

Show / Hide Music Keys

Zoom in the frequency domain

Show / Hide wave

Show / Hide wave

Show / Hide wave

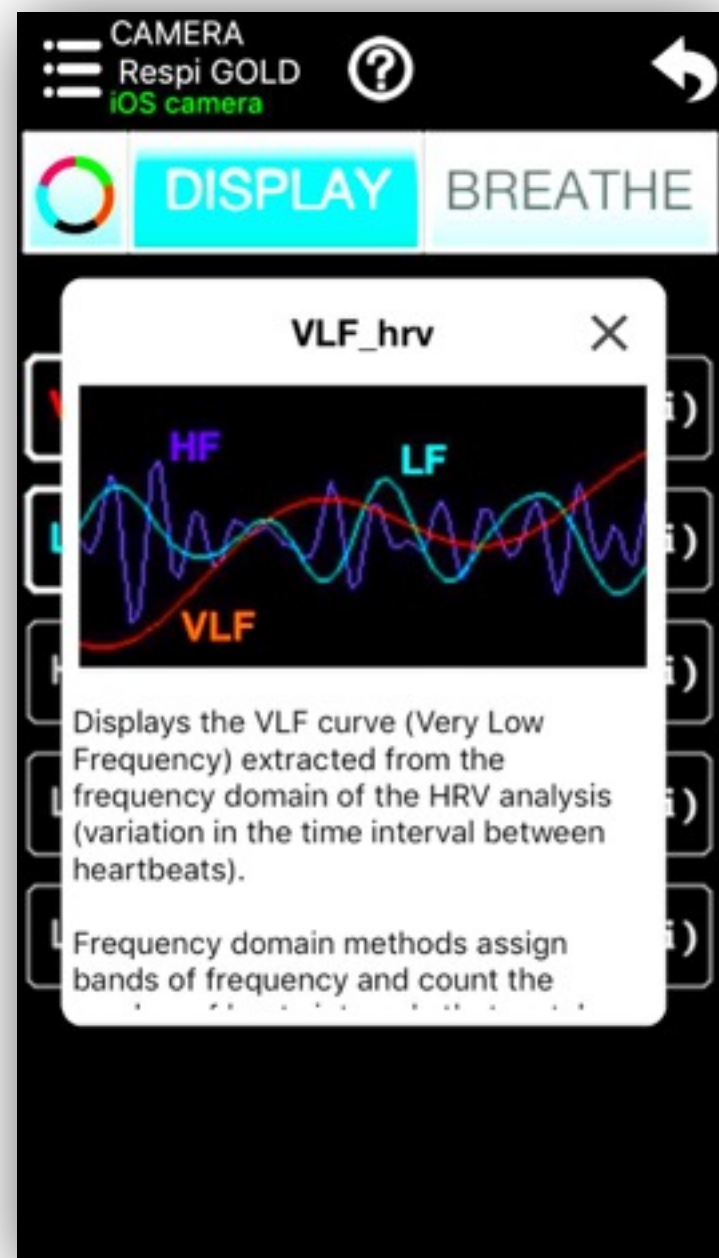
Show / Hide wave

Show / Hide ratio

Polar Chest Sensor SHORT Record

Display parameters during PLAY

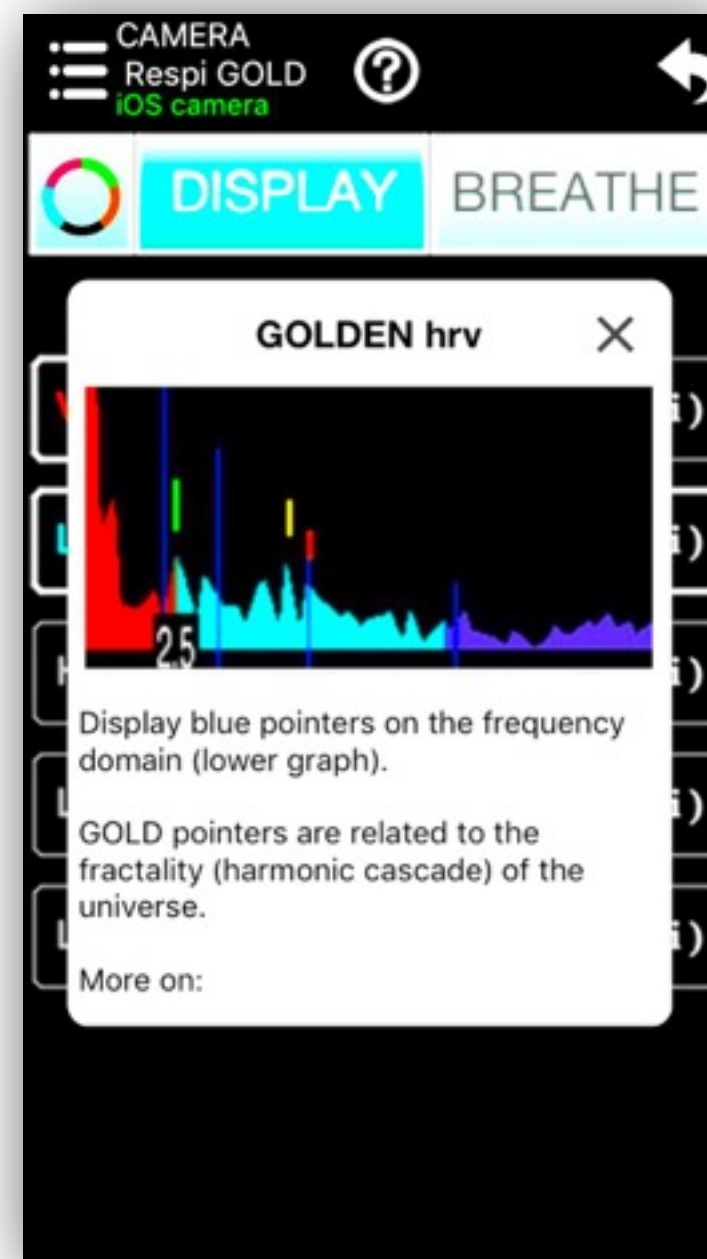
Help...



DISPLAY BREATHE

VLF_hrv (i)	Finger Test (i)
LF_hrv (i)	GOLDEN hrv (i)
HF_hrv (i)	MINE hrv (i)
LF_pressure (i)	Music Key (i)
LF / HF_ratio (i)	ZOOM (i)

The main interface features a top bar with a menu icon, a question mark, and a back arrow. Below this is a header with a circular icon and two buttons: 'DISPLAY' and 'BREATHE'. The main area contains a grid of buttons for various parameters, each with a small '(i)' icon. The 'VLF_hrv' and 'GOLDEN hrv' buttons are circled in grey, with arrows pointing to their respective help dialog boxes.



DISPLAY BREATHE

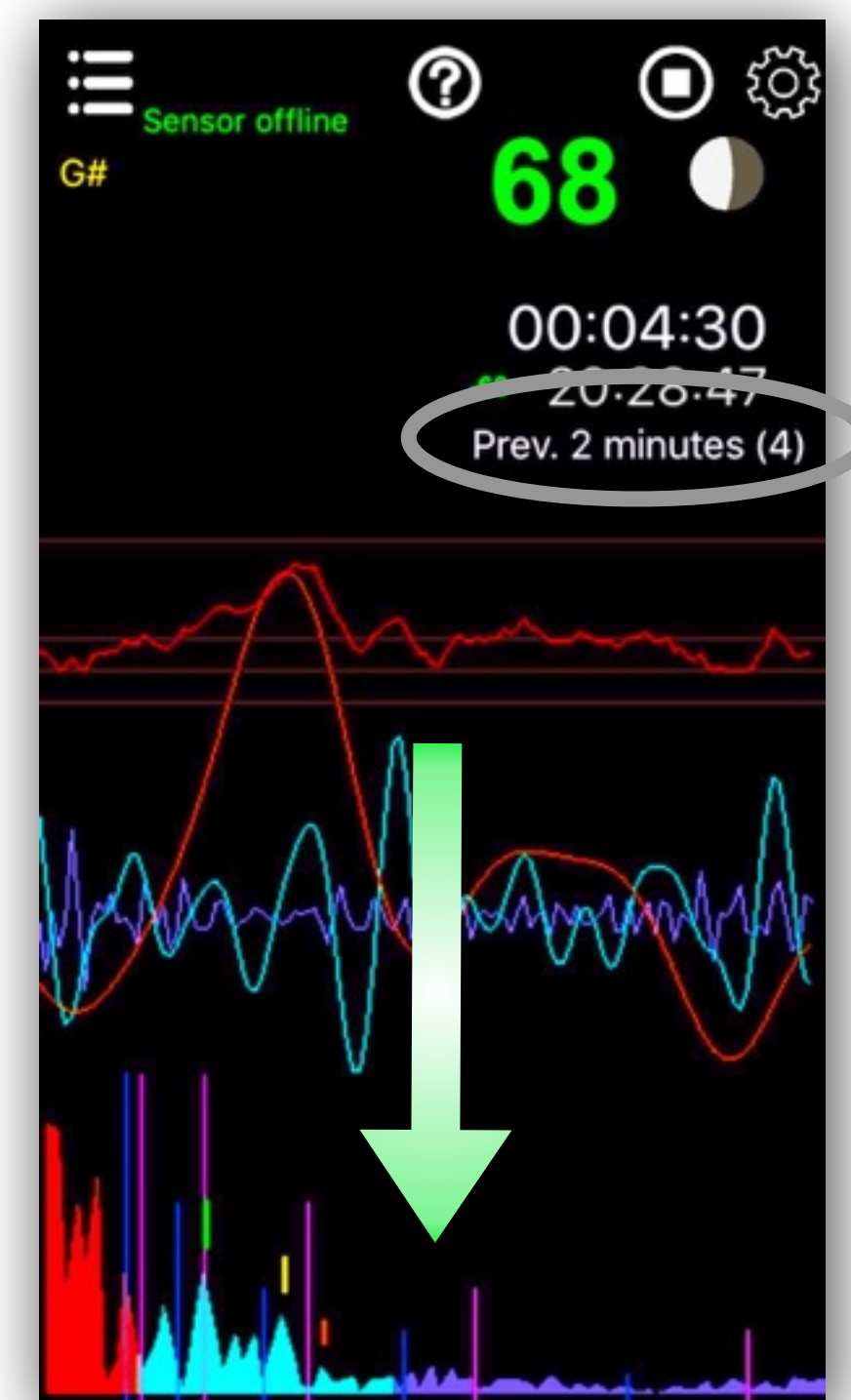
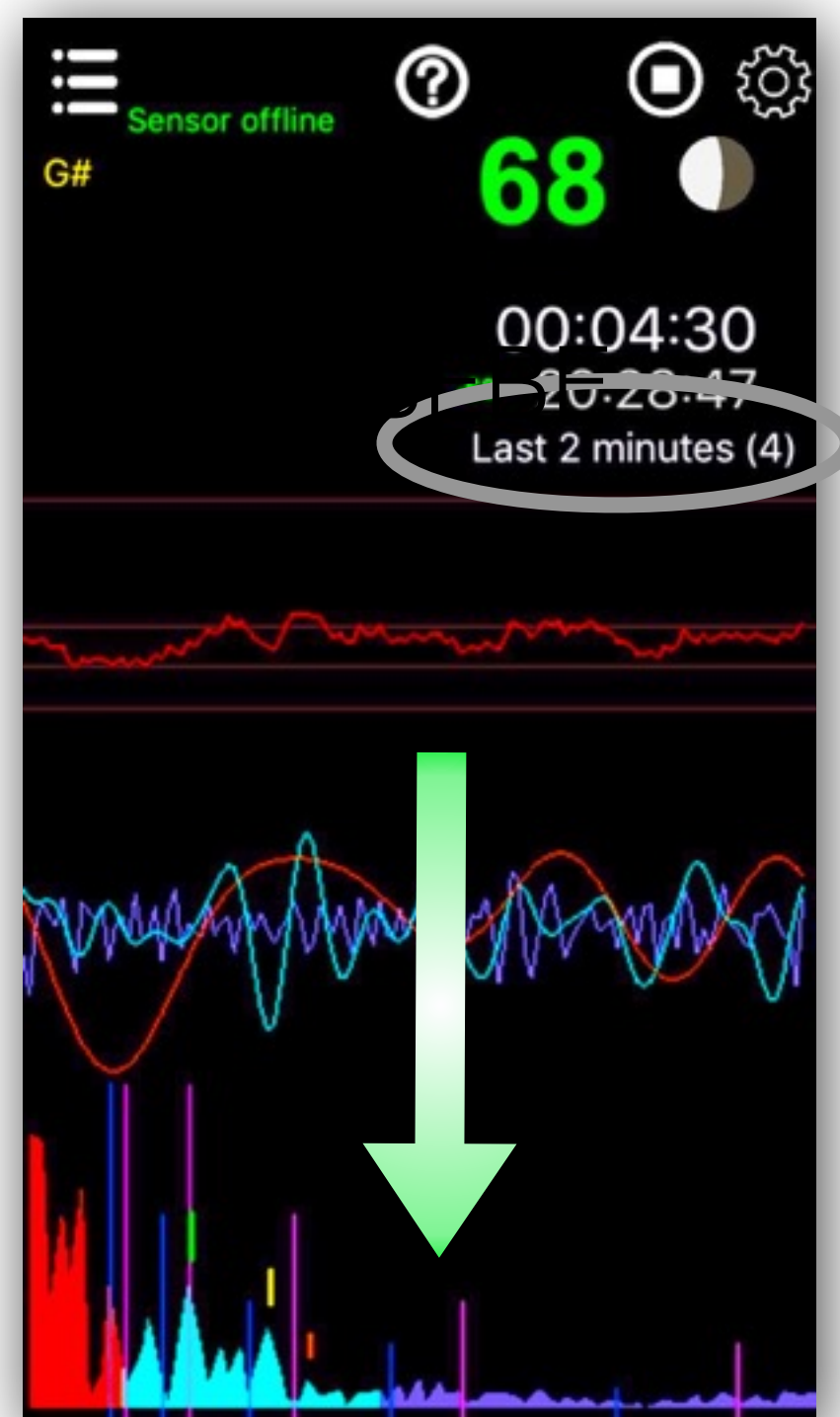
VLF_hrv (i)	Finger Test (i)
LF_hrv (i)	GOLDEN hrv (i)
HF_hrv (i)	MINE hrv (i)
LF_pressure (i)	Music Key (i)
LF / HF_ratio (i)	ZOOM (i)

This screenshot shows the main interface with the same grid of parameter buttons as the previous screenshot. A large grey arrow points downwards from this screenshot towards the bottom-right screenshot.



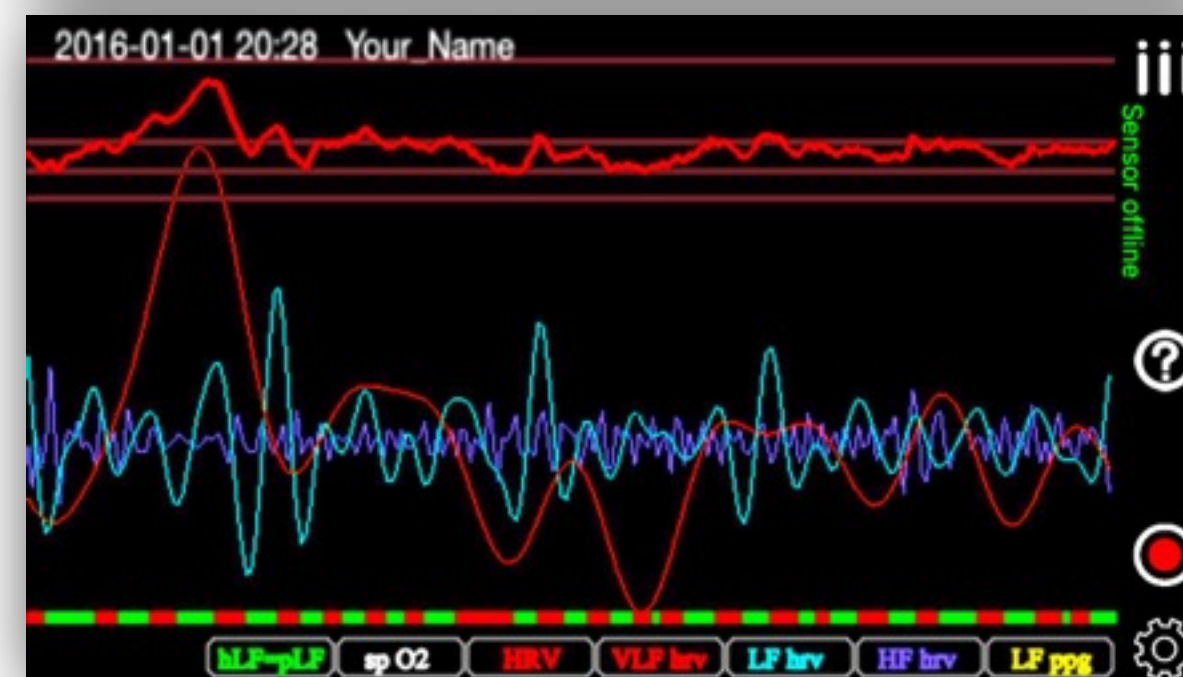
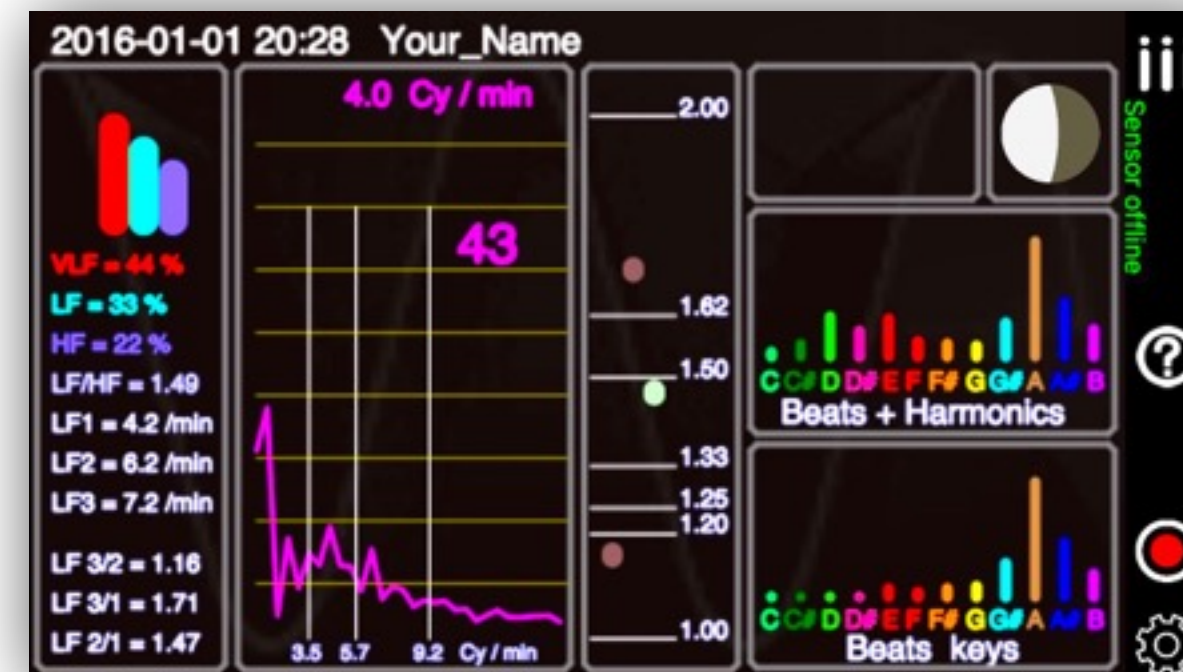
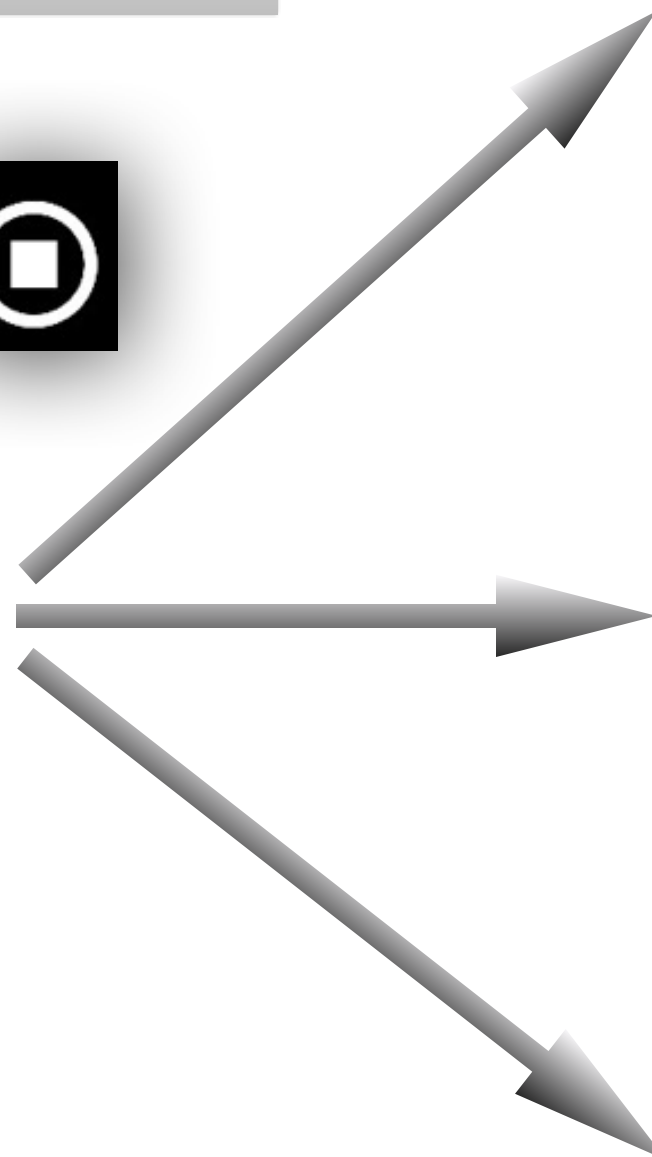
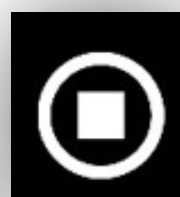
Polar Chest Sensor SHORT Record

