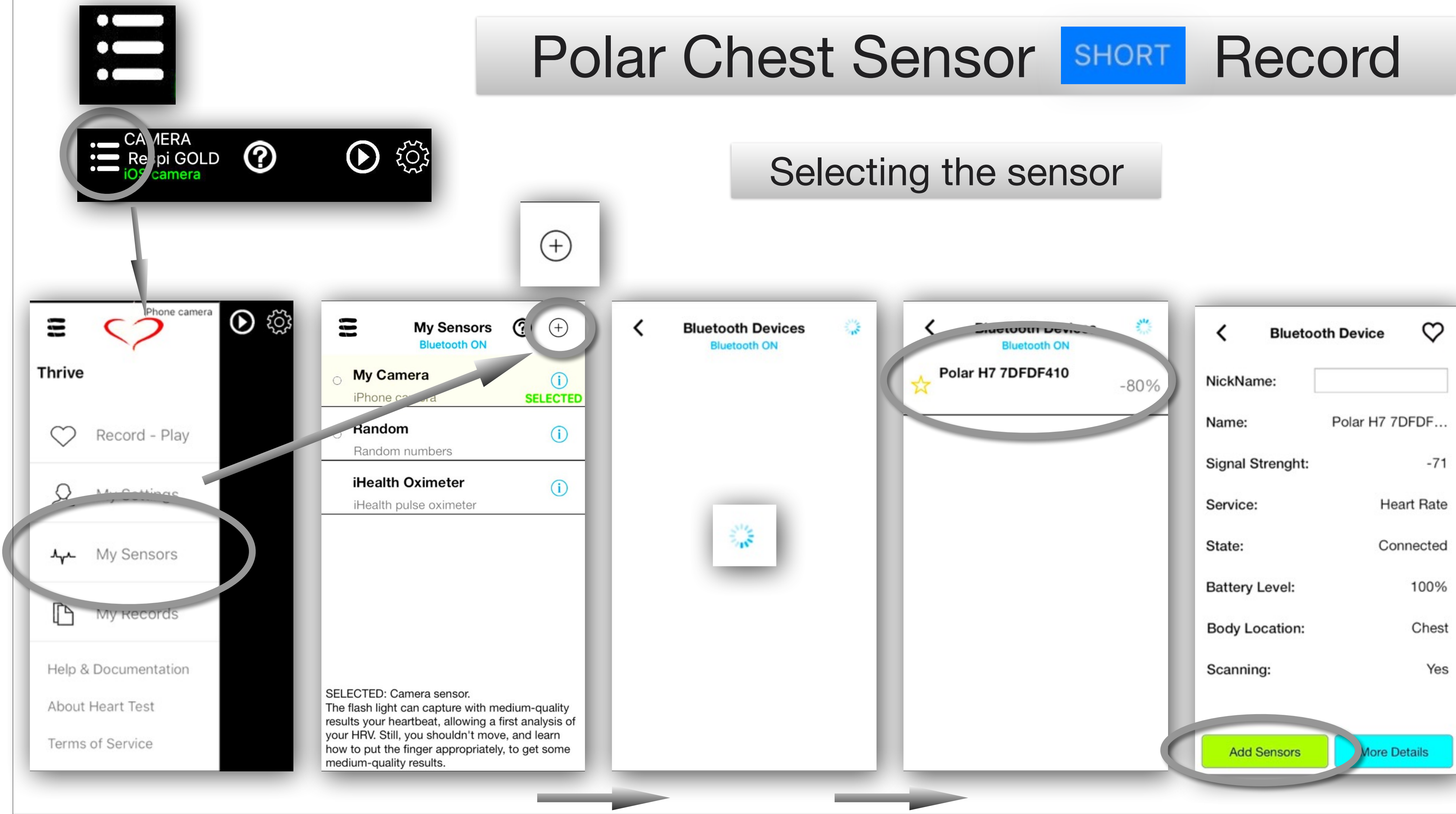


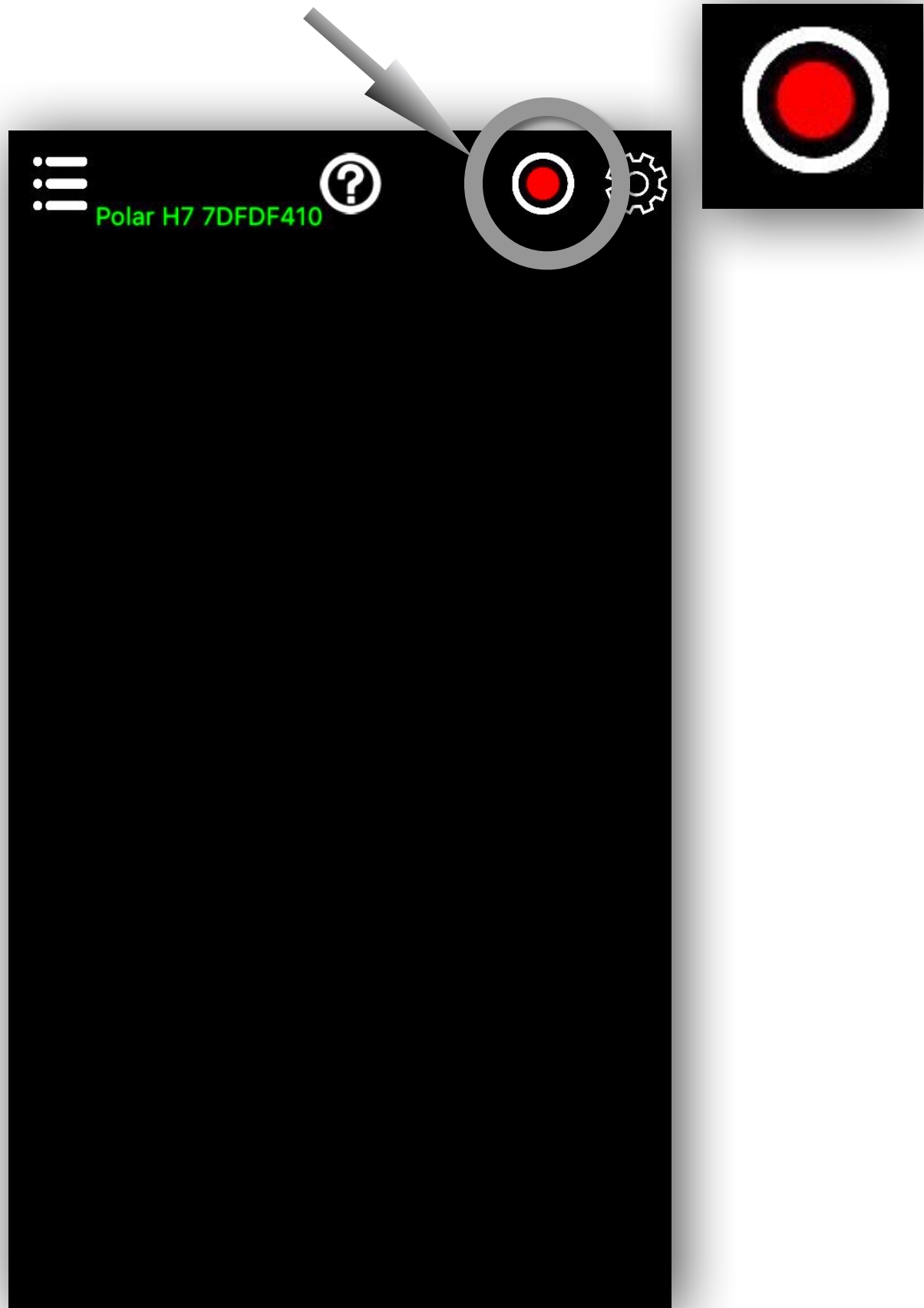
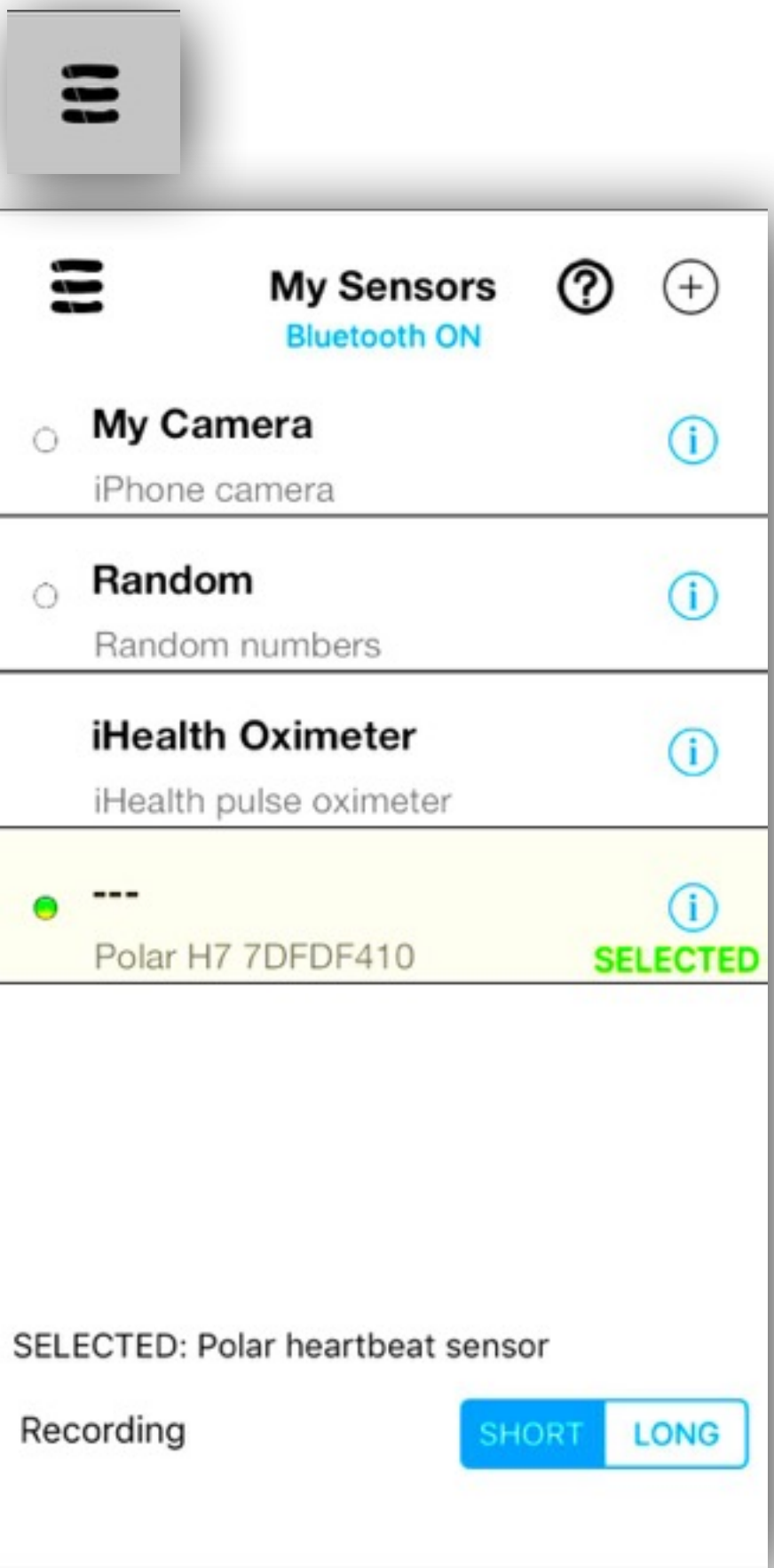