After 2 minutes and/or 4 minutes,
SWIPE DOWN
to change the time base of the display



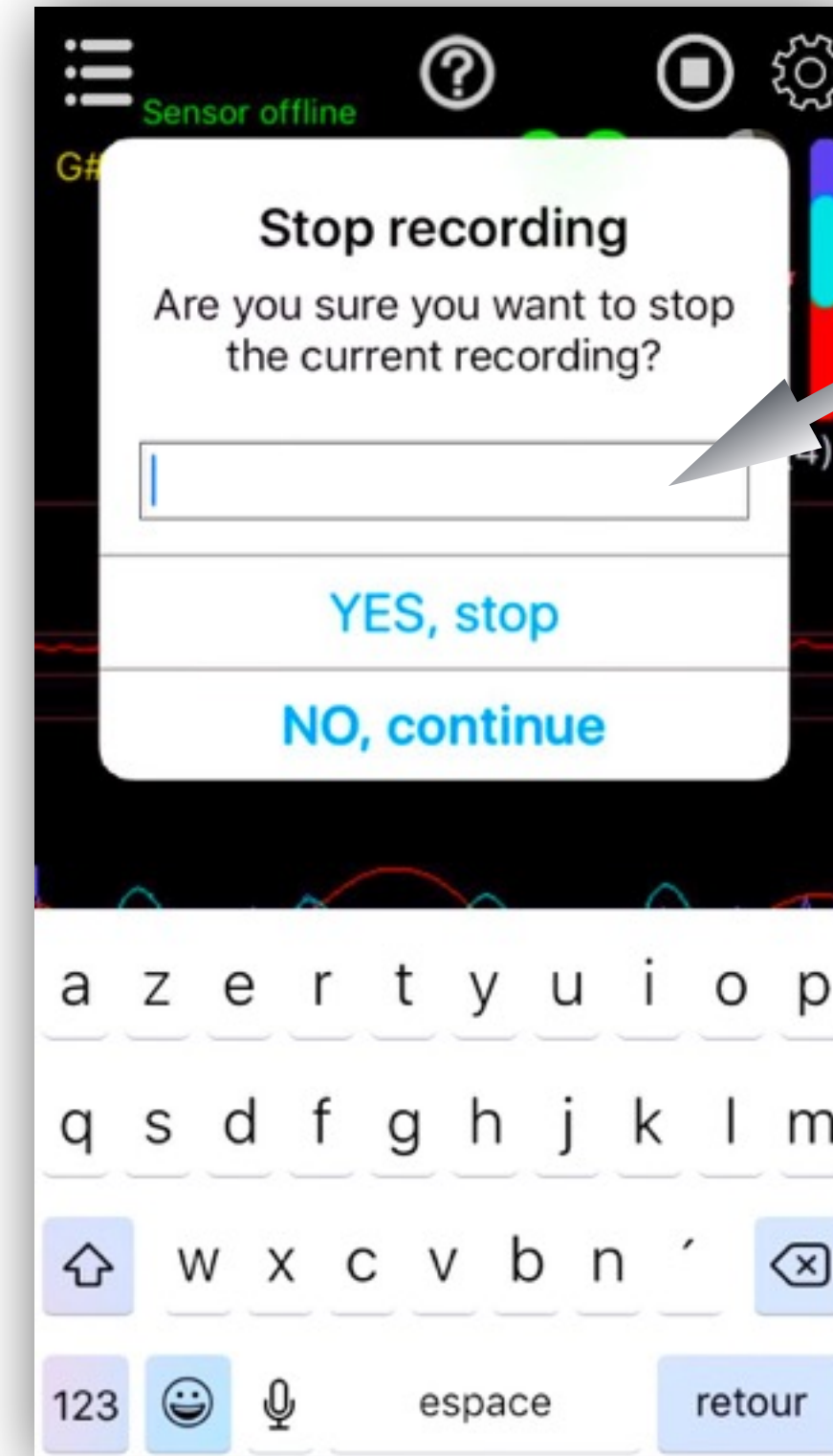
Polar Chest Sensor SHORT Record

After 4 minutes or more,
press **STOP**
for graph analysis



Polar Chest Sensor **SHORT** Record

After 4 minutes or more,
press **STOP**
for analysis

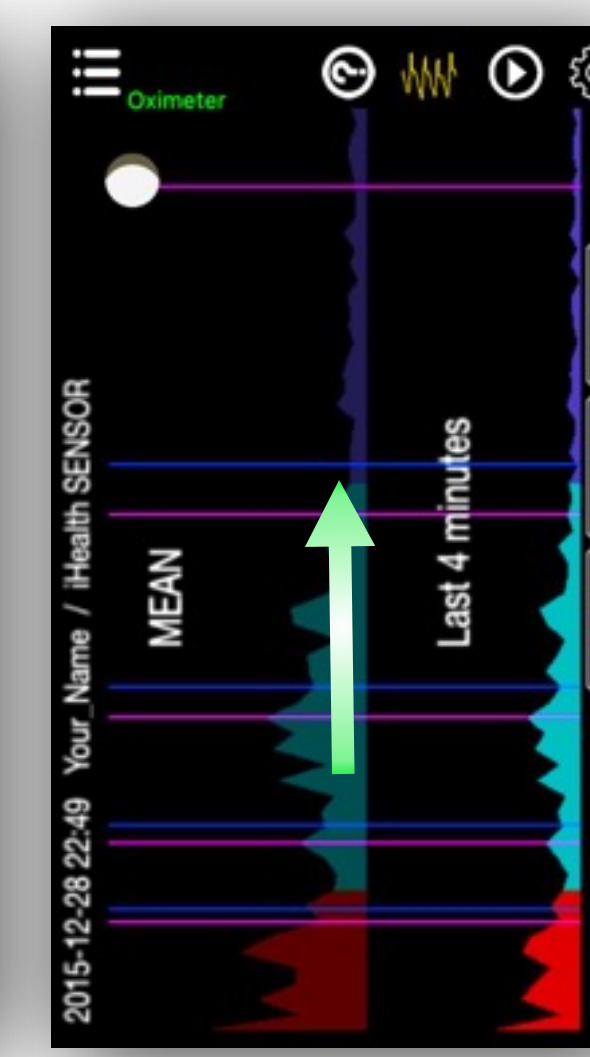
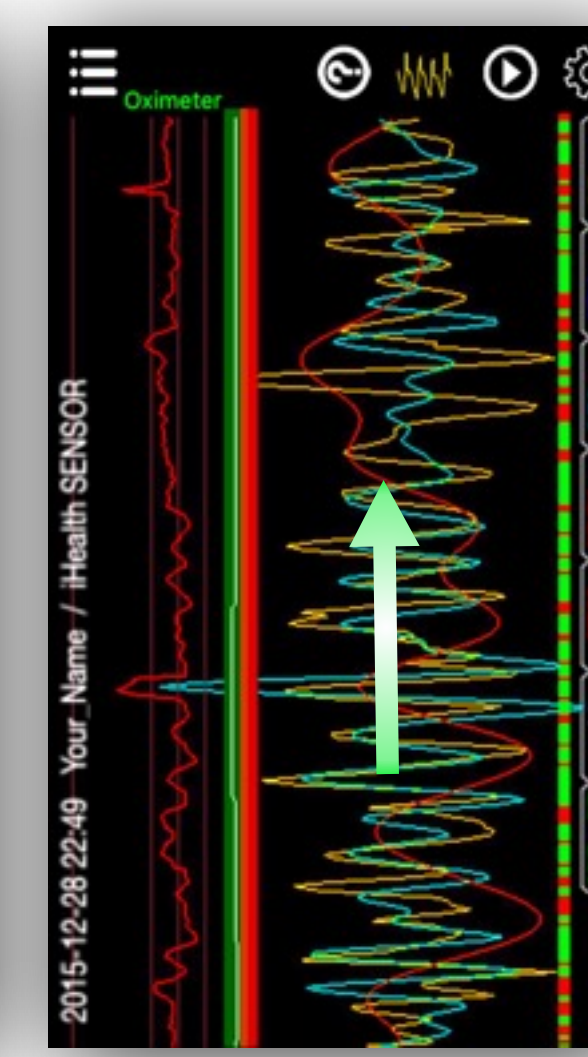
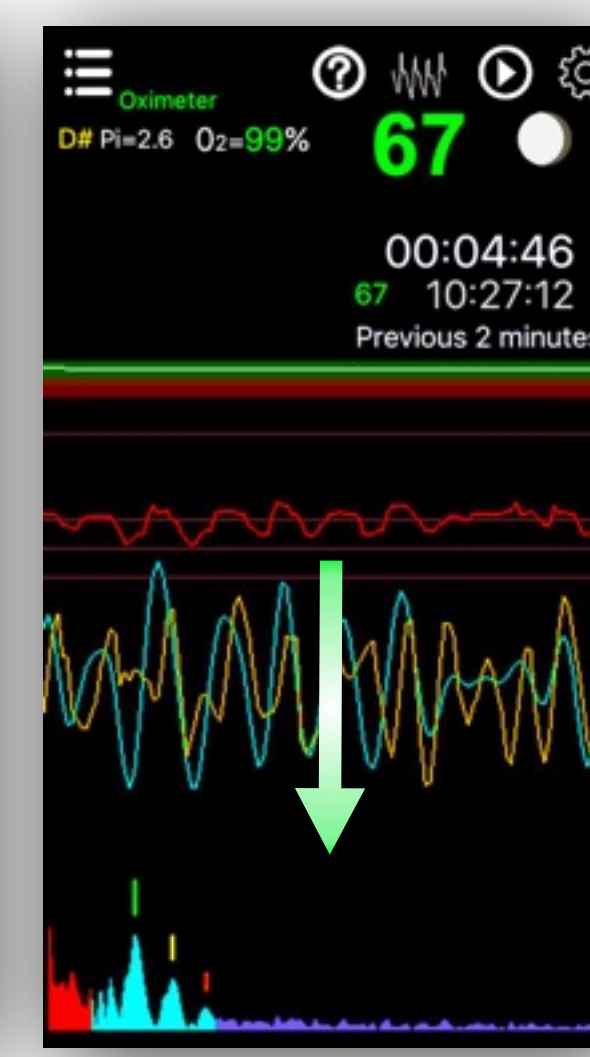
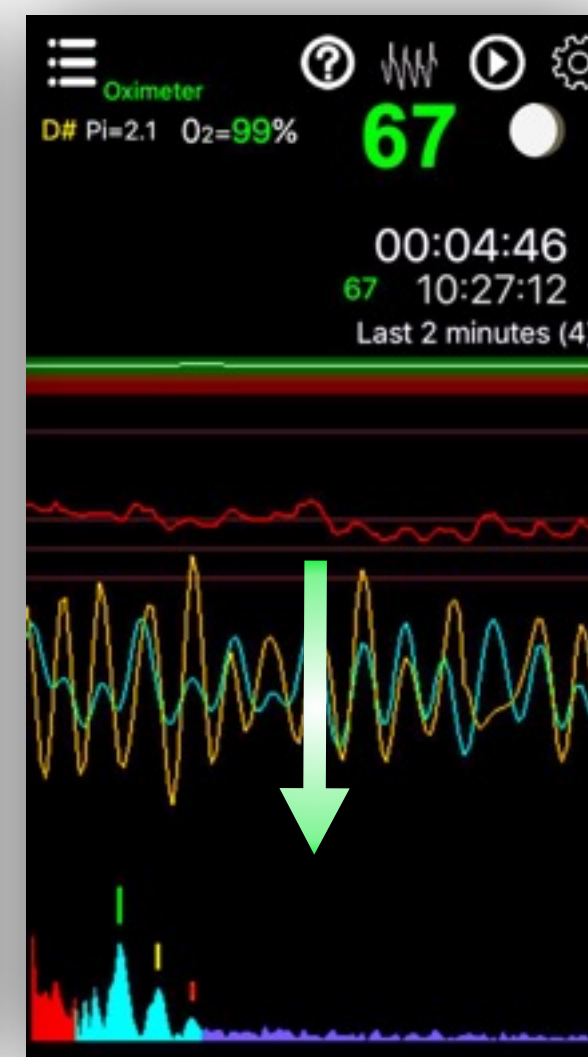
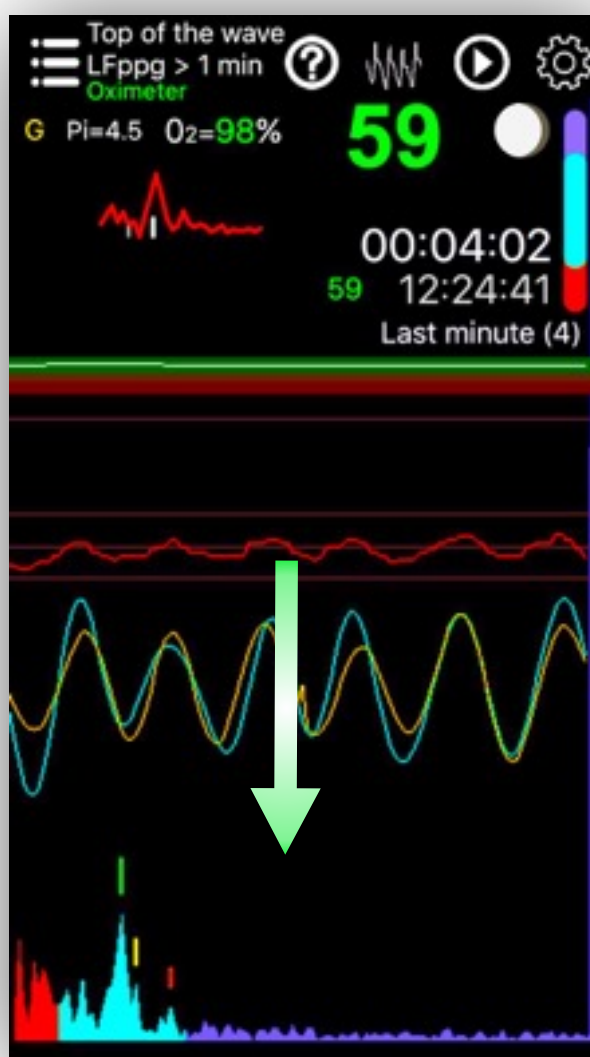


You can add
(and save)
a comment
concerning
this record.

Polar Chest Sensor SHORT Record

SWIPE DOWN
to change the time base of the display

SWIPE UP
to display graph analysis



Polar Chest Sensor **SHORT** Record

Graph analysis

Select the lower buttons to
to
SHOW/HIDE
part of the display

HRV

hrv **VLF**, **LF**, **HF**
waves

Last 4 minutes of display

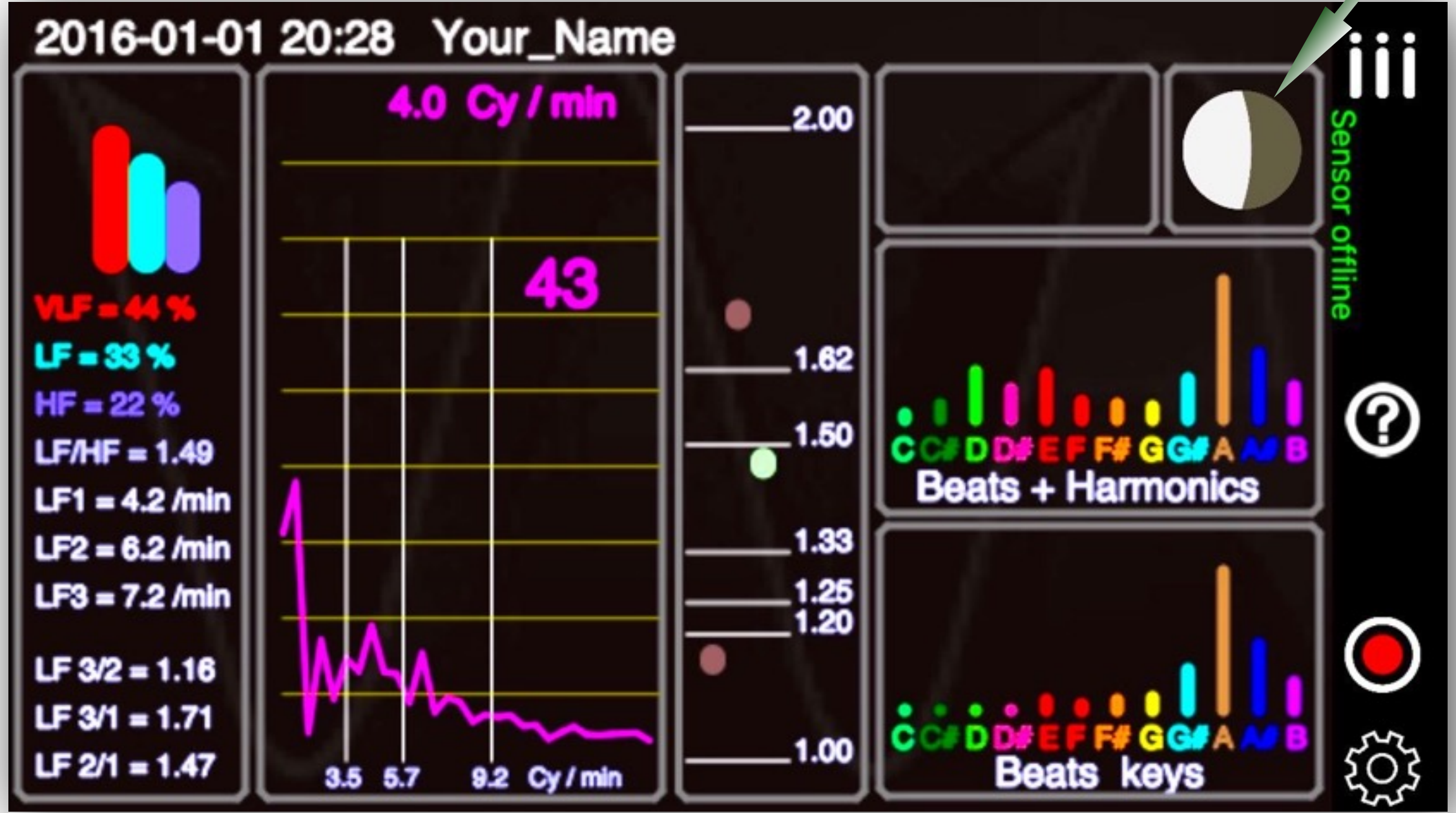


Polar Chest Sensor SHORT Record

Moon phase

Graph analysis

Date, Time, your name & sensor type



hrv
VLF, LF & HF values and ratios of 3 LF peaks

Breath coherence (cycles/min) and size of the coherence peak

Musical ratios of 3 first LF peaks

Music keys from heartbeats

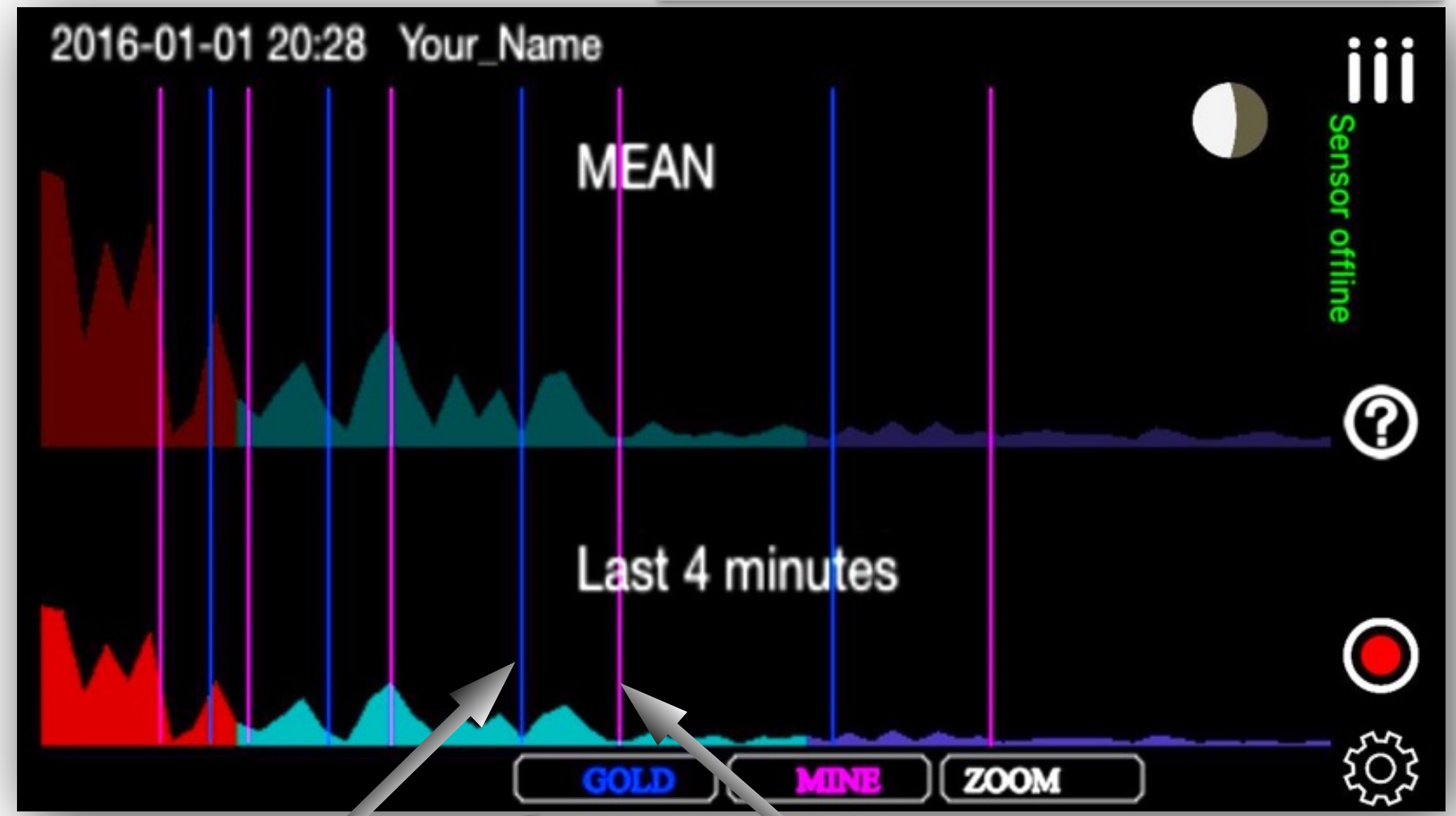
Polar Chest Sensor SHORT Record

Graph analysis

Frequency Domain

Select the lower buttons to
SHOW/HIDE pointers
or
zoom in the frequency domain

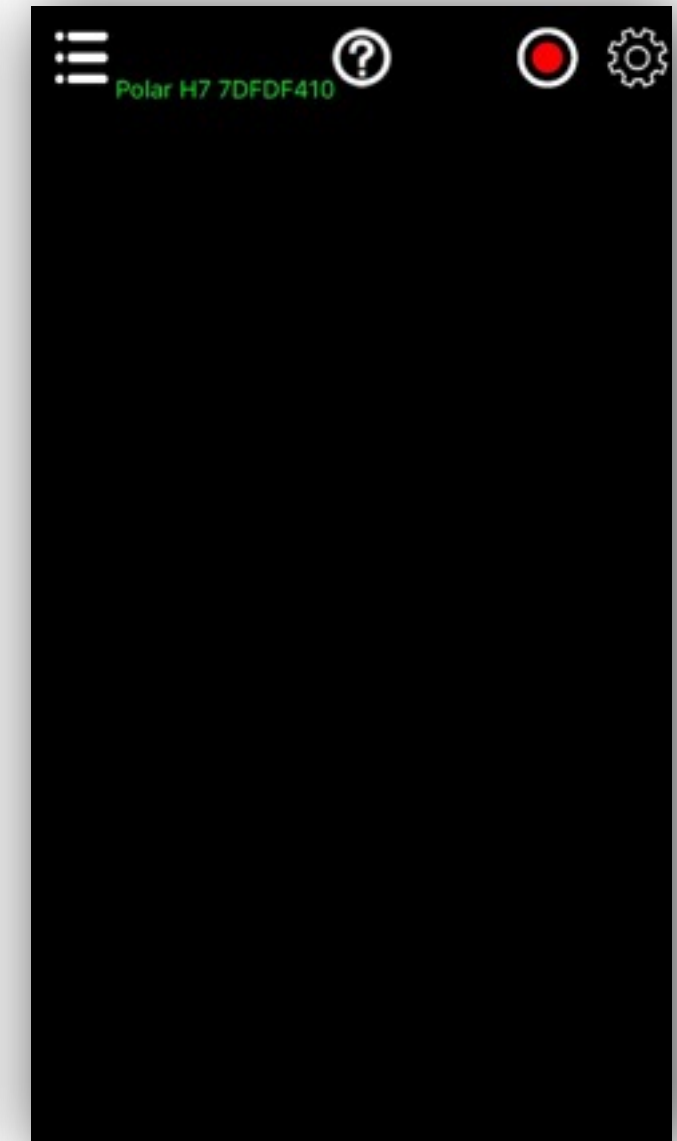
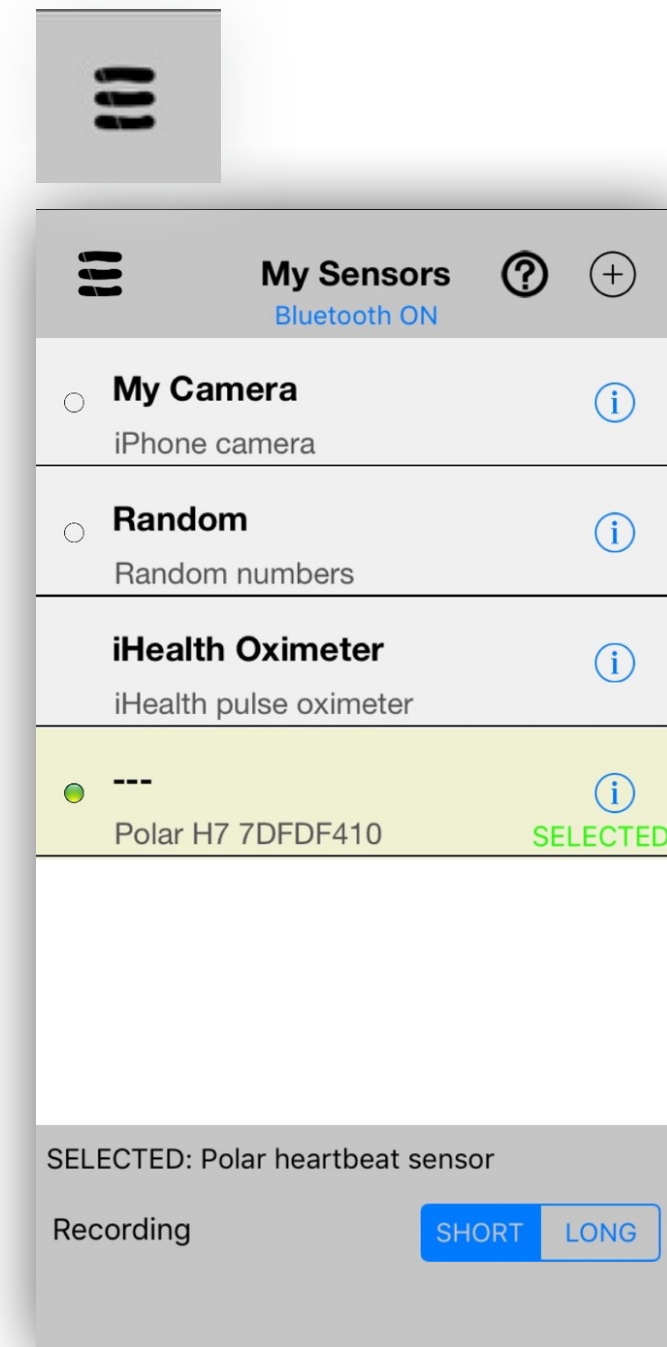
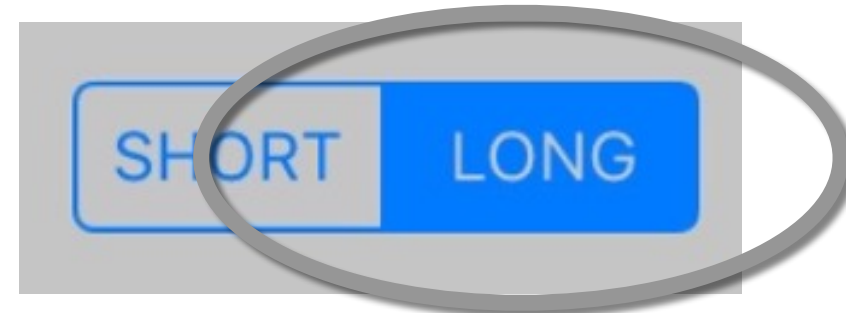
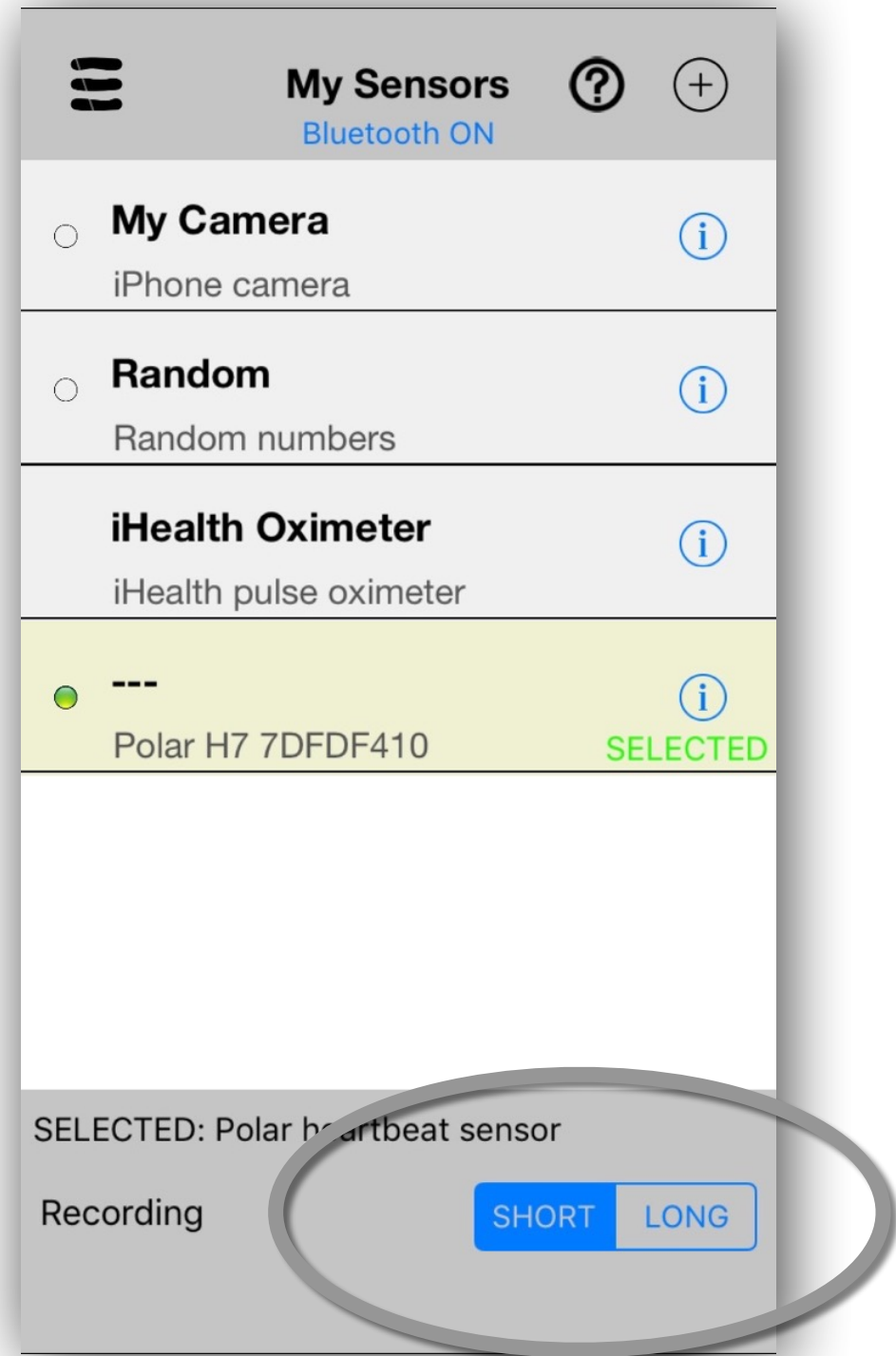
hrv
VLF, LF & HF
spectrum bands



Golden pointers

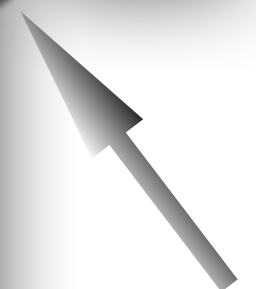
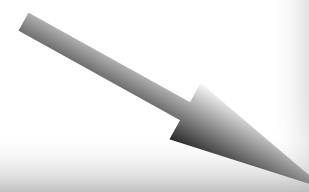
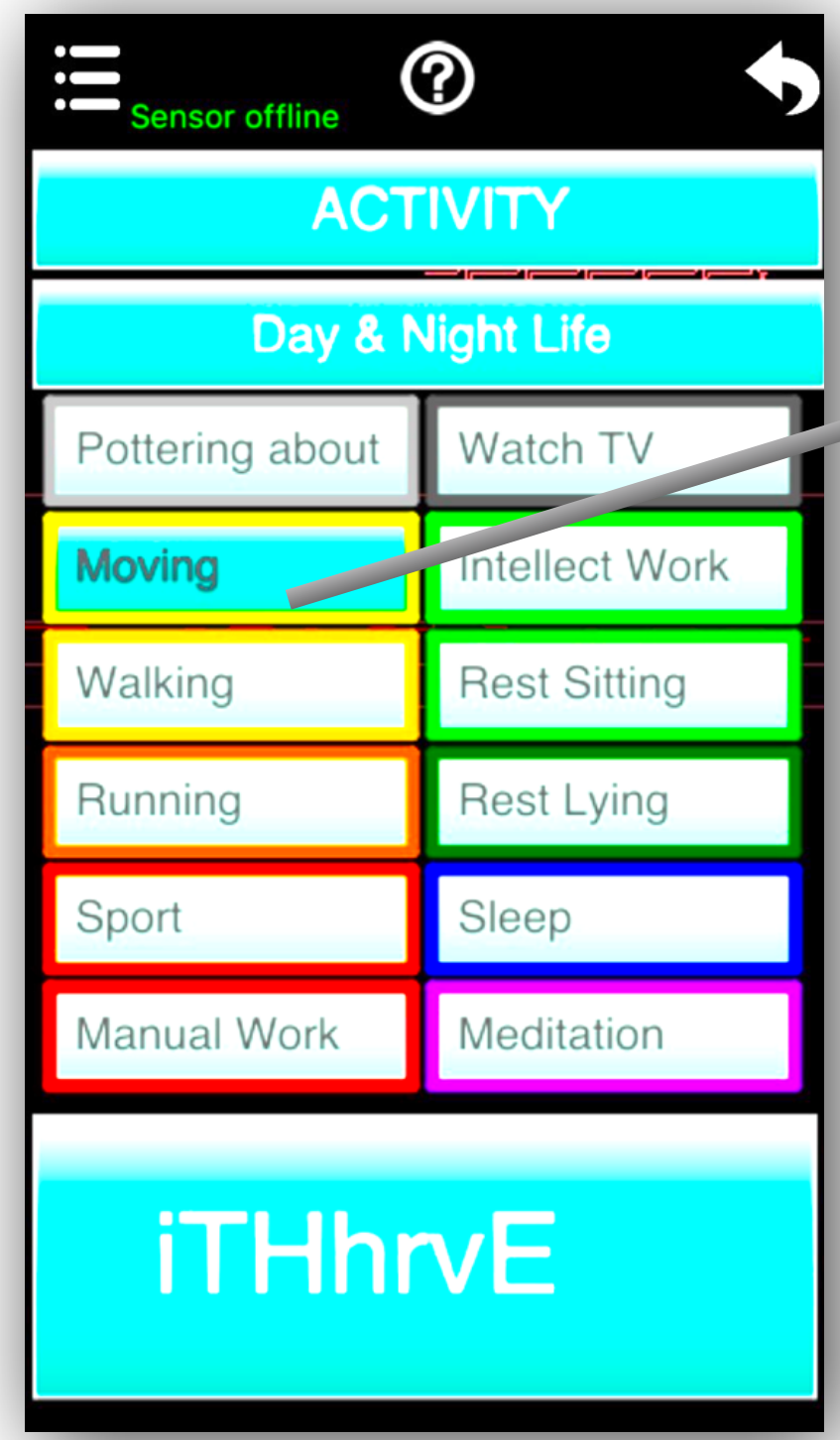
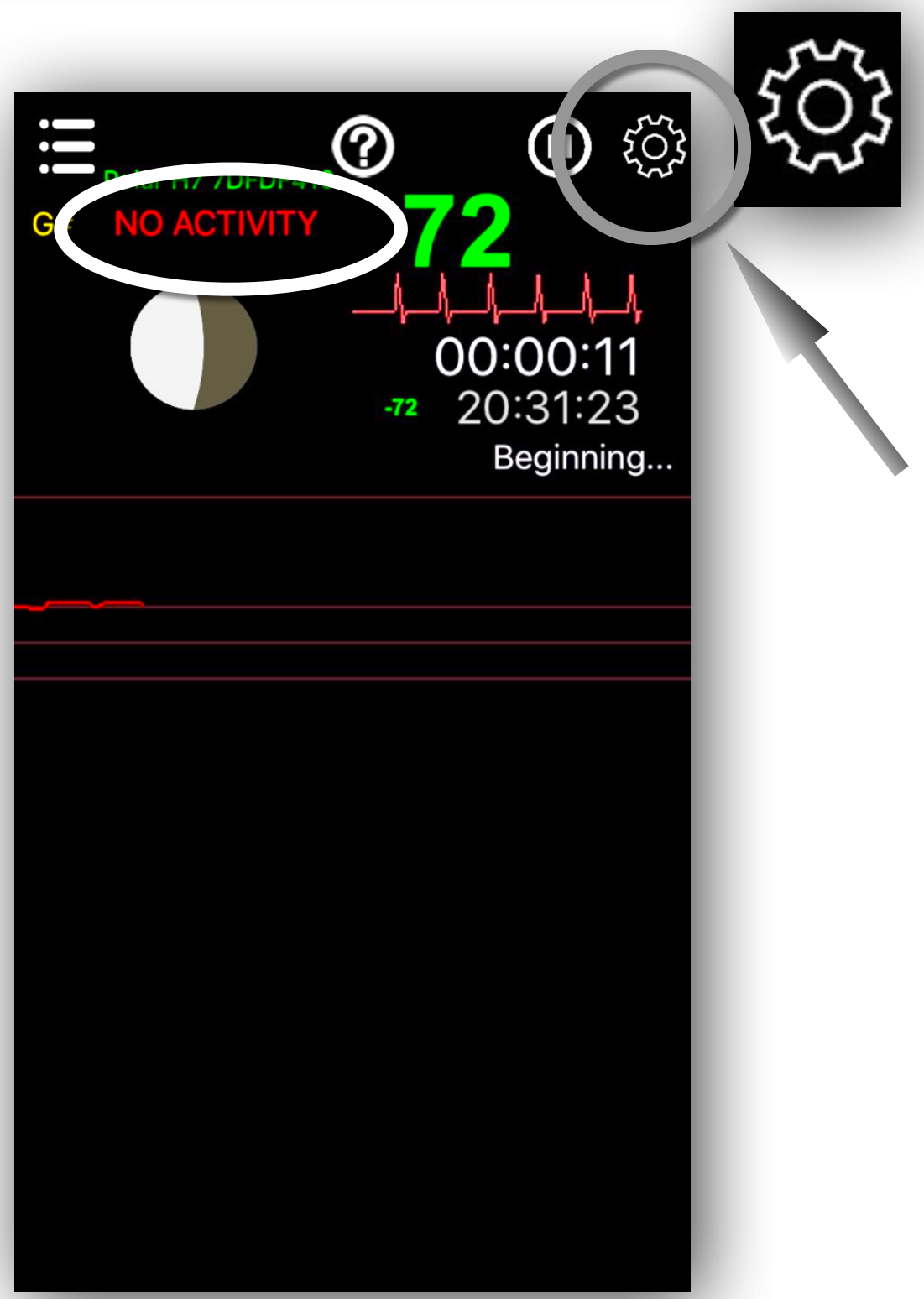
Golden pointers related to the max peak of your frequency domain