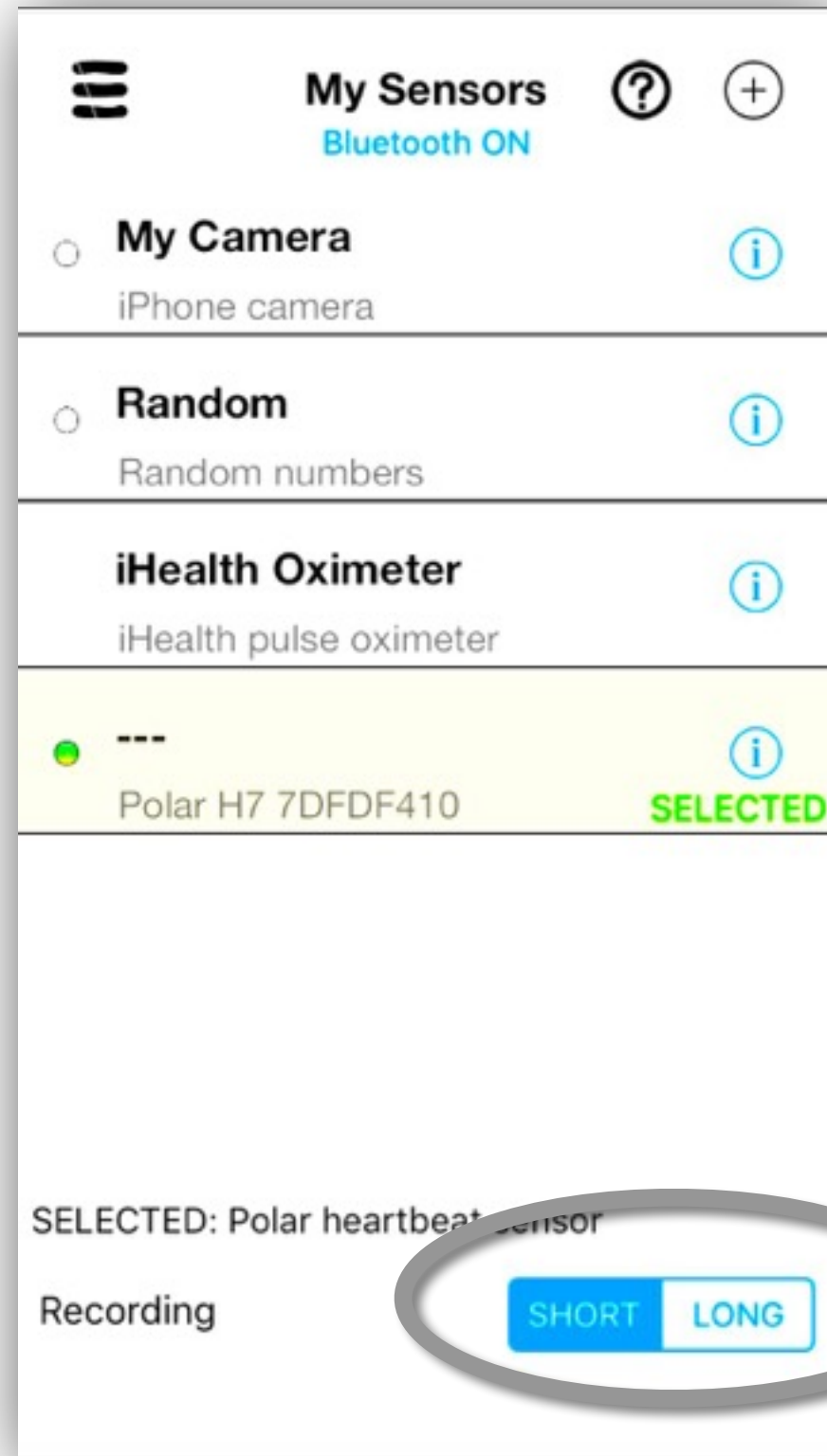
Polar Chest Sensor SHORT Record

Selecting the sensor



Polar Chest Sensor **SHORT** Record

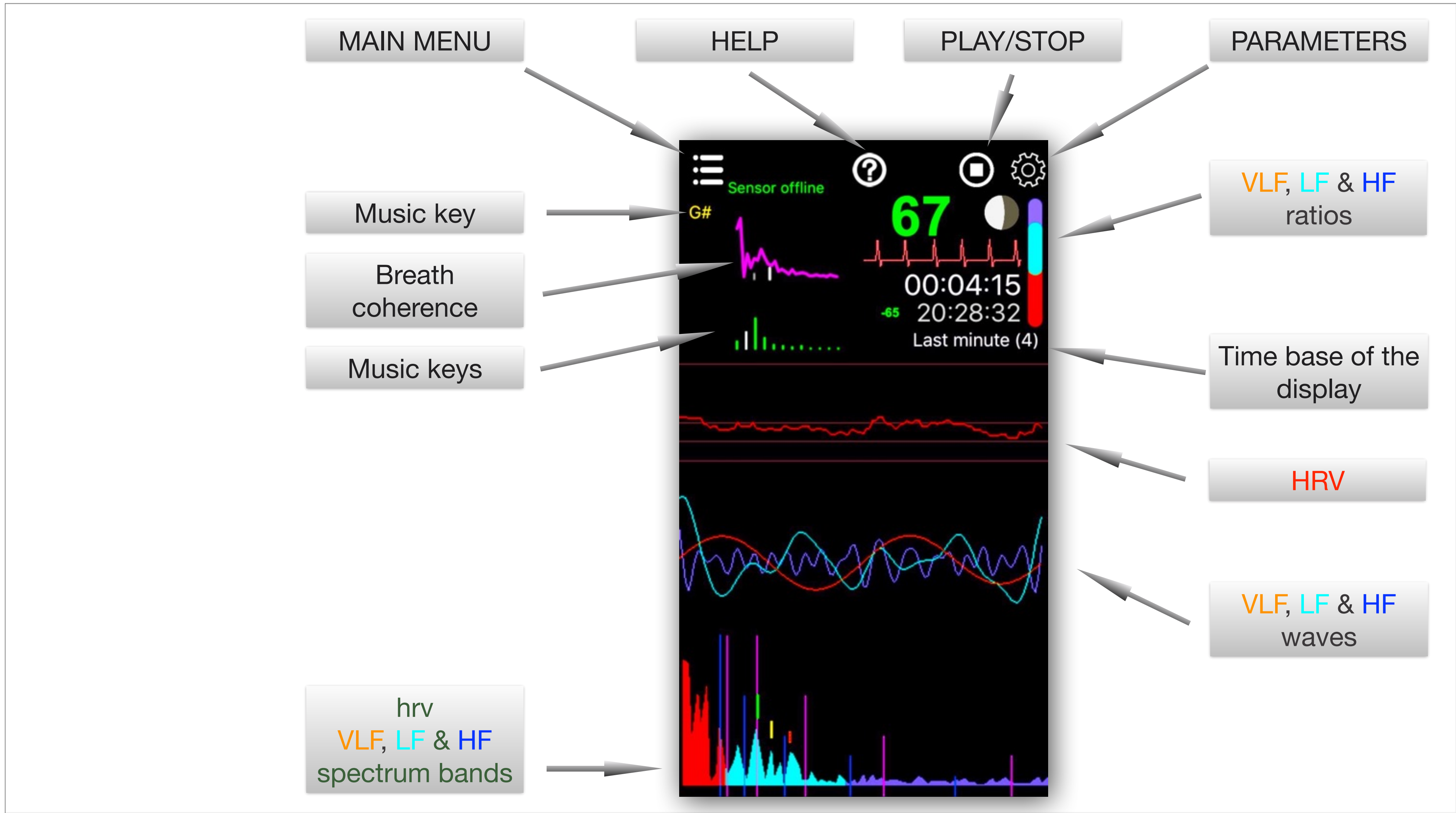
SHORT LONG



Polar Chest Sensor

SHORT Record

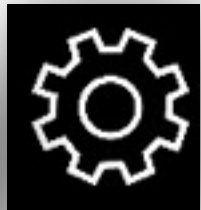




Polar Chest Sensor SHORT Record



Polar Chest Sensor SHORT Record



Display parameters during PLAY

Screenshot of the Polar Chest Sensor app interface showing a grid of control buttons. The buttons are arranged in two columns and five rows. The top row has 'DISPLAY' and 'BREATHE' buttons. The second row has 'VLF_hrv (i)' and 'Finger Test (i)'. The third row has 'LF_hrv (i)' and 'GOLDEN hrv (i)'. The fourth row has 'HF_hrv (i)' and 'MINE hrv (i)'. The fifth row has 'LF_pressure (i)' and 'Music Key (i)'. The sixth row has 'LF / HF_ratio (i)' and 'ZOOM (i)'. The 'DISPLAY' button is highlighted in cyan.