Polar Chest Sensor **LONG** Record



Polar Chest Sensor LONG Record

Activities

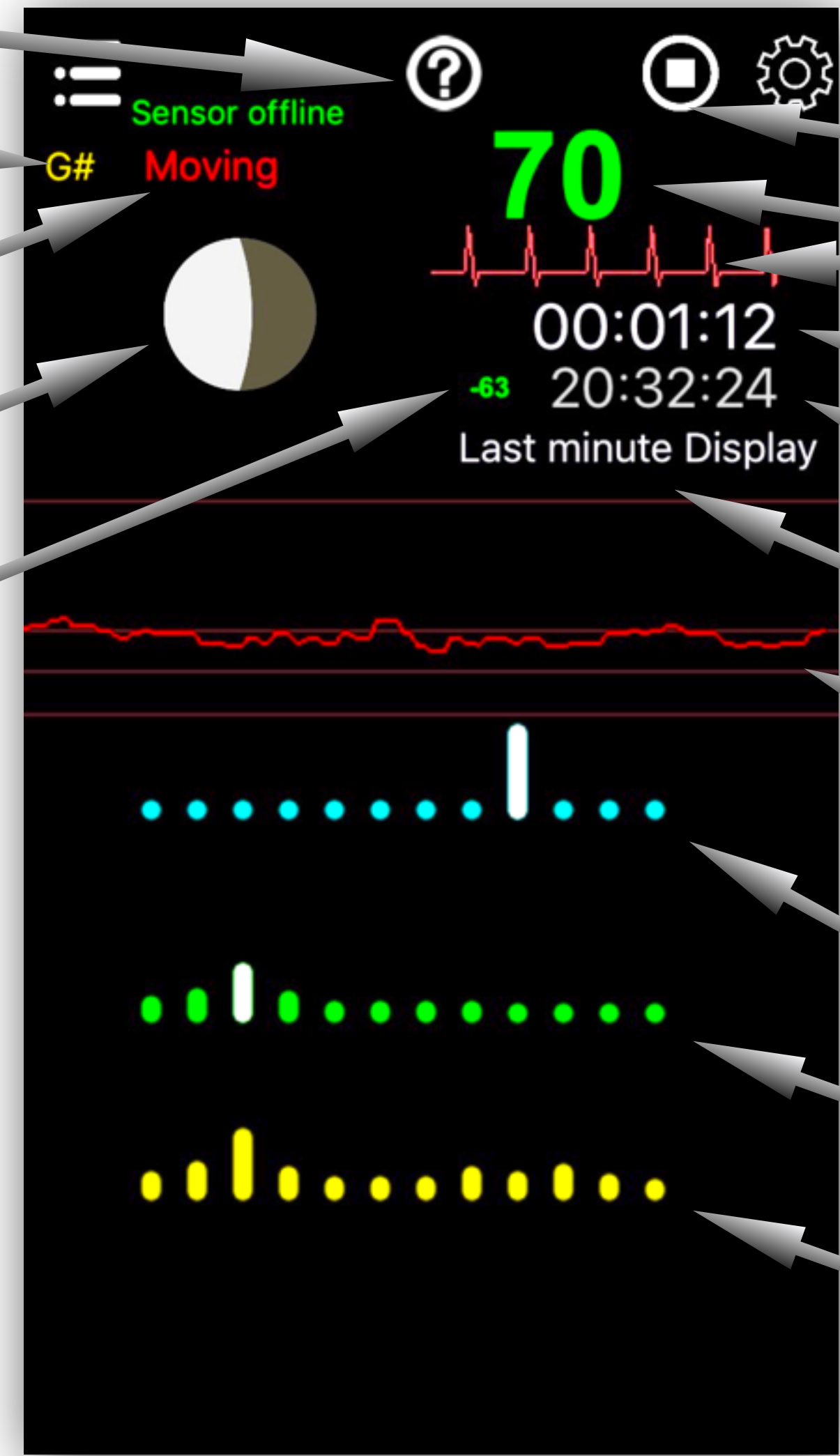


Polar Chest Sensor

LONG Record

Recording ...

- HELP
- Music key
- Activity
- Moon Phase
- Sensor Signal Strength

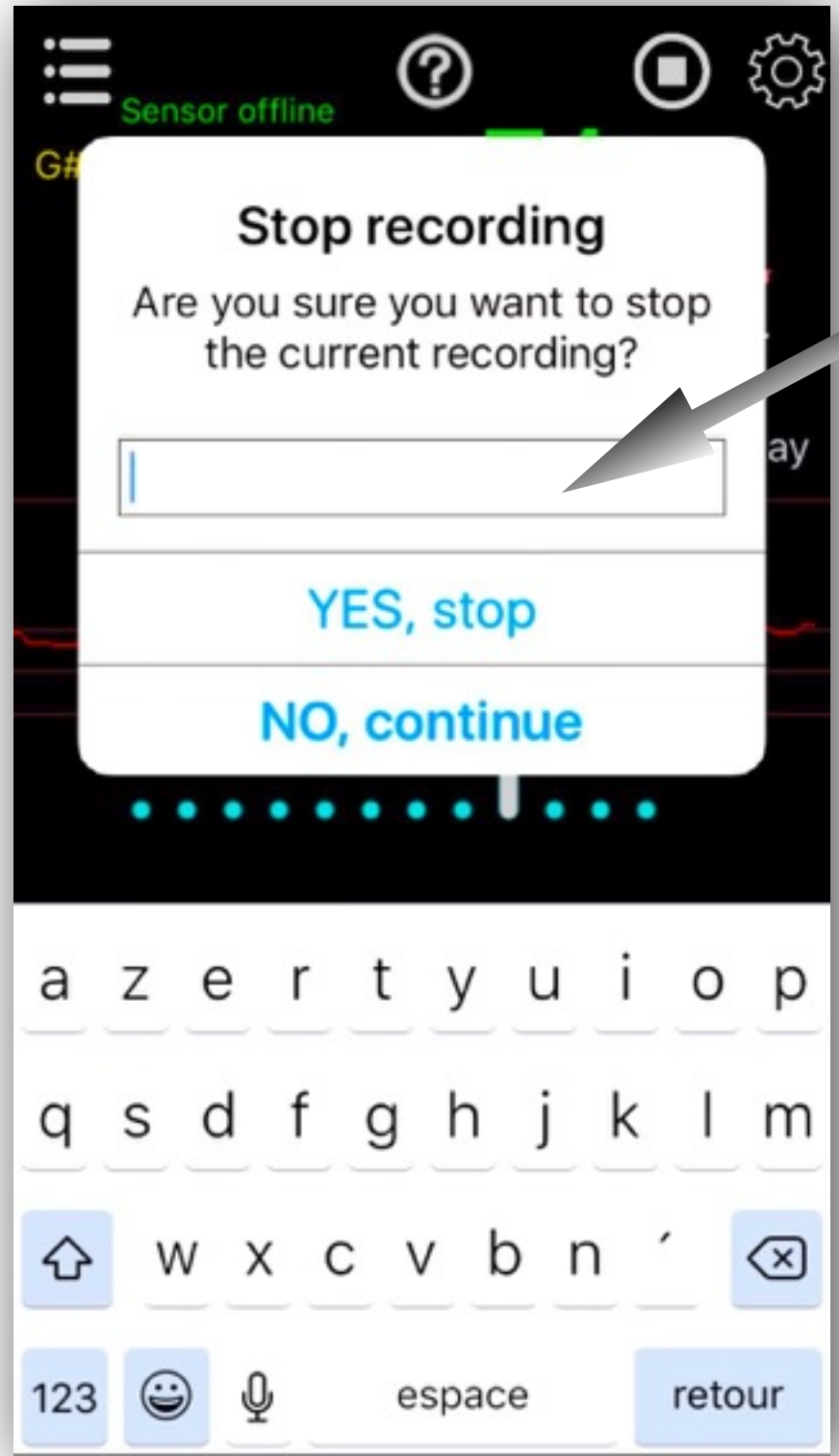


- Activity PARAMETERS
- Stop recording
- Heart Beats
- Running Time
- Current Time
- Time base of the display
- HRV
- HRV Music key
- Beats Music key
- Beats Music key harmonics

Polar Chest Sensor **LONG** Record

STOP recording

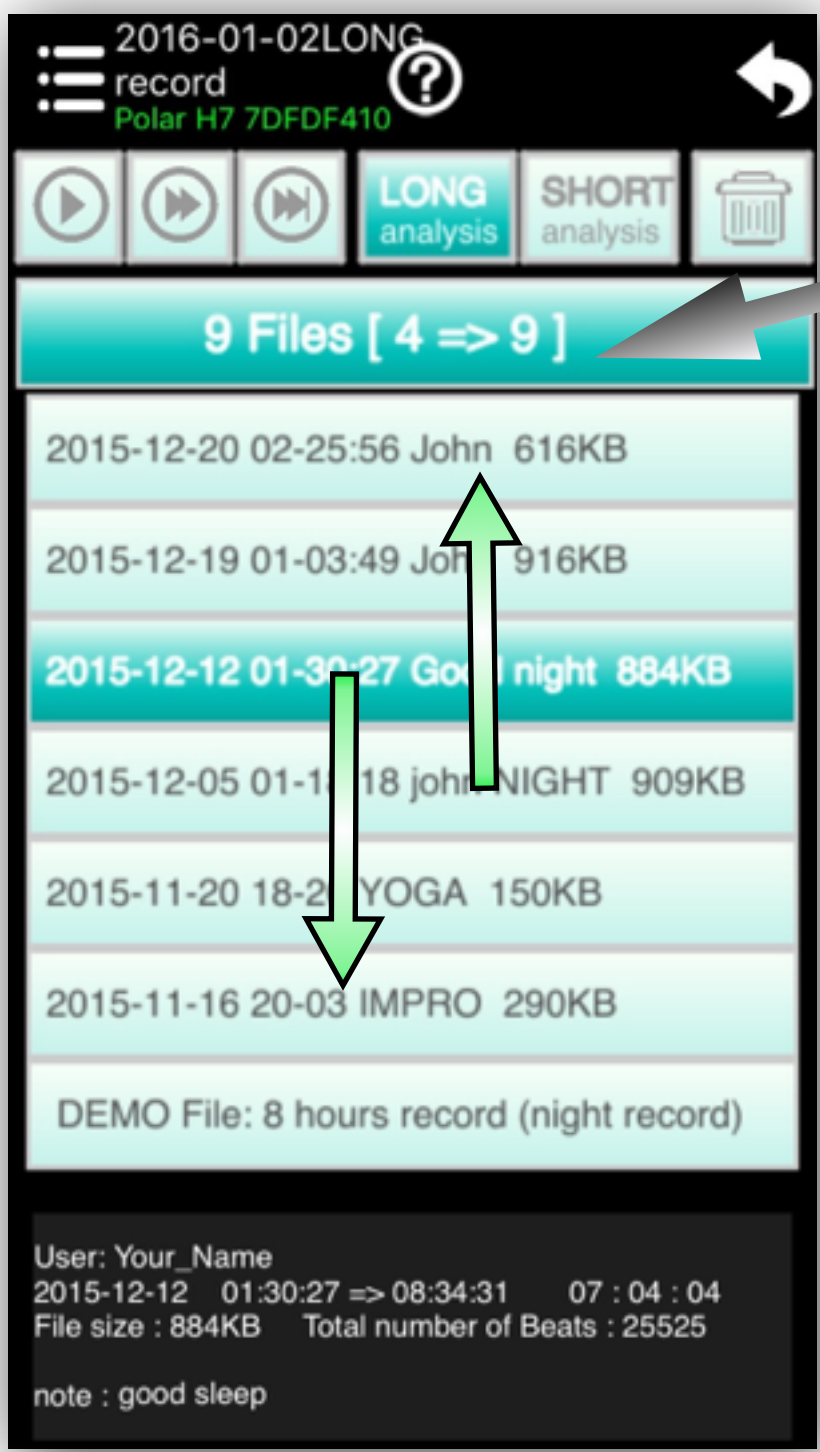
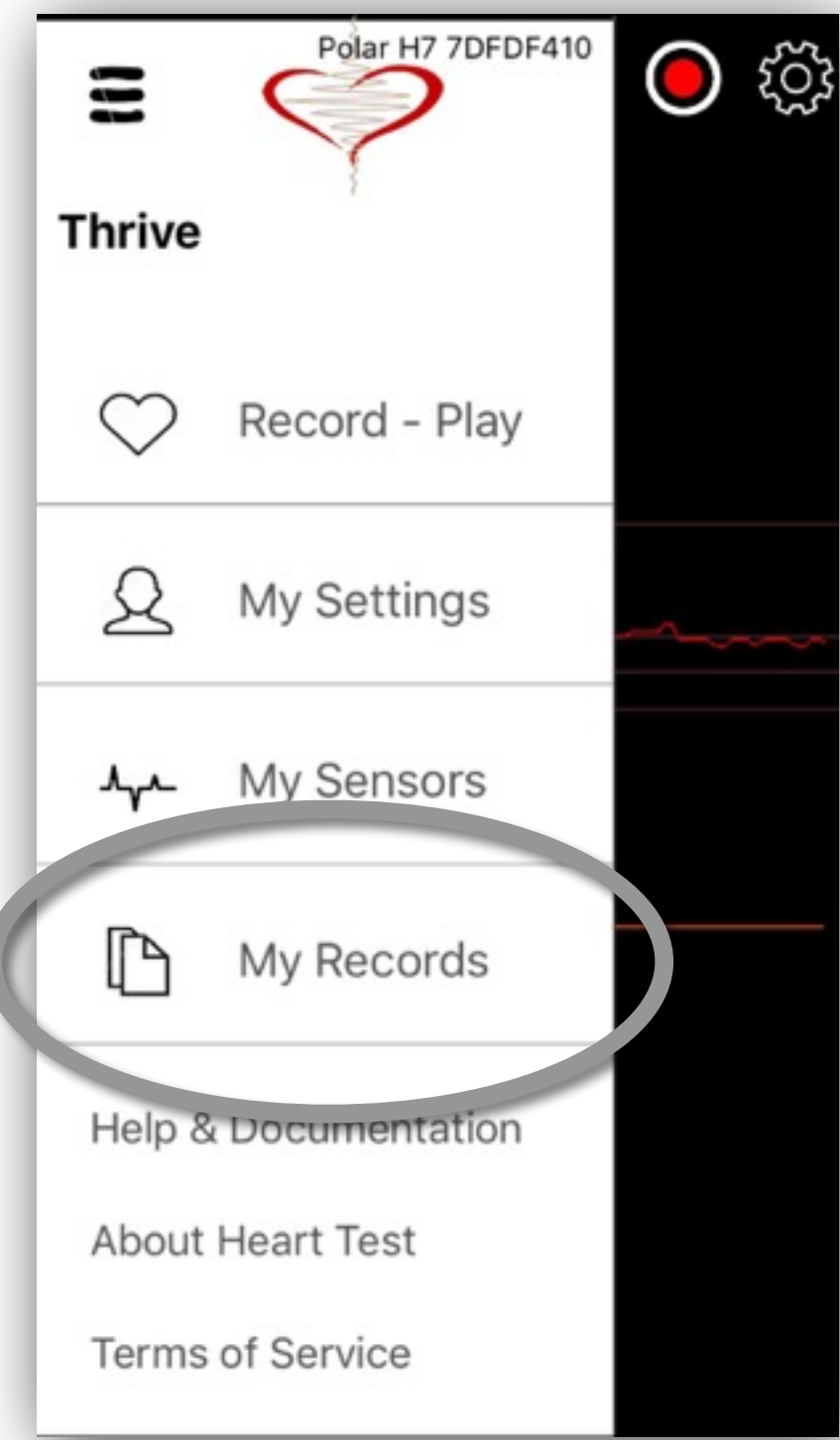
You can add (and save) a comment concerning this record.