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

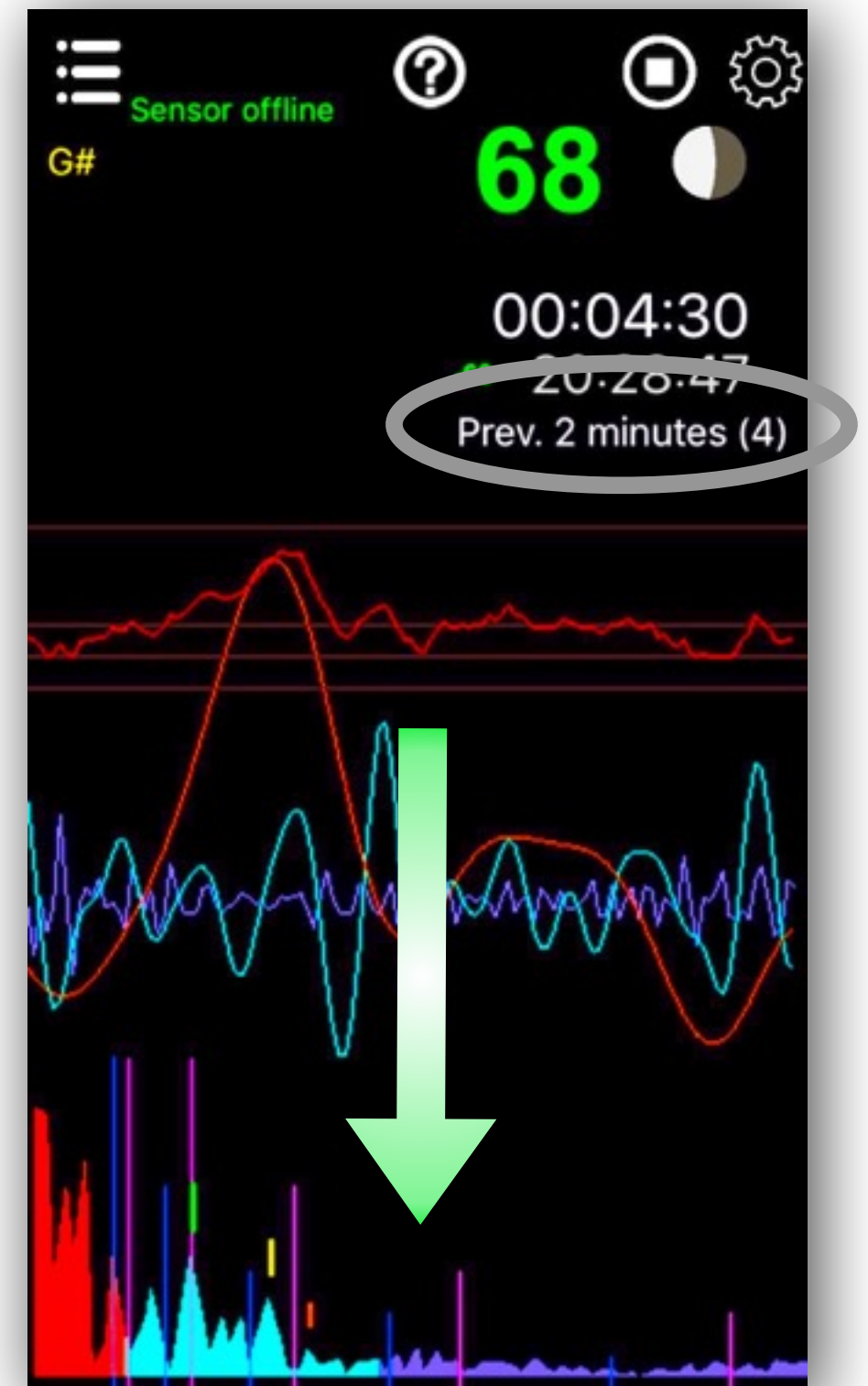
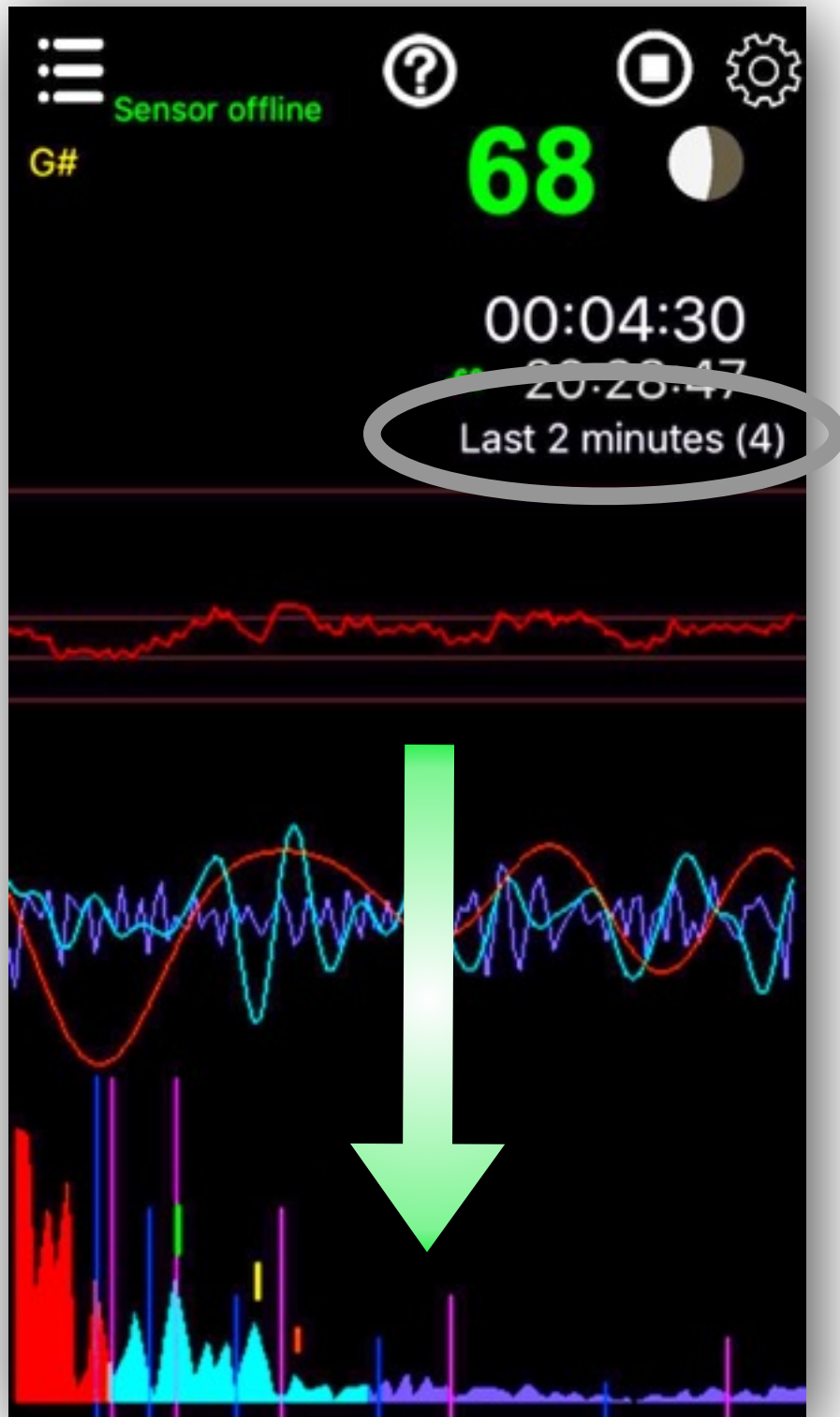
Show / Hide wave