Polar Chest Sensor **LONG** Record



Play Back



9 files recorded
4 to 9 are displayed

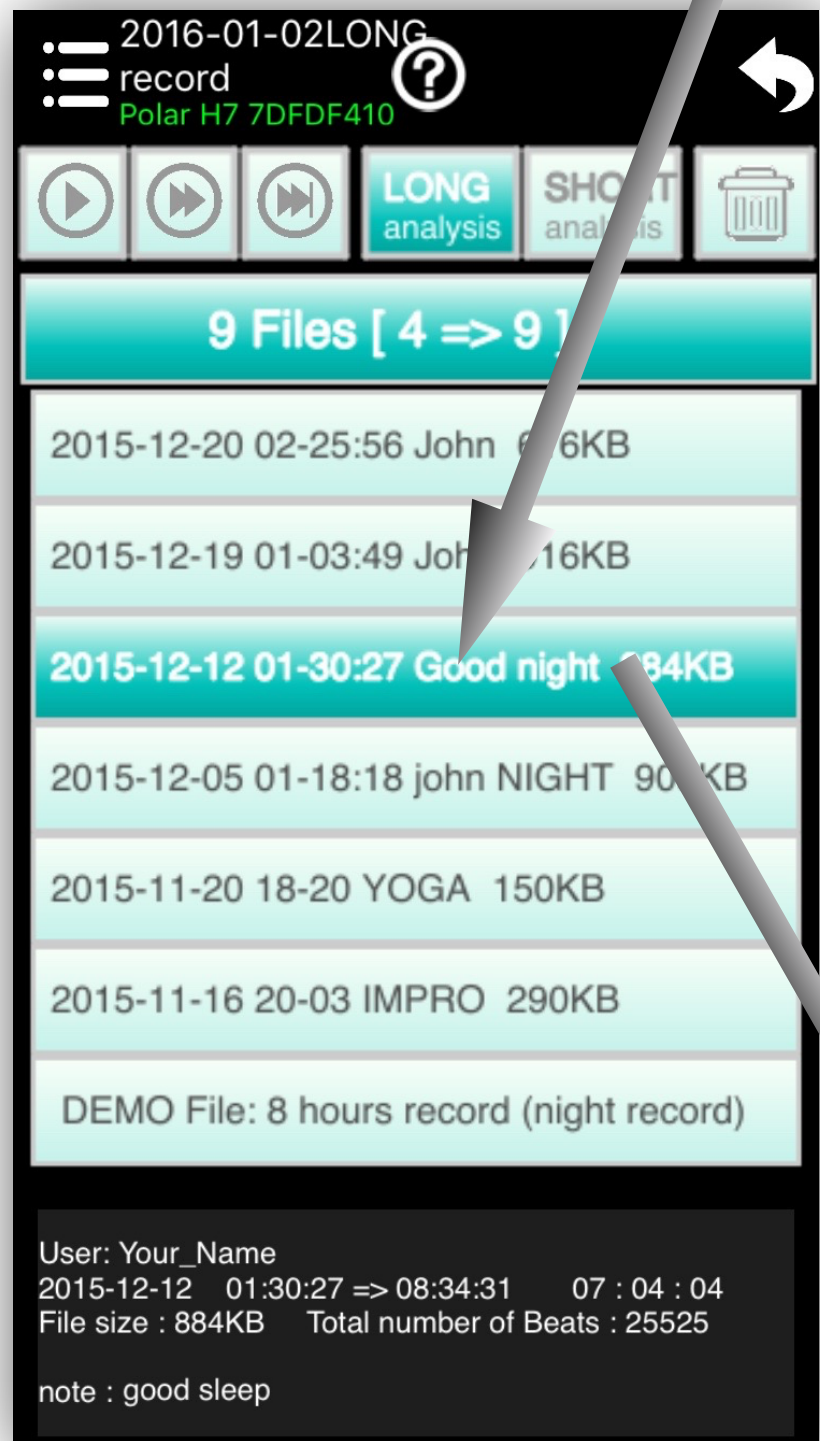
SWIPE UP
SWIPE DOWN
to move through
recorded files



Polar Chest Sensor **LONG** Record

Play Back

Select a file



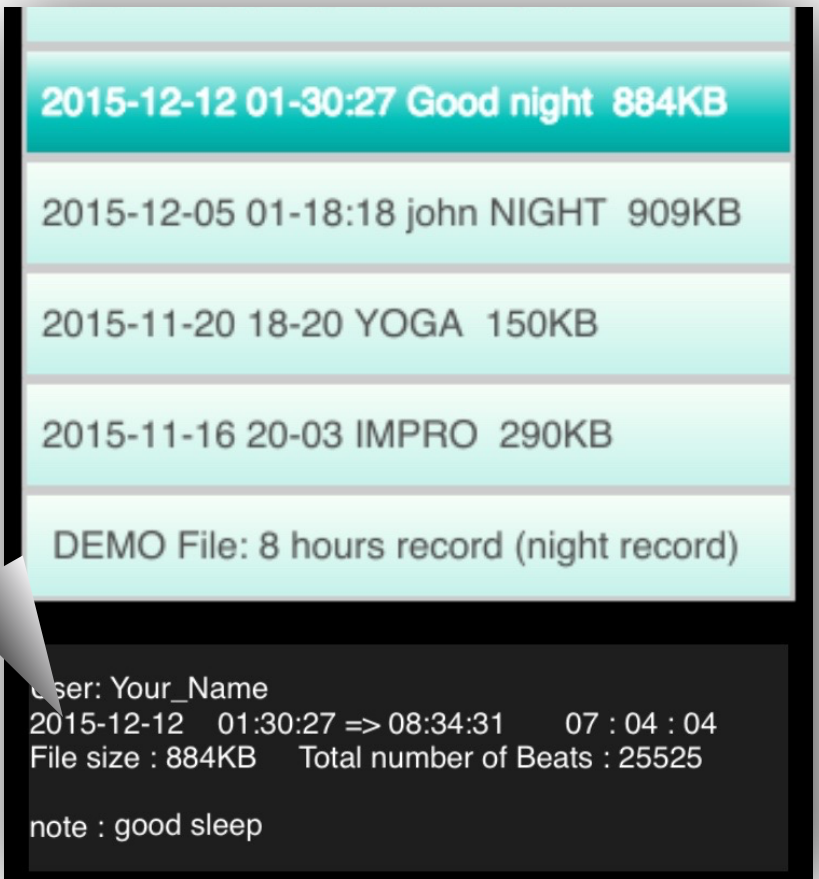
2016-01-02LONG record Polar H7 7DFDF410

LONG analysis SHORT analysis

9 Files [4 => 9]

- 2015-12-20 02-25:56 John 16KB
- 2015-12-19 01-03:49 John 16KB
- 2015-12-12 01-30:27 Good night 884KB**
- 2015-12-05 01-18:18 john NIGHT 909KB
- 2015-11-20 18-20 YOGA 150KB
- 2015-11-16 20-03 IMPRO 290KB
- DEMO File: 8 hours record (night record)

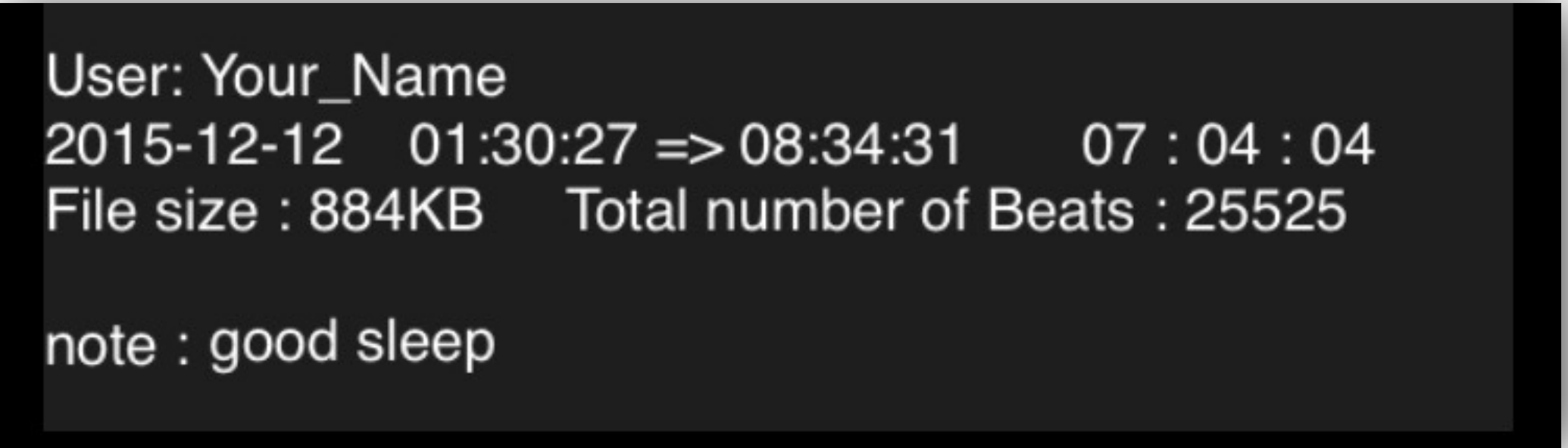
User: Your_Name
2015-12-12 01:30:27 => 08:34:31 07 : 04 : 04
File size : 884KB Total number of Beats : 25525
note : good sleep



2015-12-12 01-30:27 Good night 884KB

- 2015-12-05 01-18:18 john NIGHT 909KB
- 2015-11-20 18-20 YOGA 150KB
- 2015-11-16 20-03 IMPRO 290KB
- DEMO File: 8 hours record (night record)

User: Your_Name
2015-12-12 01:30:27 => 08:34:31 07 : 04 : 04
File size : 884KB Total number of Beats : 25525
note : good sleep



User: Your_Name
2015-12-12 01:30:27 => 08:34:31 07 : 04 : 04
File size : 884KB Total number of Beats : 25525
note : good sleep

User name

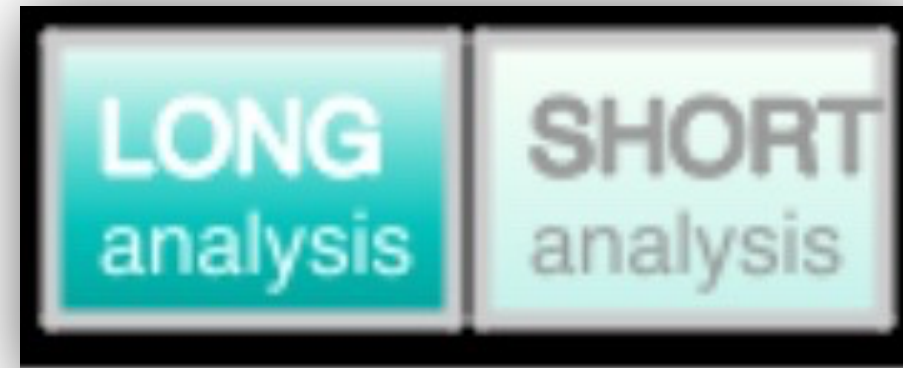
Date, start time, end time & total recorded time

File size

your comment when you stop recording

Polar Chest Sensor

Play Back



2016-01-02LONG record
Polar H7 7DFDF418

LONG analysis SHORT analysis

9 Files [4 => 9]

2015-12-20 02-25:56 John	616KB
2015-12-19 01-03:49 John	916KB
2015-12-12 01-30:27 Good night	884KB
2015-12-05 01-18:18 john NIGHT	909KB
2015-11-20 18-20 YOGA	150KB
2015-11-16 20-03 IMPRO	290KB
DEMO File: 8 hours record (night record)	

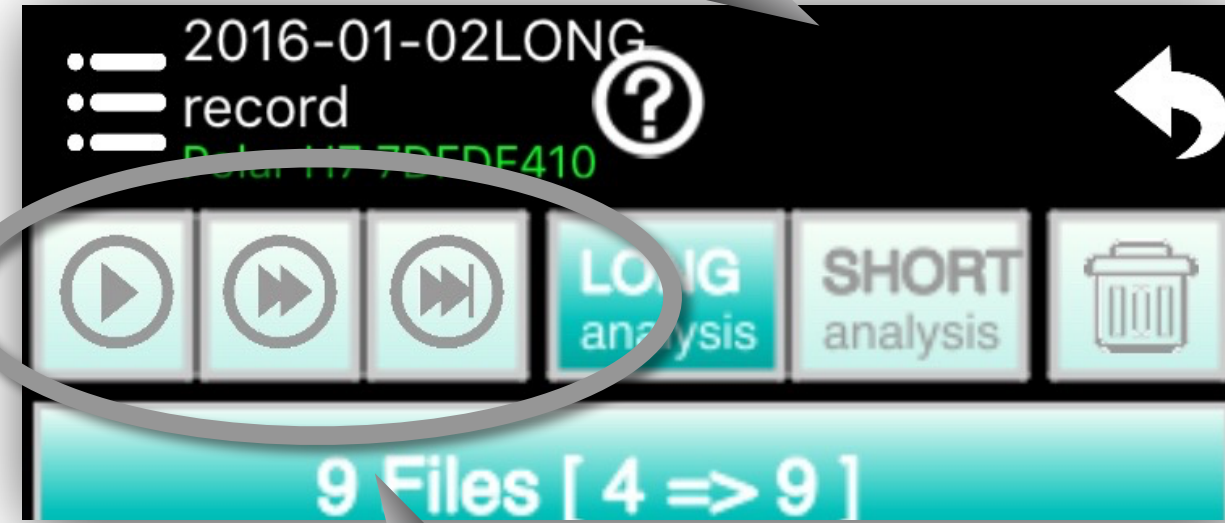
User: Your_Name
2015-12-12 01:30:27 => 08:34:31 07 : 04 : 04
File size : 884KB Total number of Beats : 25525
note : good sleep

LONG/SHORT analysis are selected automatically according to the size of the record.

But you can over select these options

Polar Chest Sensor

Play Back

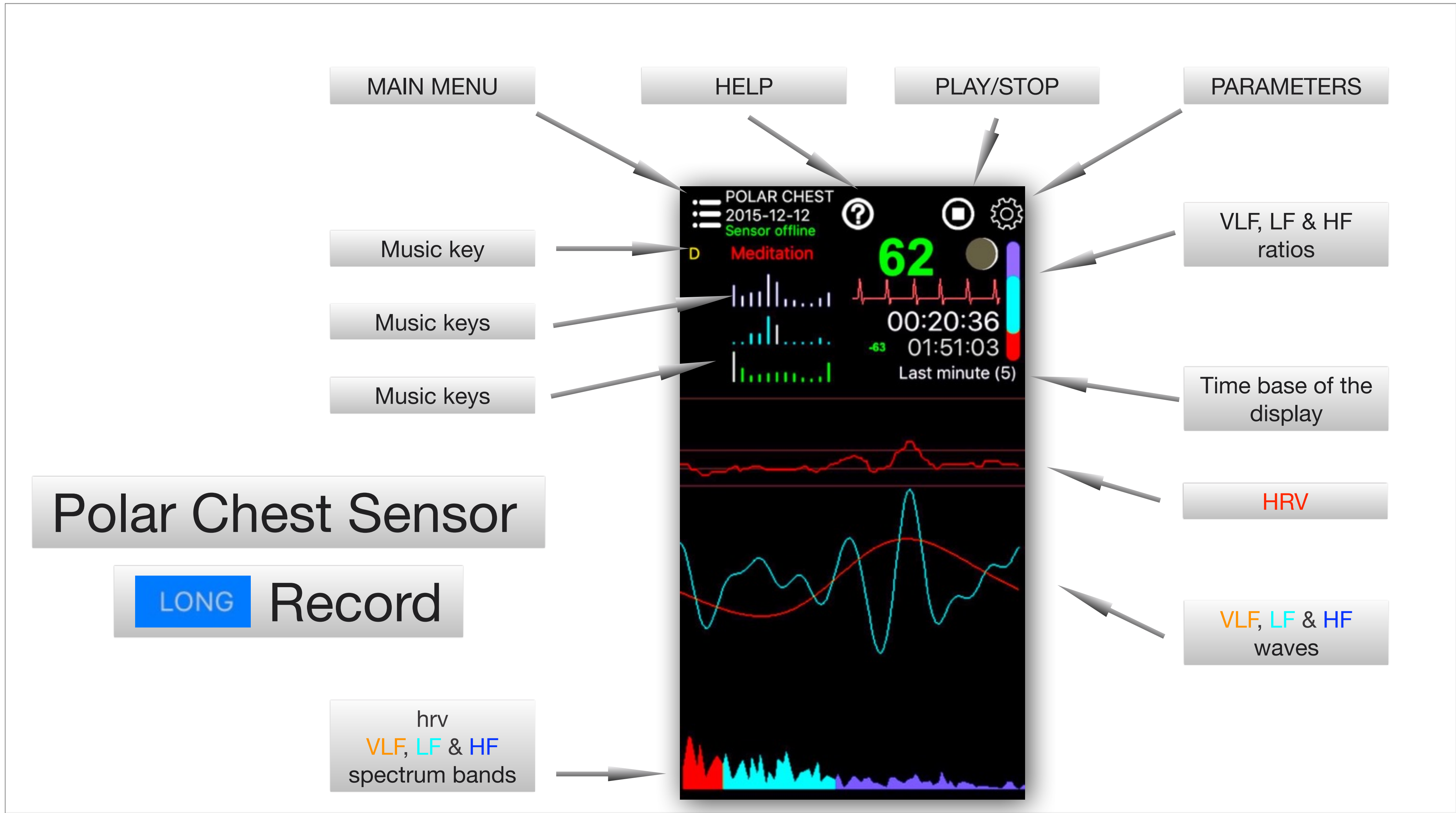


Select
PLAY
FAST_PLAY
VERYFAST_PLAY

PLAY
recorded speed

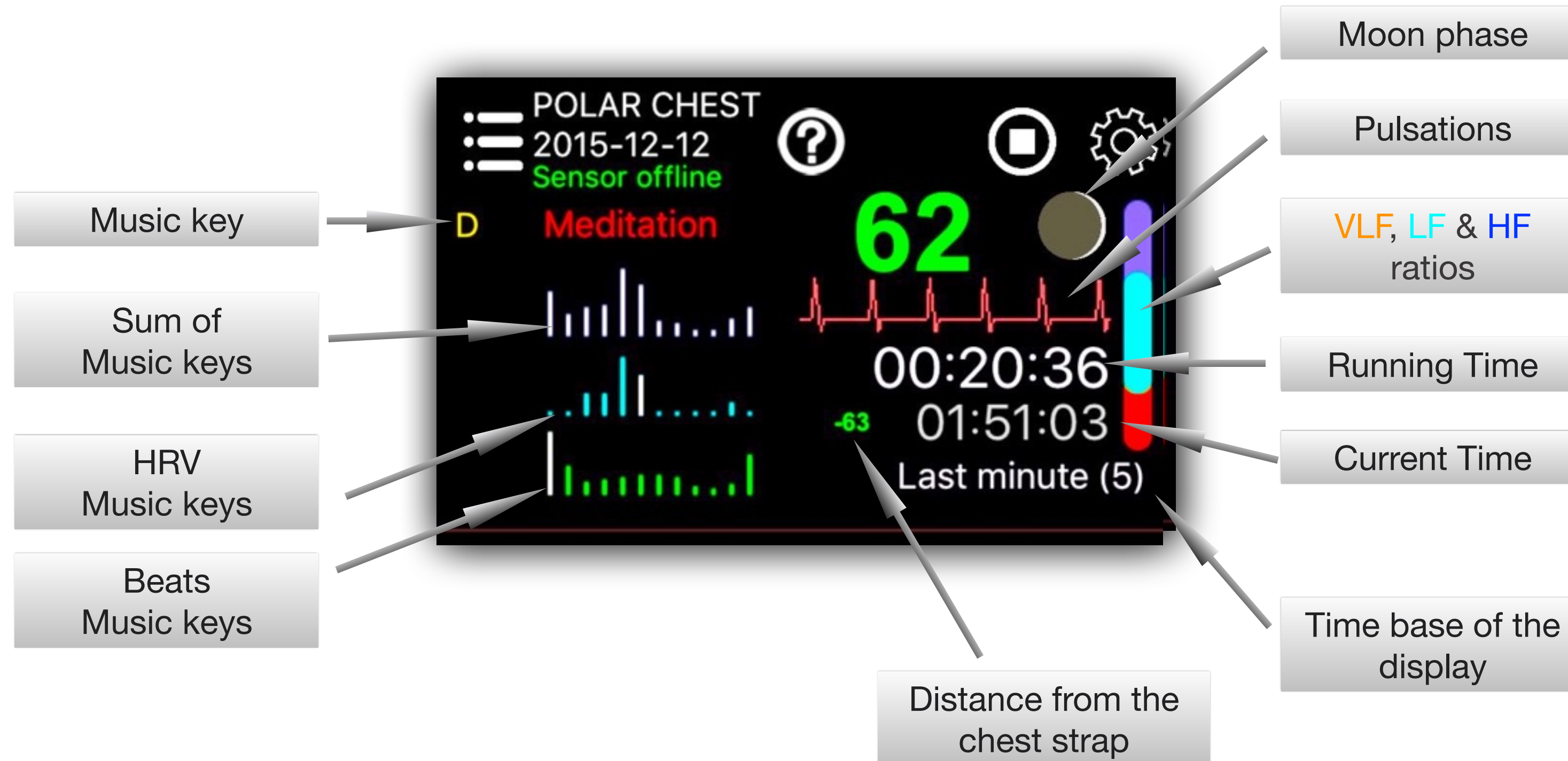
VERYFAST PLAY
1 minute = 2 seconds



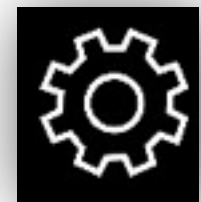


Polar Chest Sensor LONG Record

Display



Polar Chest Sensor LONG Record



Display parameters during PLAYBACK



Show / Hide wave

Show / Hide wave

Show / Hide wave

Show / Hide wave

Show / Hide ratio



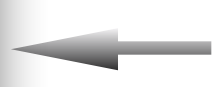
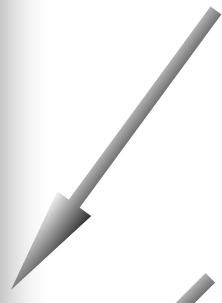
Highlight the display of the raw data of the sensor. Help to get the best signal.

Golden pointers

Golden pointers from your frequency domain

Show / Hide Music Keys

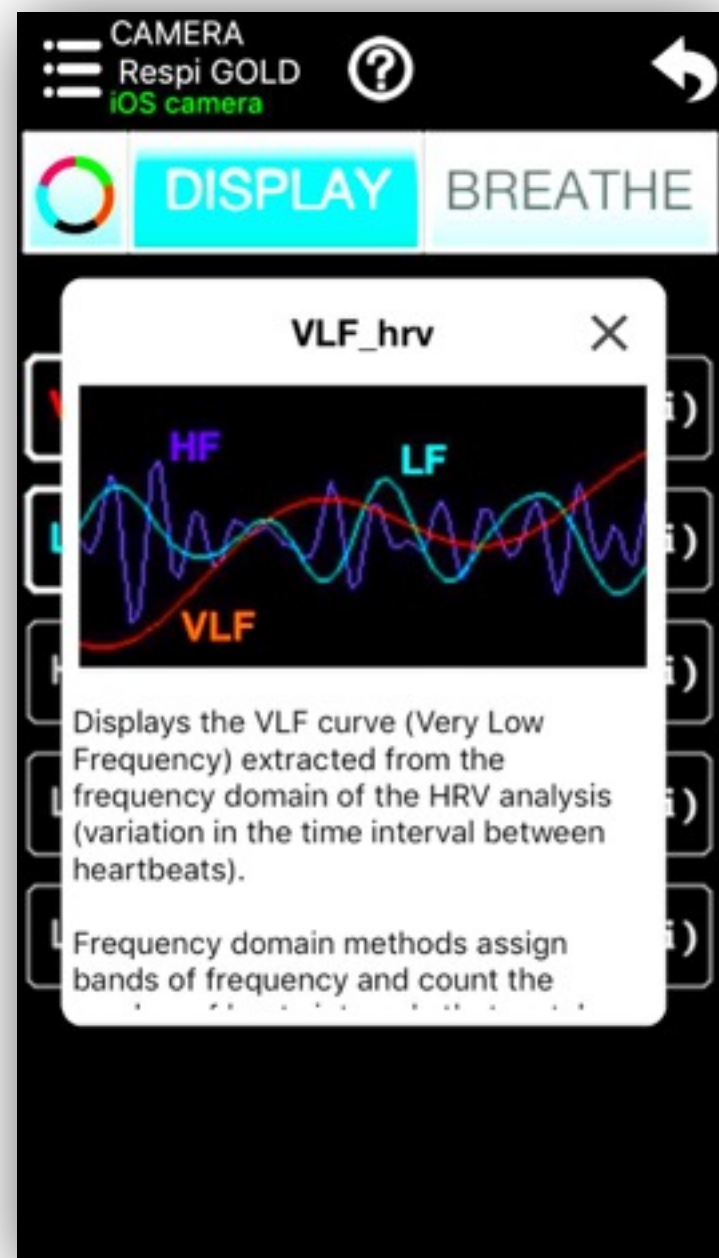
Zoom in the frequency domain



Polar Chest Sensor LONG Record

Display parameters during PLAYBACK

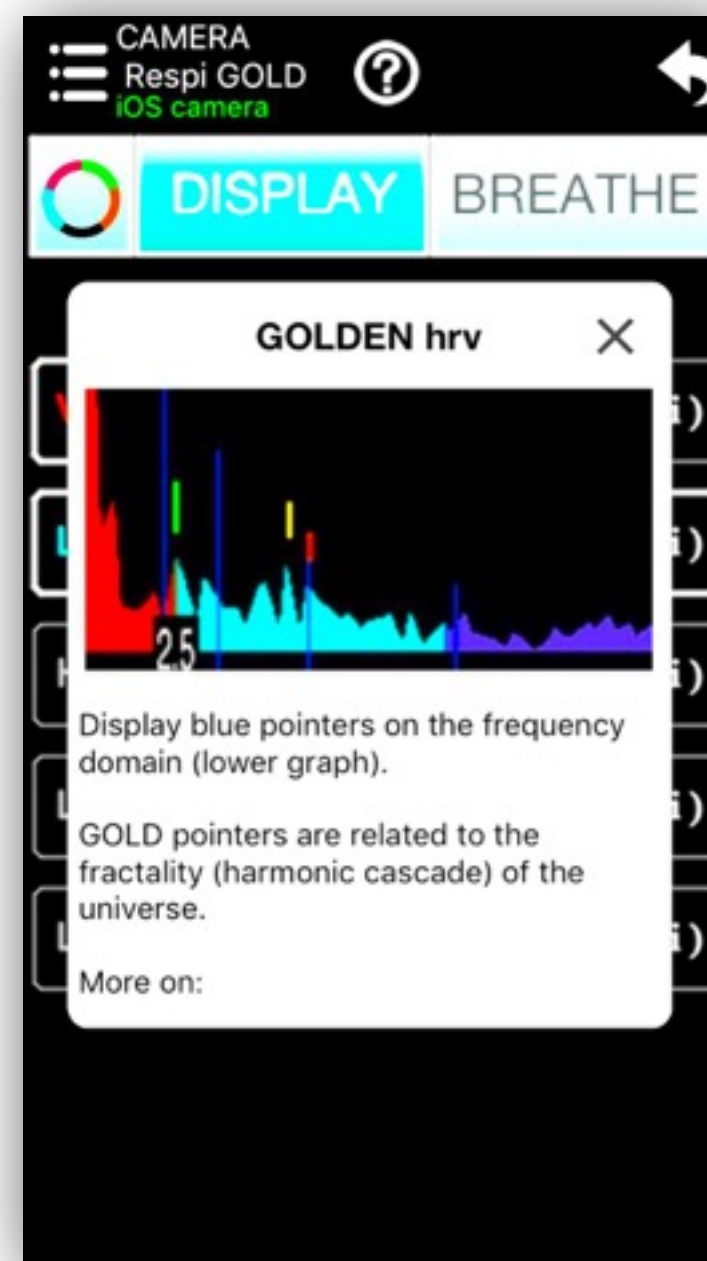
Help...



DISPLAY BREATHE

VLF_hrv (i)	Finger Test (i)
LF_hrv (i)	GOLDEN hrv (i)
HF_hrv (i)	MINE hrv (i)
LF_pressure (i)	Music Key (i)
LF / HF_ratio (i)	ZOOM (i)

The main interface features a top bar with a 'DISPLAY' button and a 'BREATHE' button. Below this is a grid of ten parameter buttons, each with a color-coded label and an information icon '(i)'. The 'VLF_hrv' and 'GOLDEN hrv' buttons are circled in grey, with arrows pointing to their respective help dialog boxes.



DISPLAY BREATHE

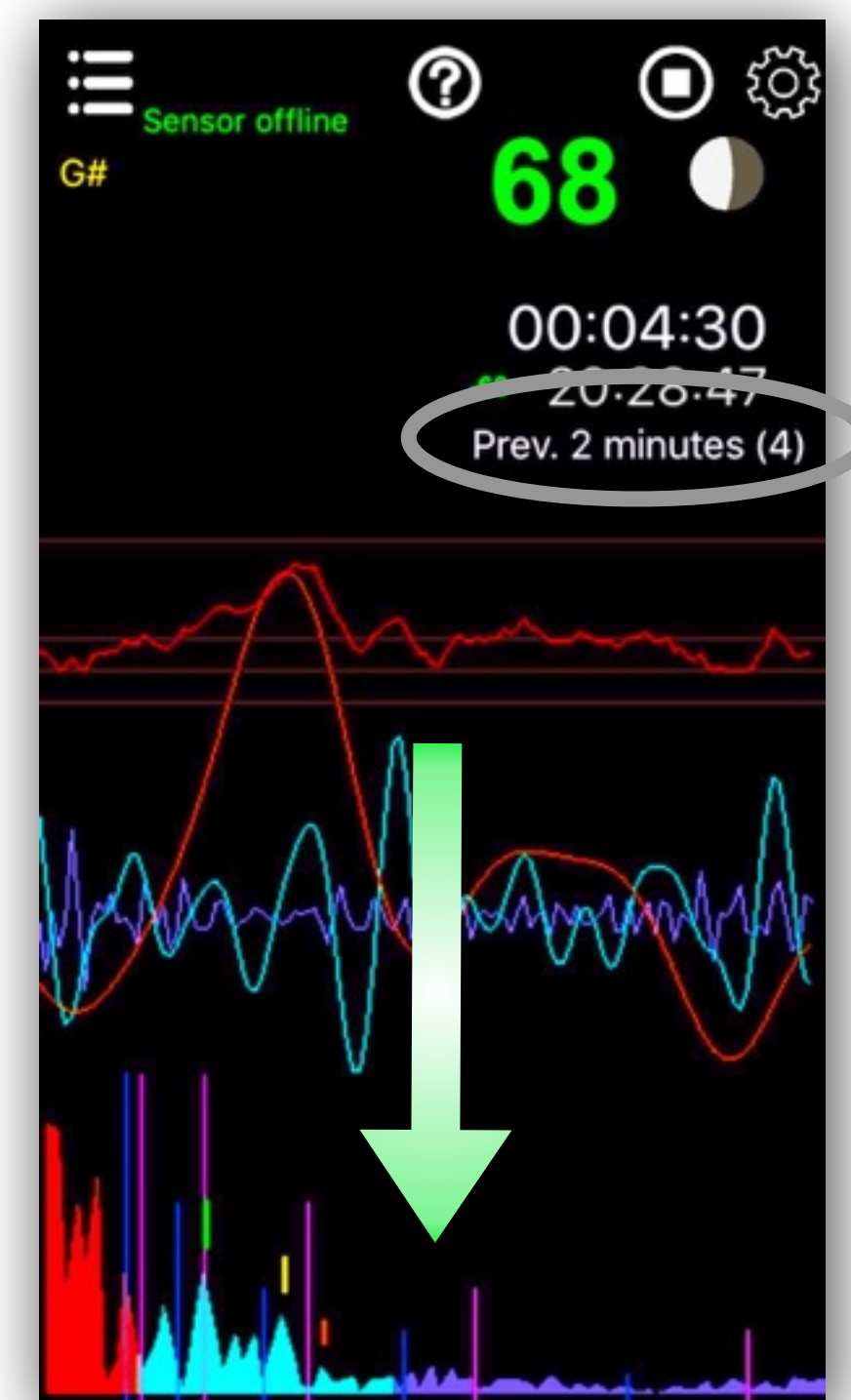
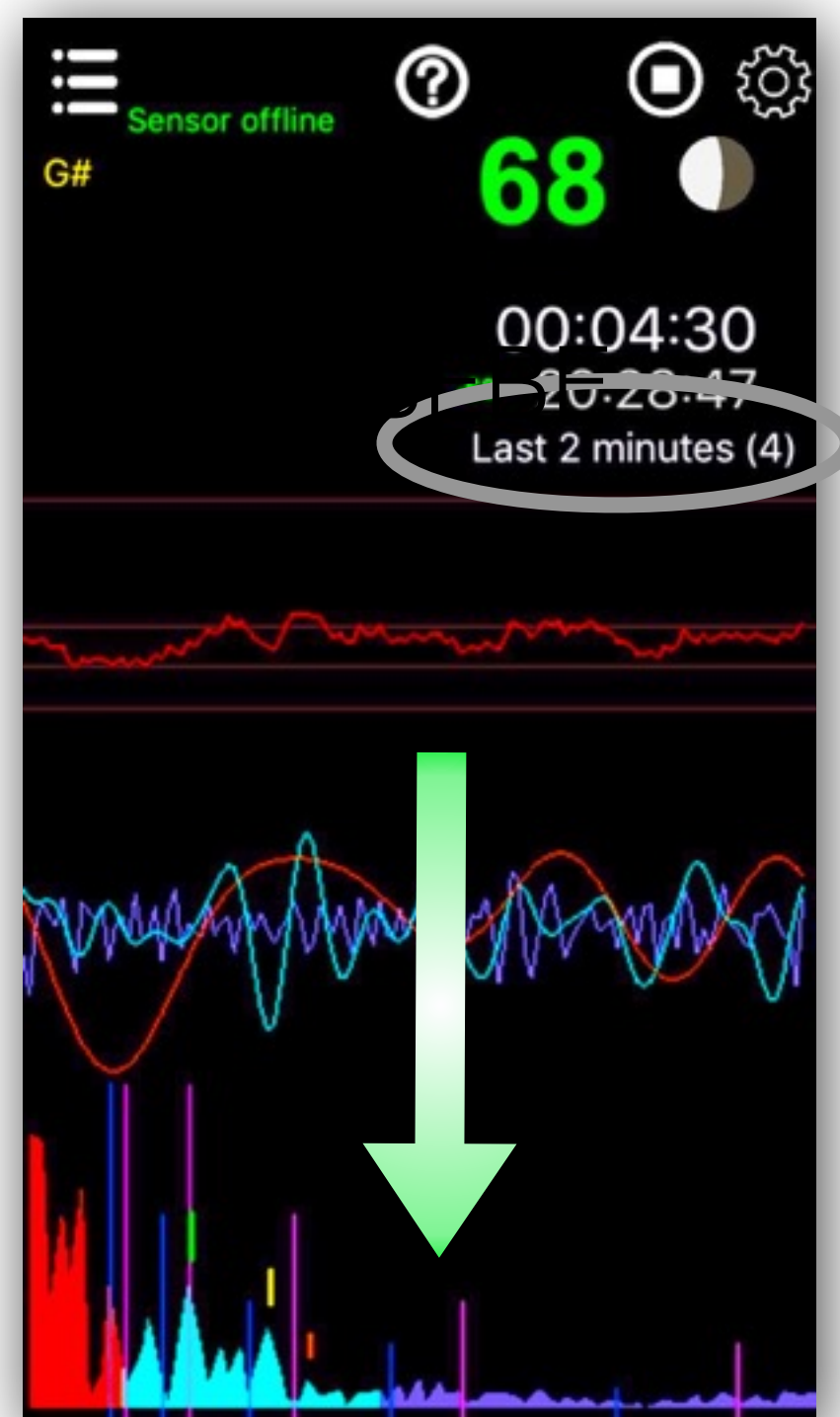
VLF_hrv (i)	Finger Test (i)
LF_hrv (i)	GOLDEN hrv (i)
HF_hrv (i)	MINE hrv (i)
LF_pressure (i)	Music Key (i)
LF / HF_ratio (i)	ZOOM (i)

This screenshot shows the same parameter grid as the previous screenshot, but with a large grey arrow pointing downwards from the top right corner, indicating a transition to the next screen.



Polar Chest Sensor SHORT Record

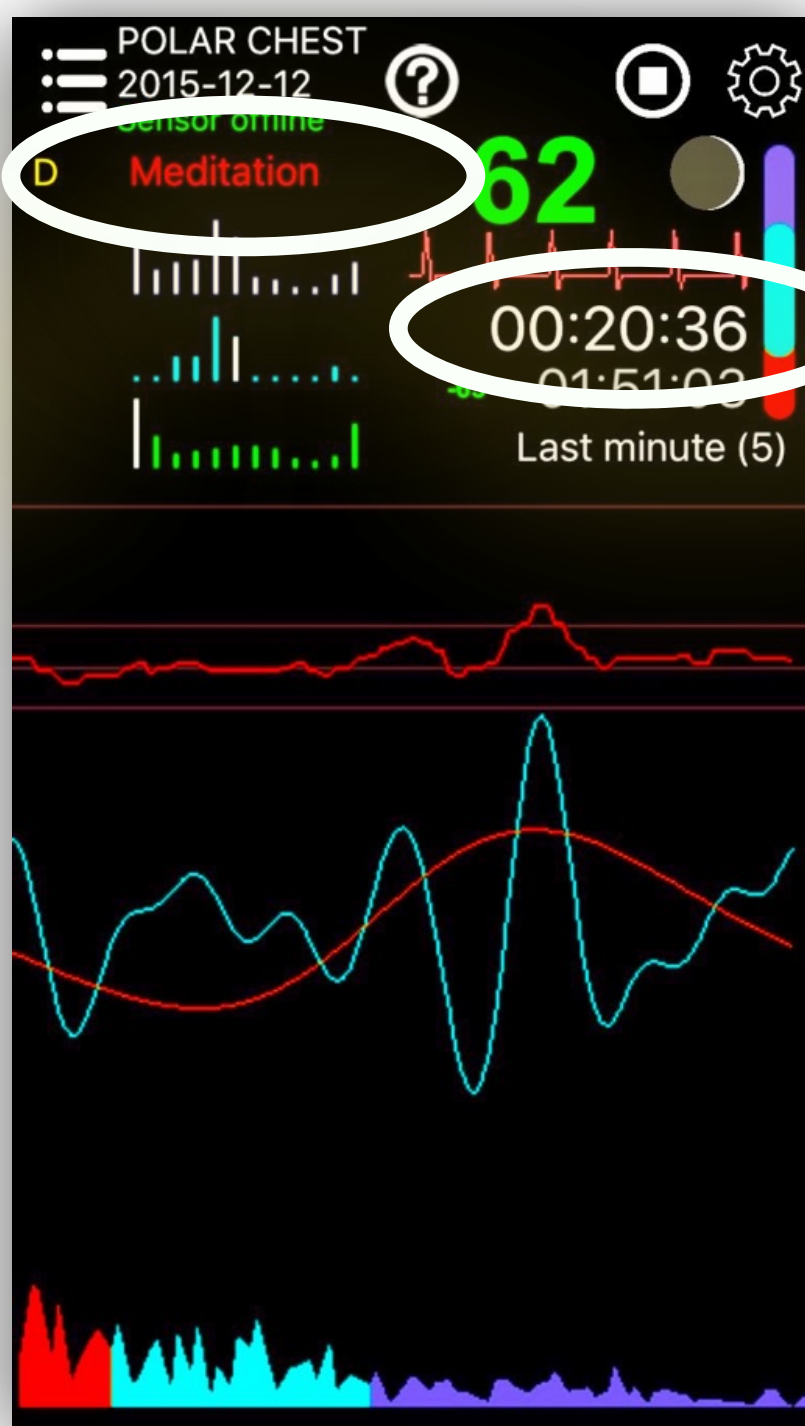
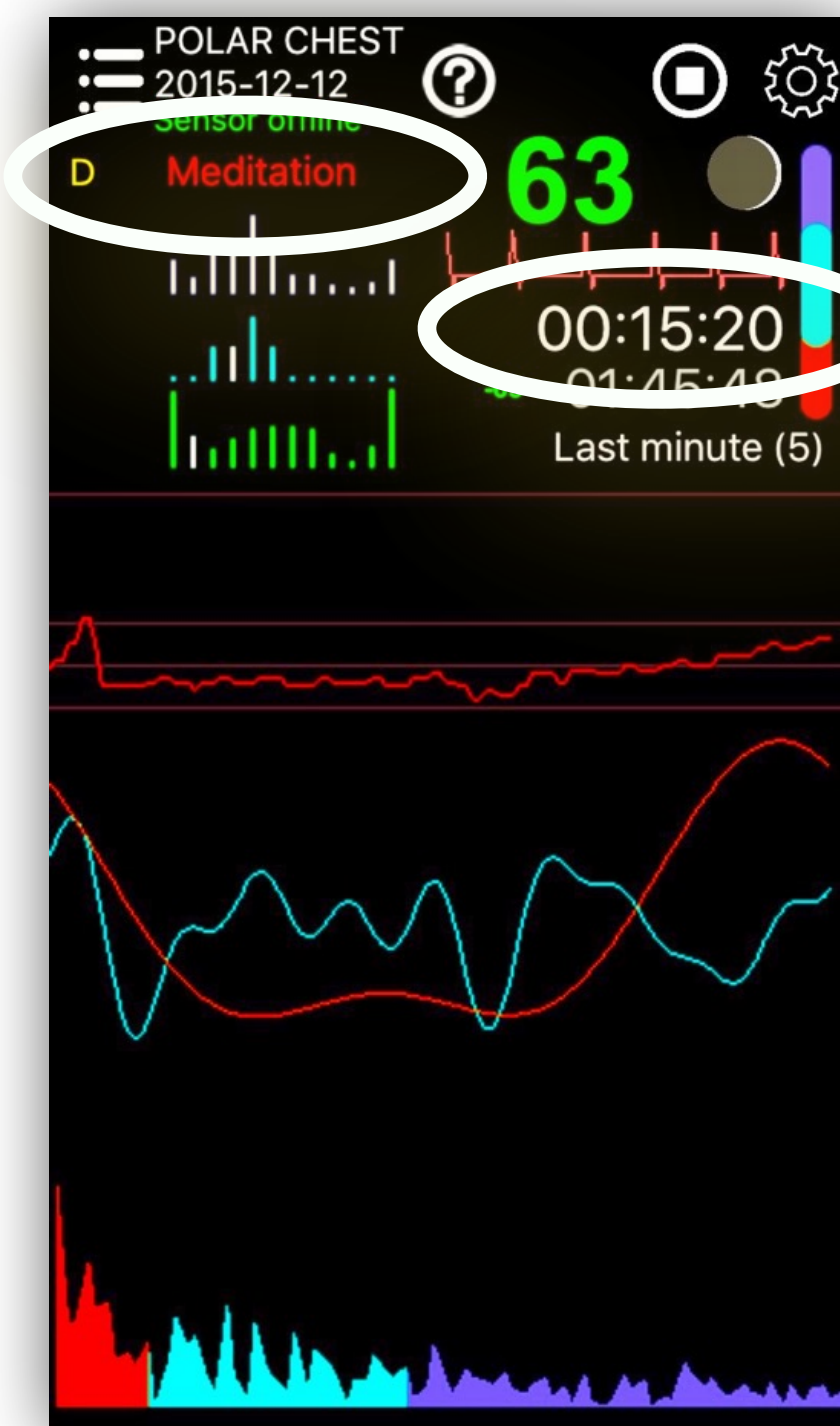
After 2 minutes and/or 4 minutes,
SWIPE DOWN
to change the time base of the display