Show / Hide ratio

Polar Chest Sensor

SHORT Record

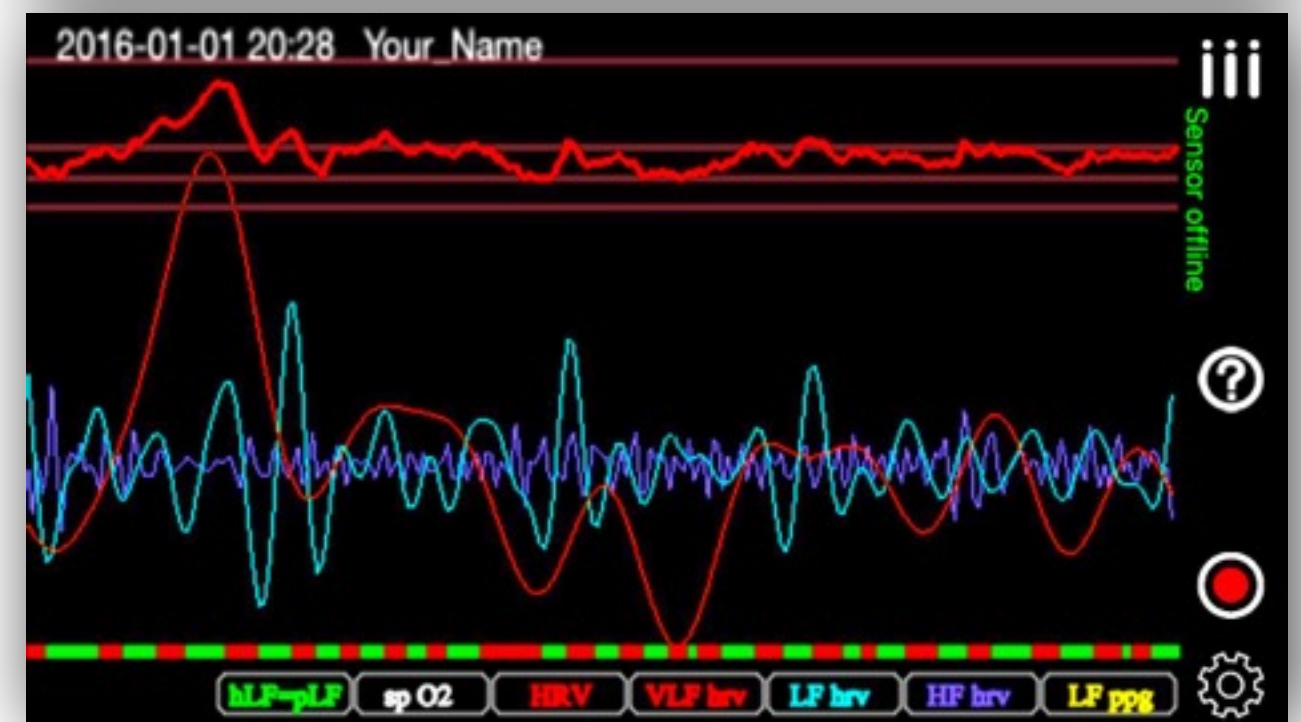
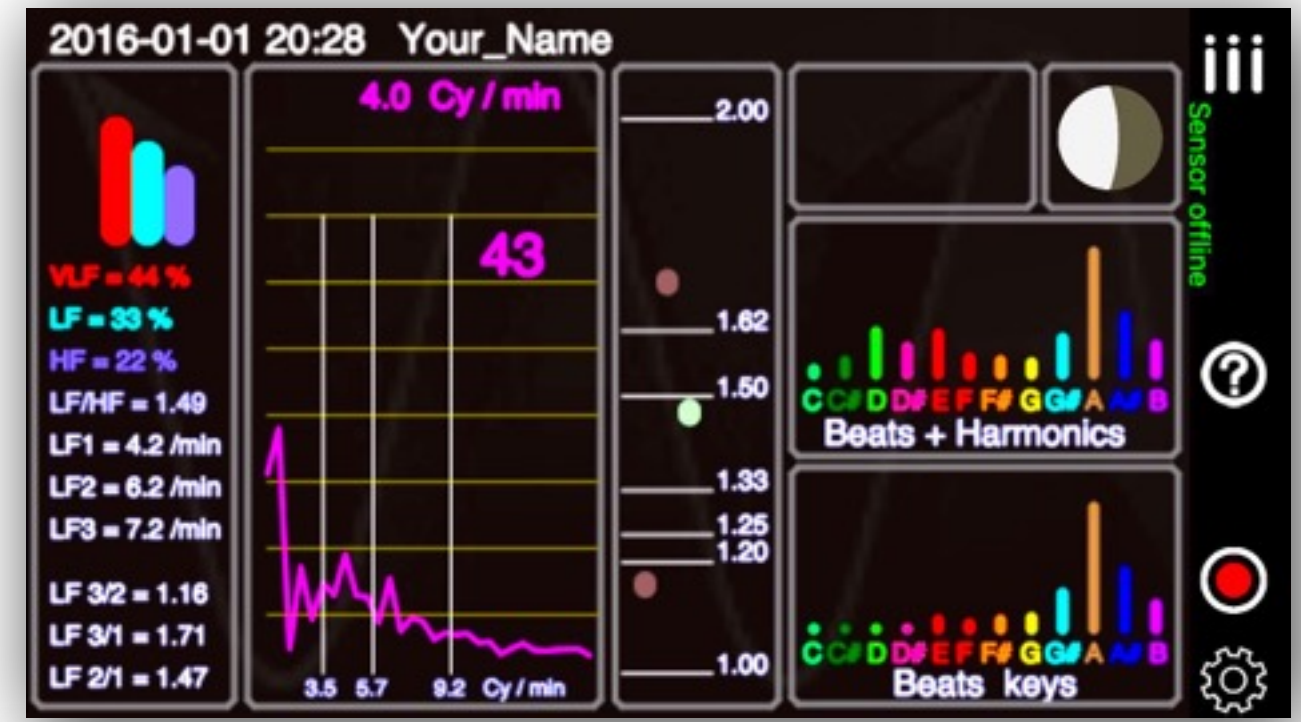
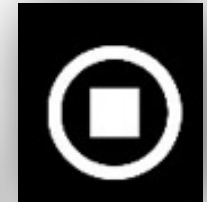
After 2 minutes and/or 4 minutes,
SWIPE DOWN
to change the time base of the display