Polar Chest Sensor **LONG** Record

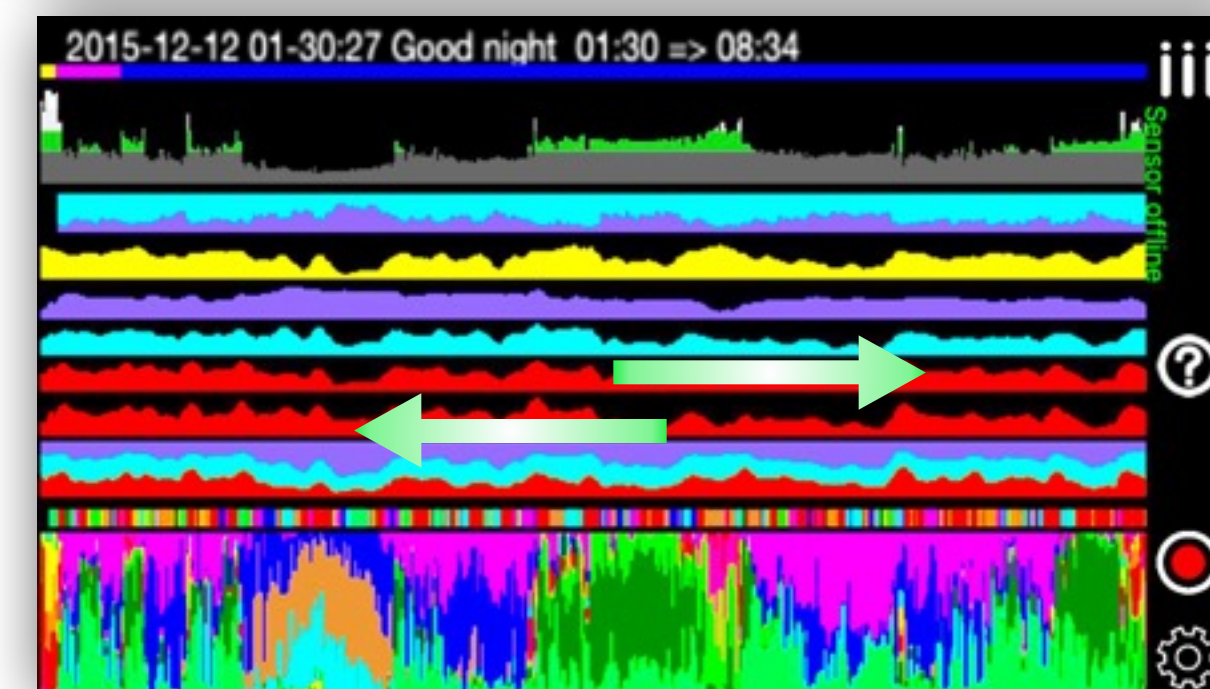
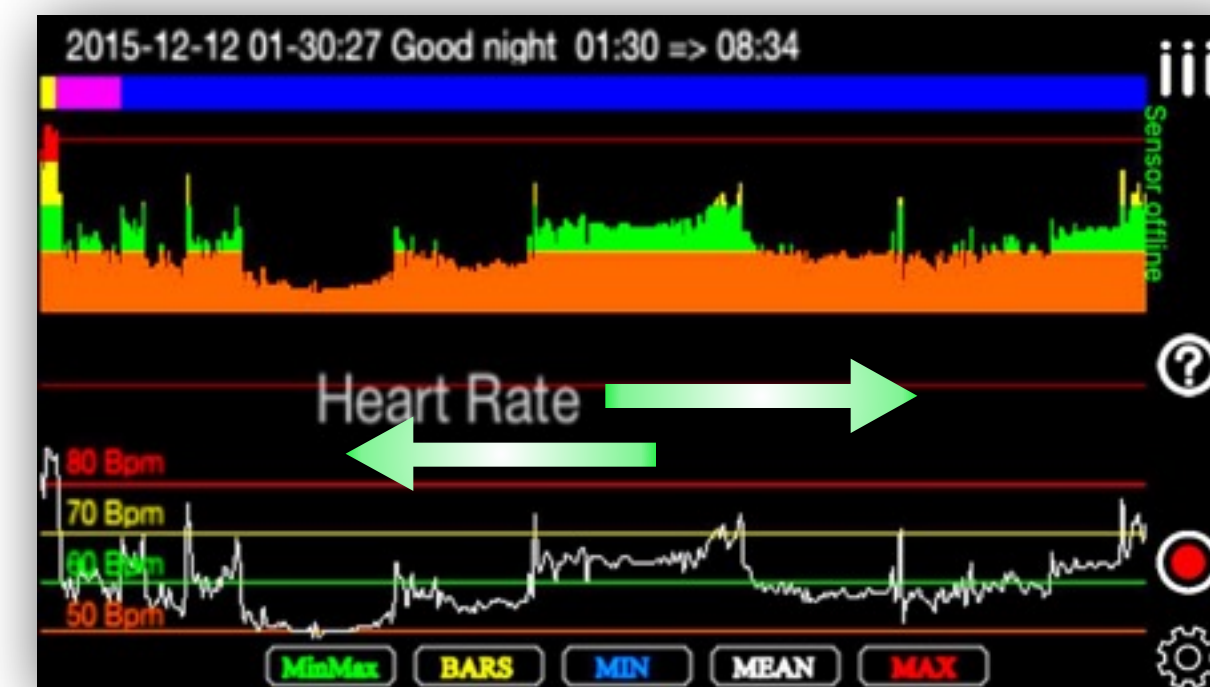
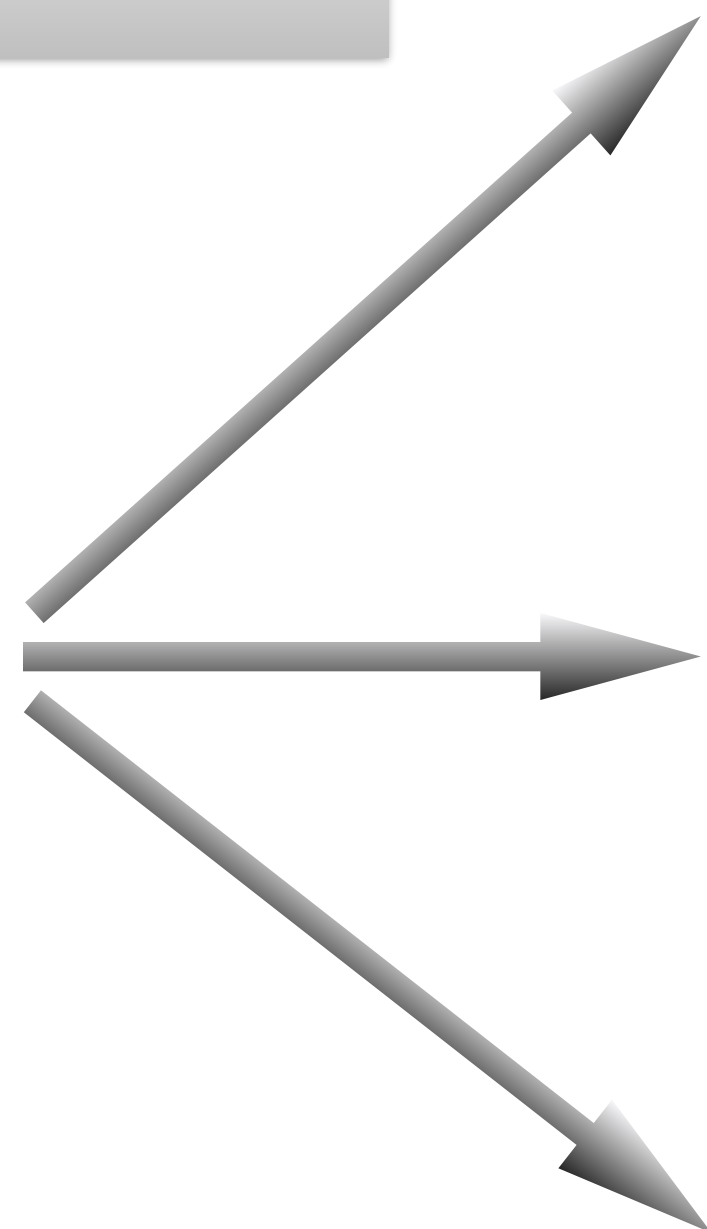
Play Back

End of PlayBack

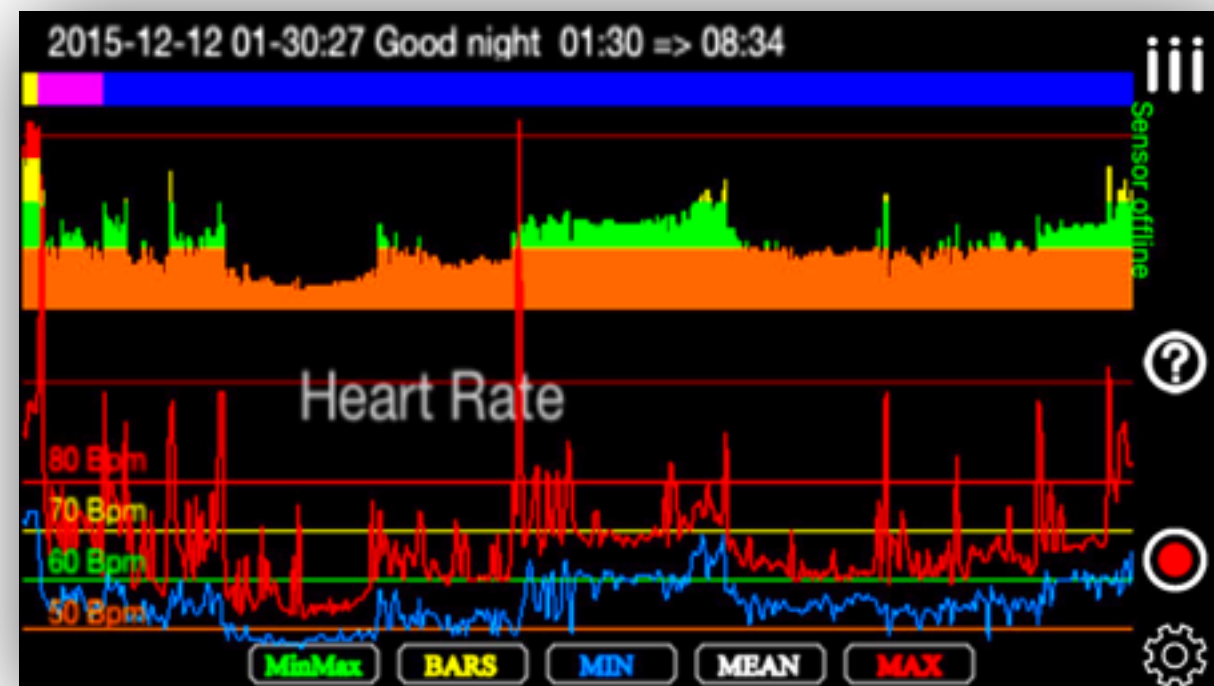


End of Play Back

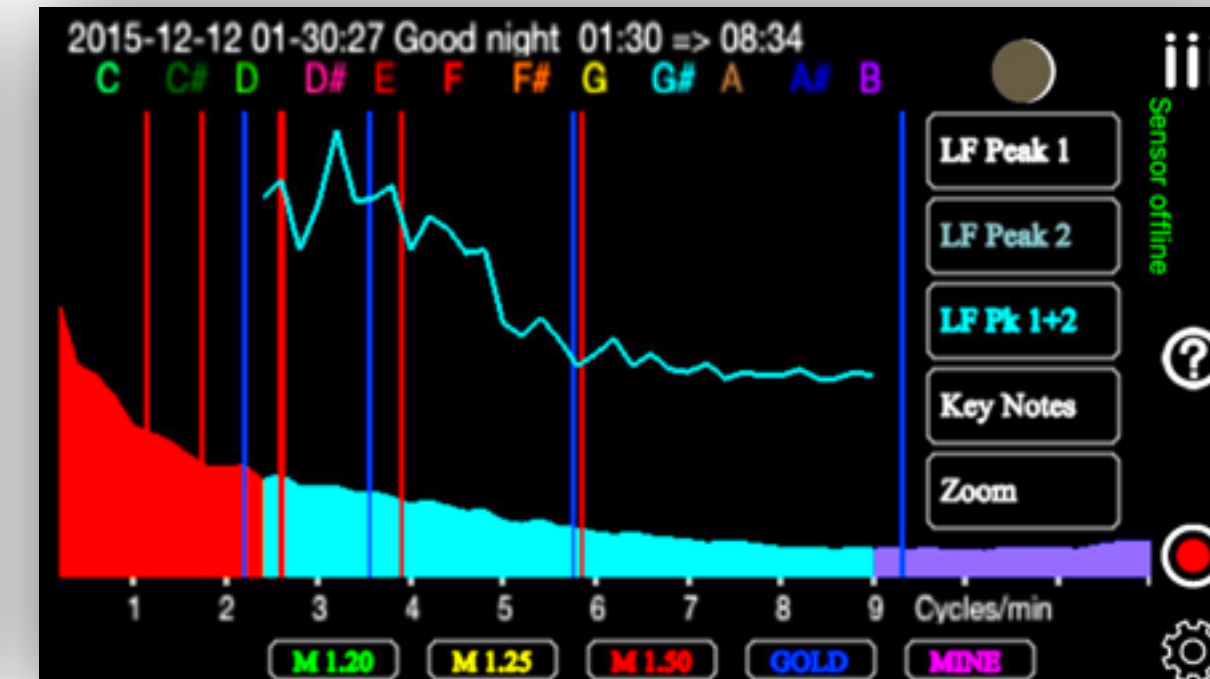
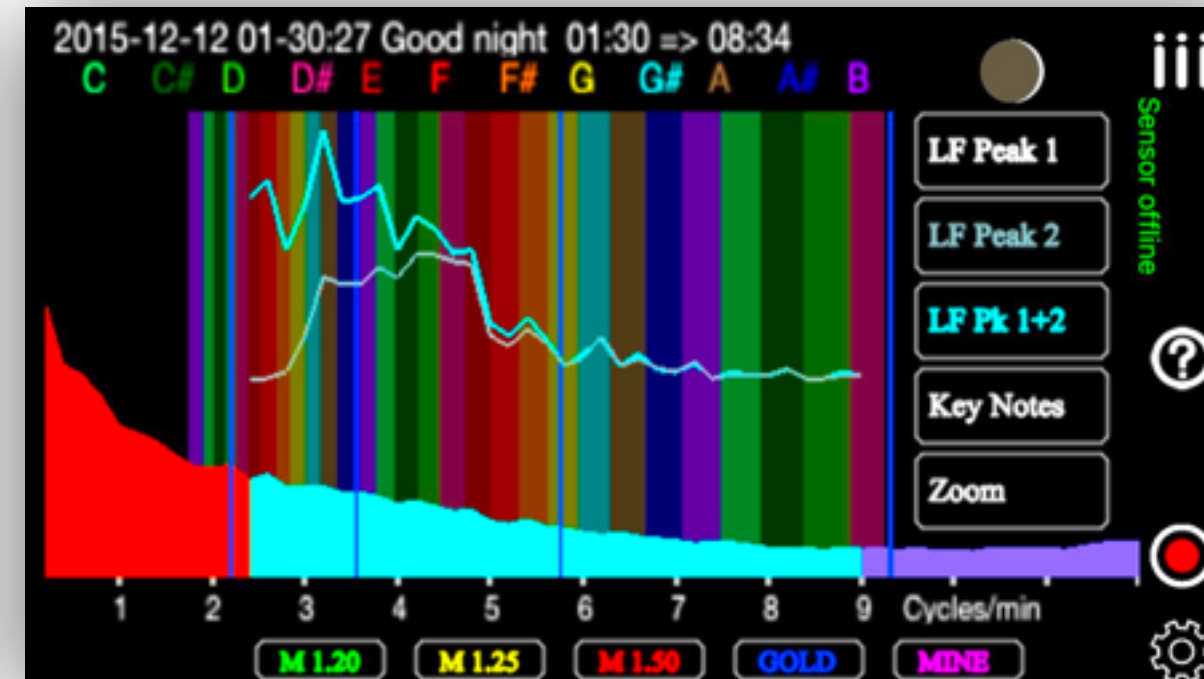
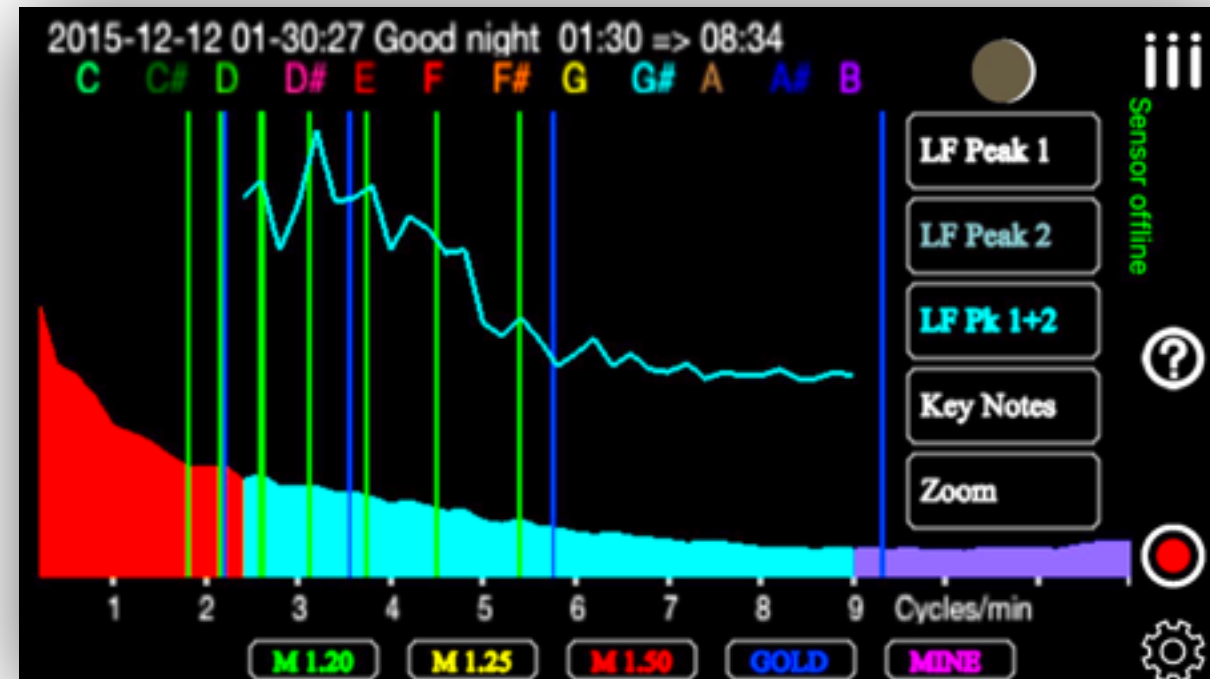
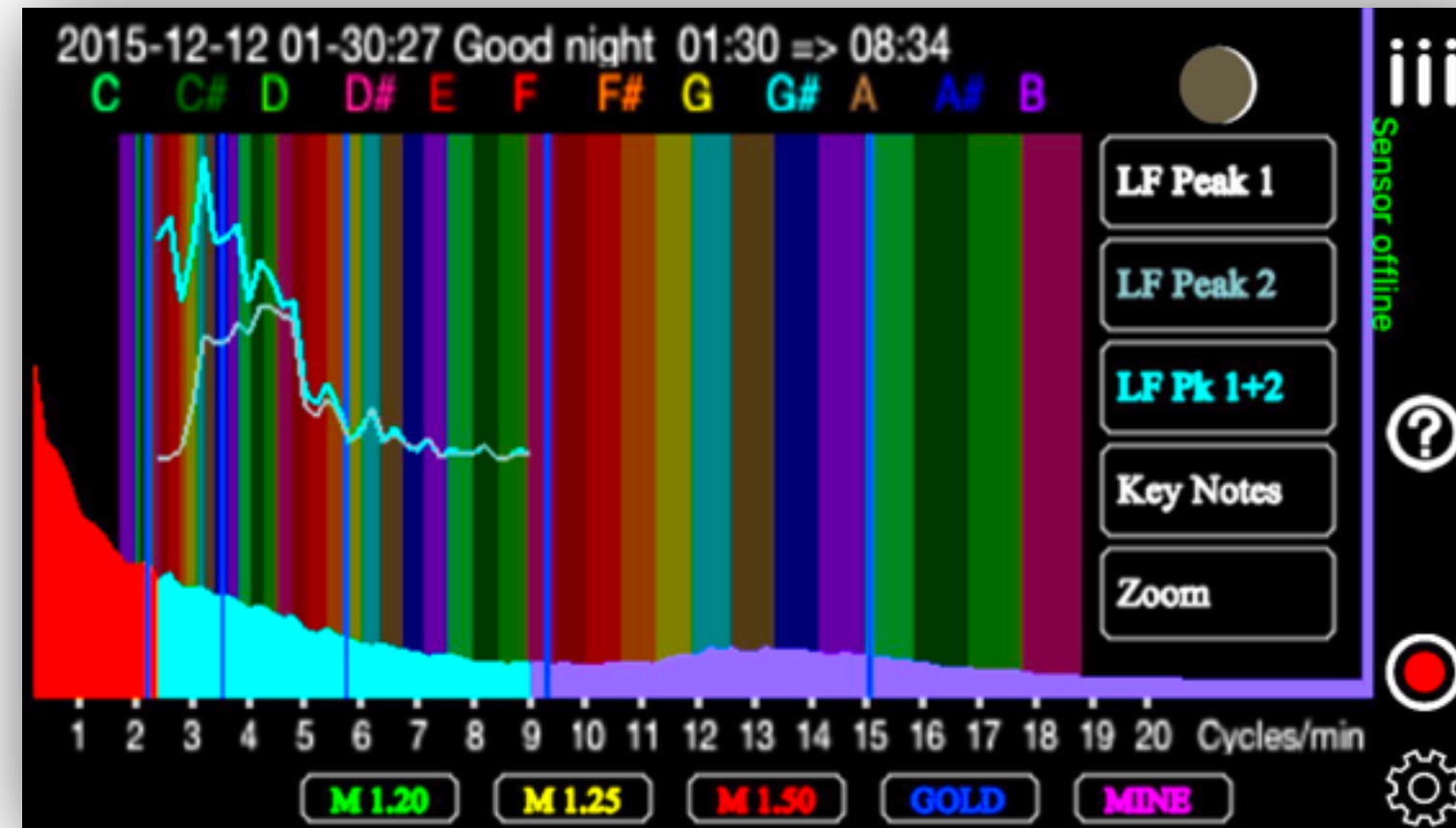
SWIPE UP - SWIPE DOWN
to display graph analysis



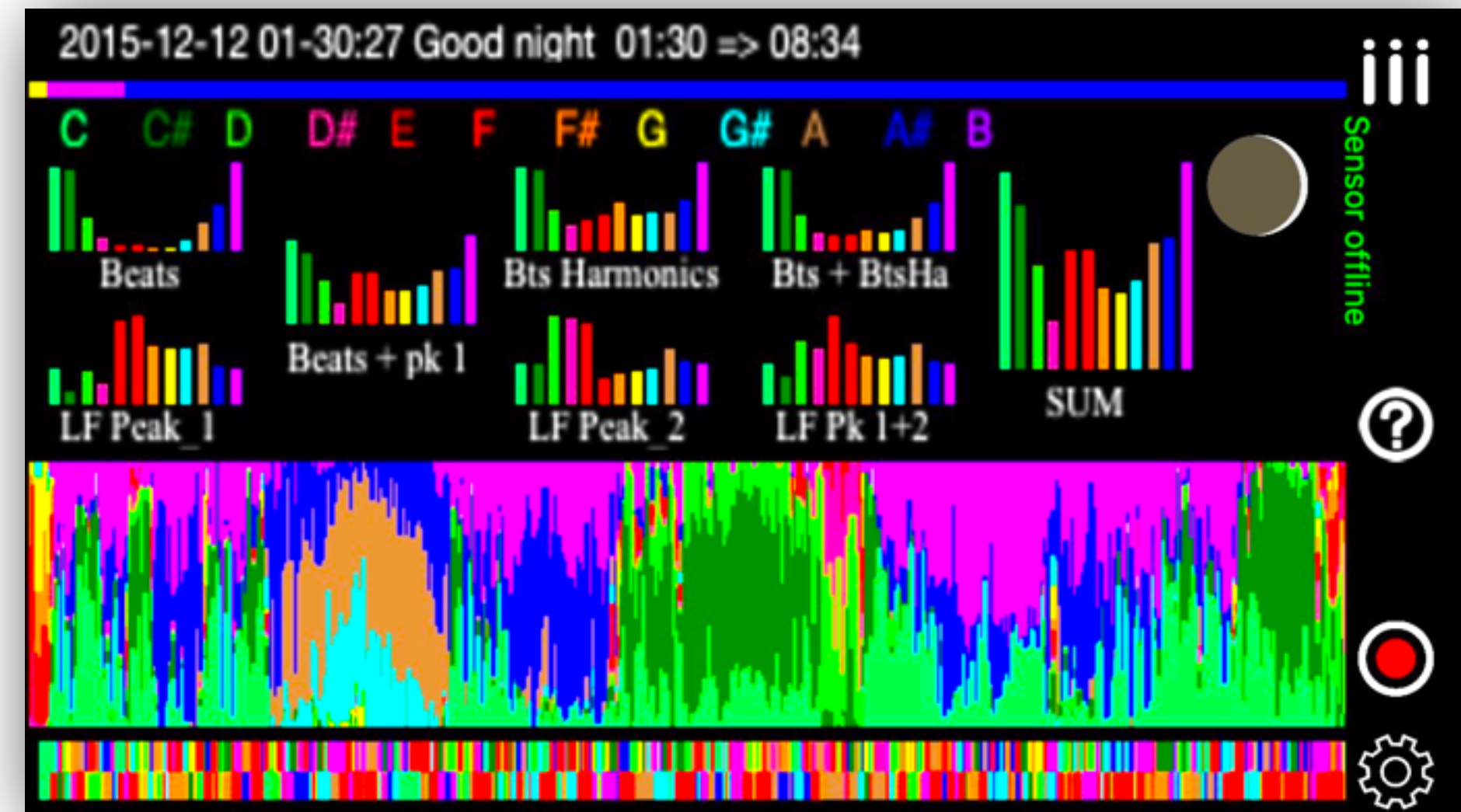
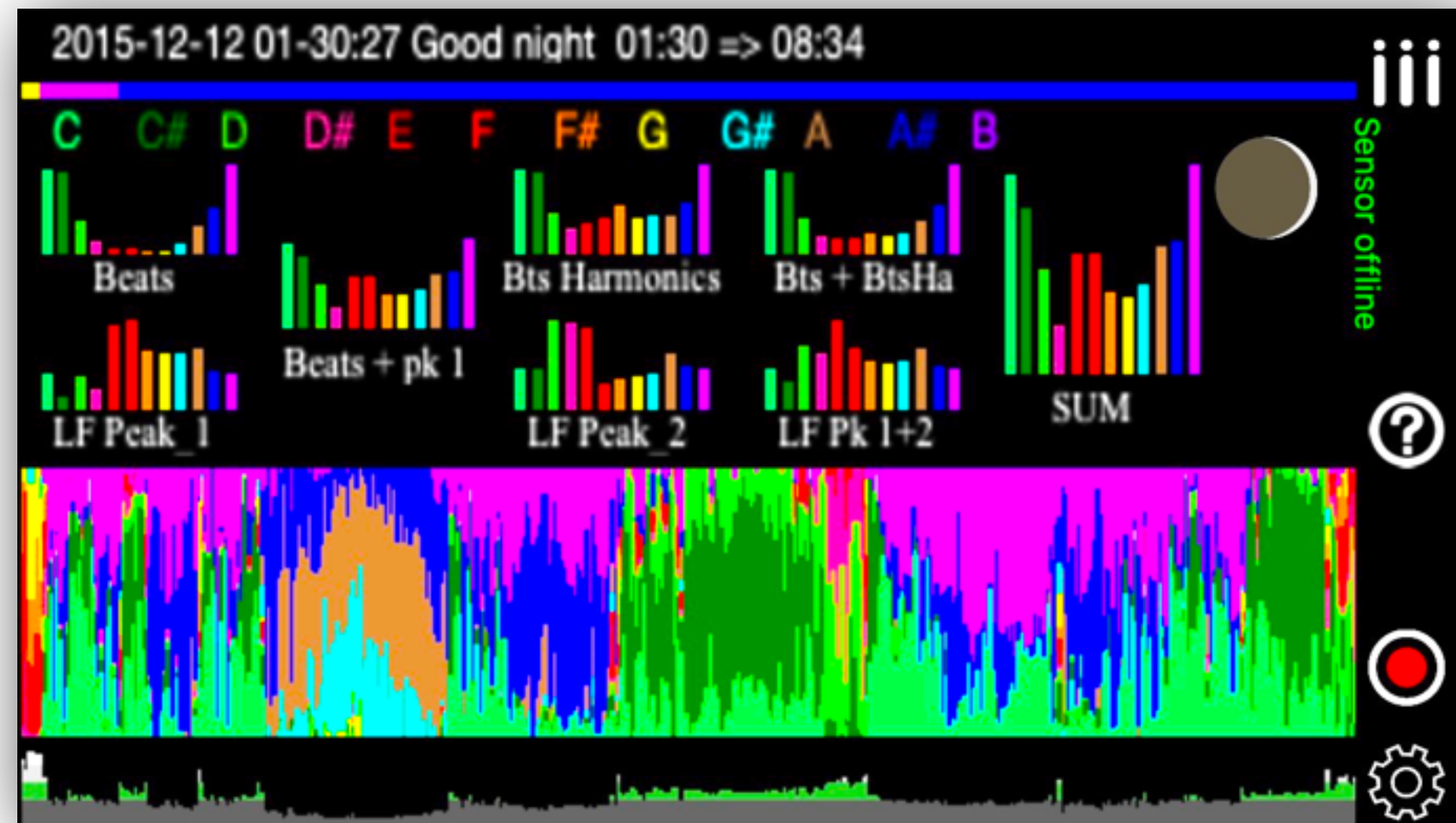
Polar Chest Sensor **LONG** Record



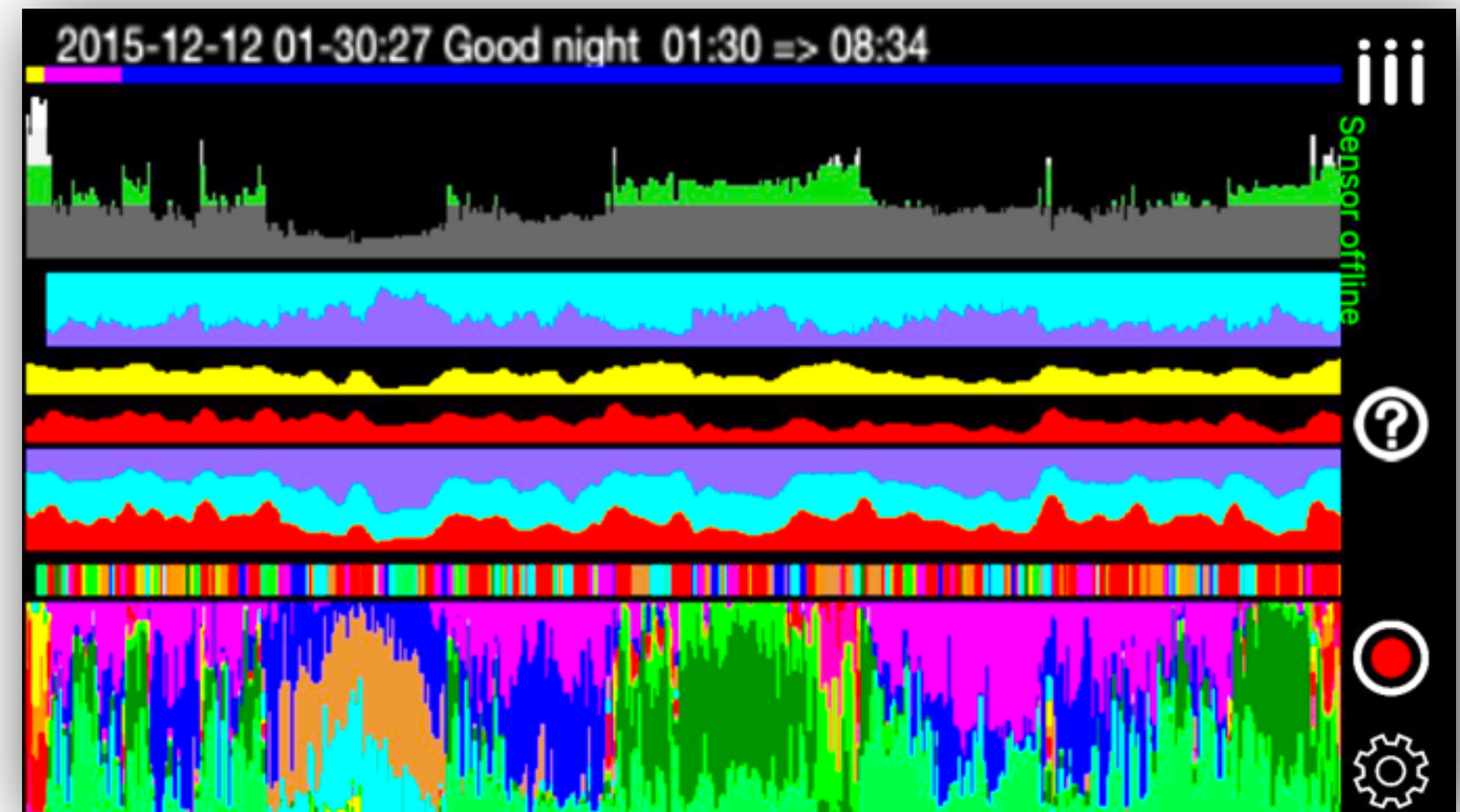
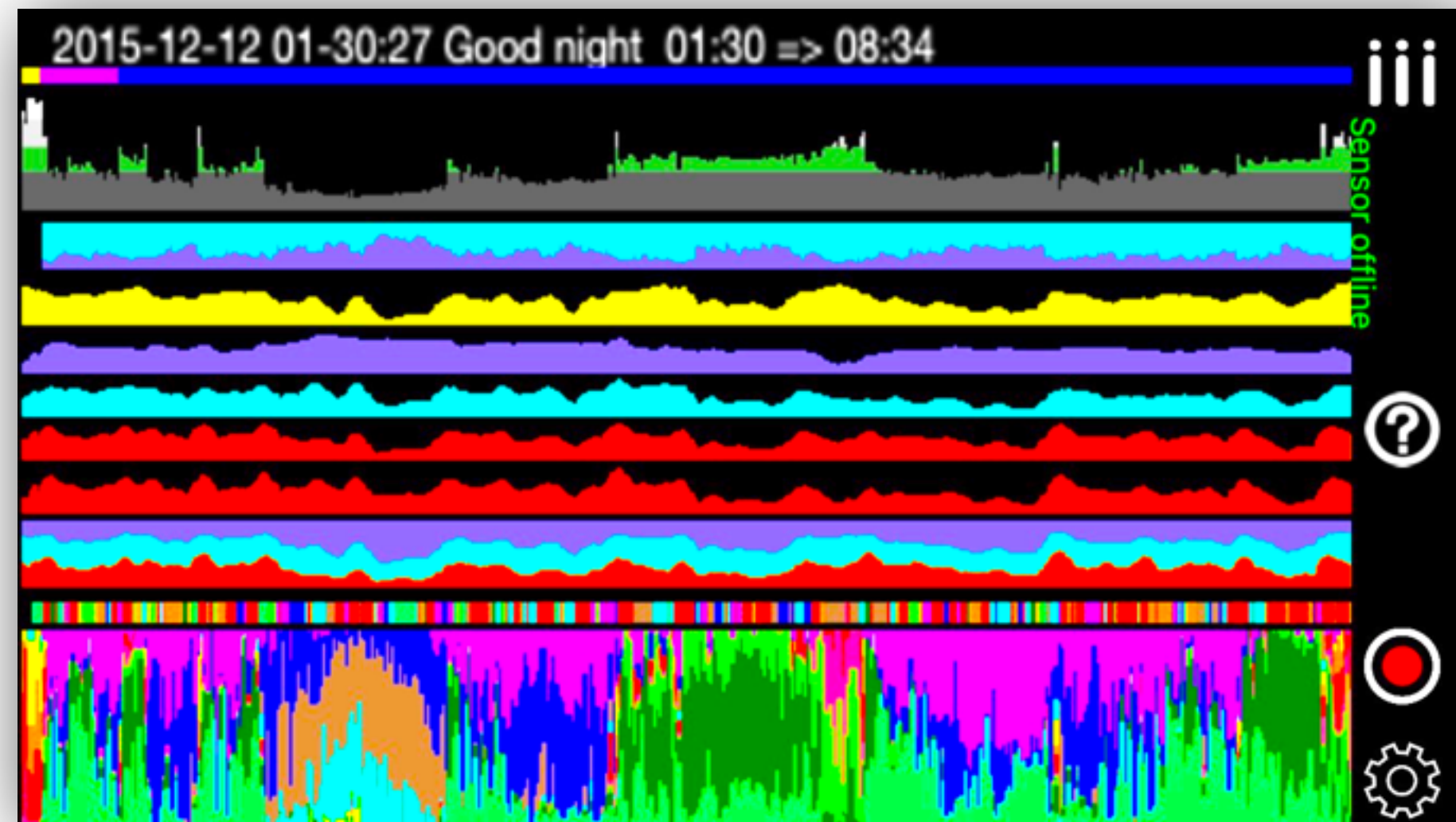
Polar Chest Sensor LONG Record



Polar Chest Sensor LONG Record



Polar Chest Sensor LONG Record



Polar Chest Sensor LONG Record