Polar Chest Sensor

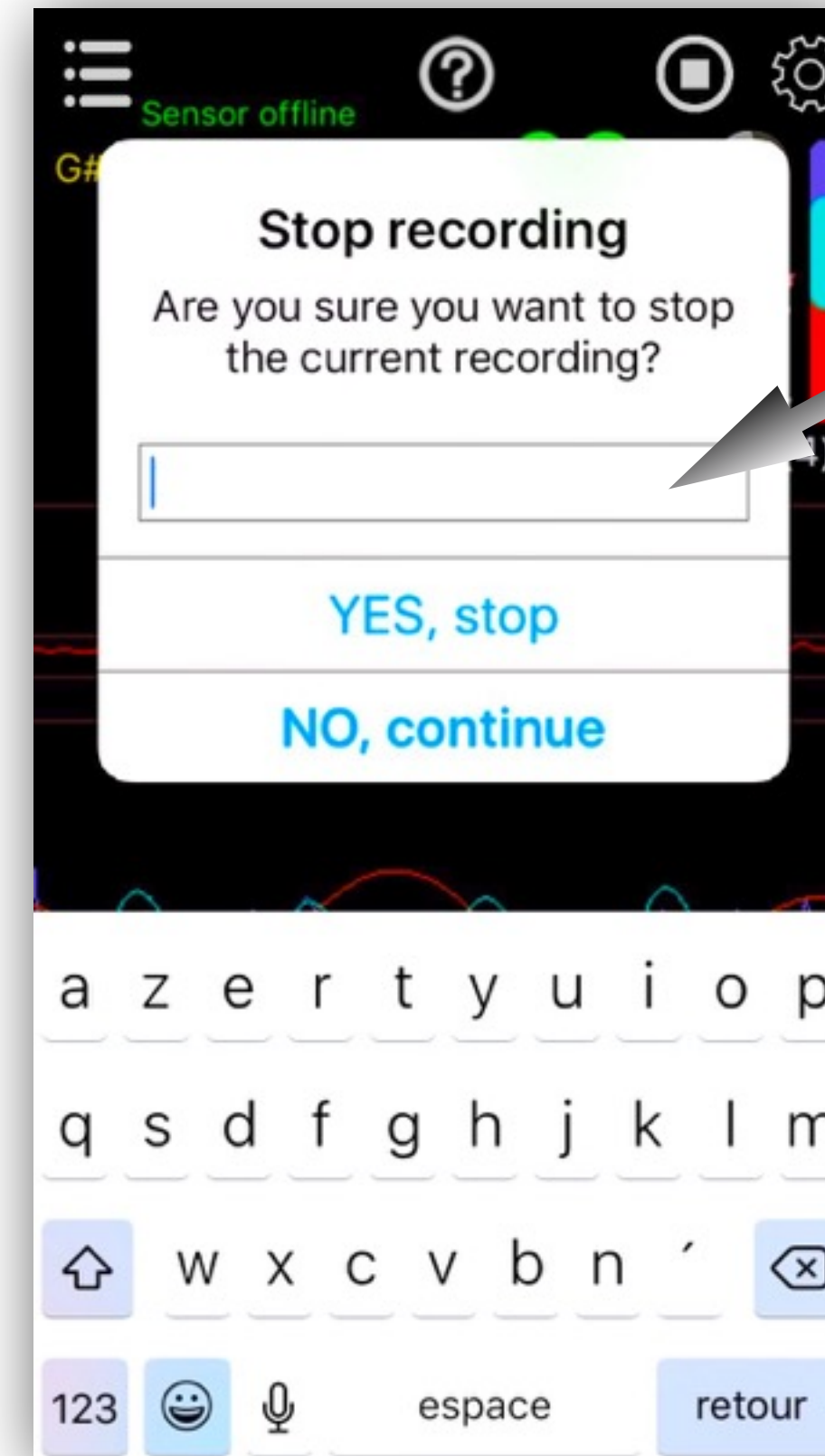
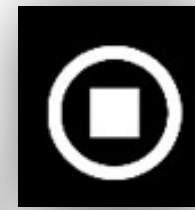
SHORT Record

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



Polar Chest Sensor SHORT Record

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



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

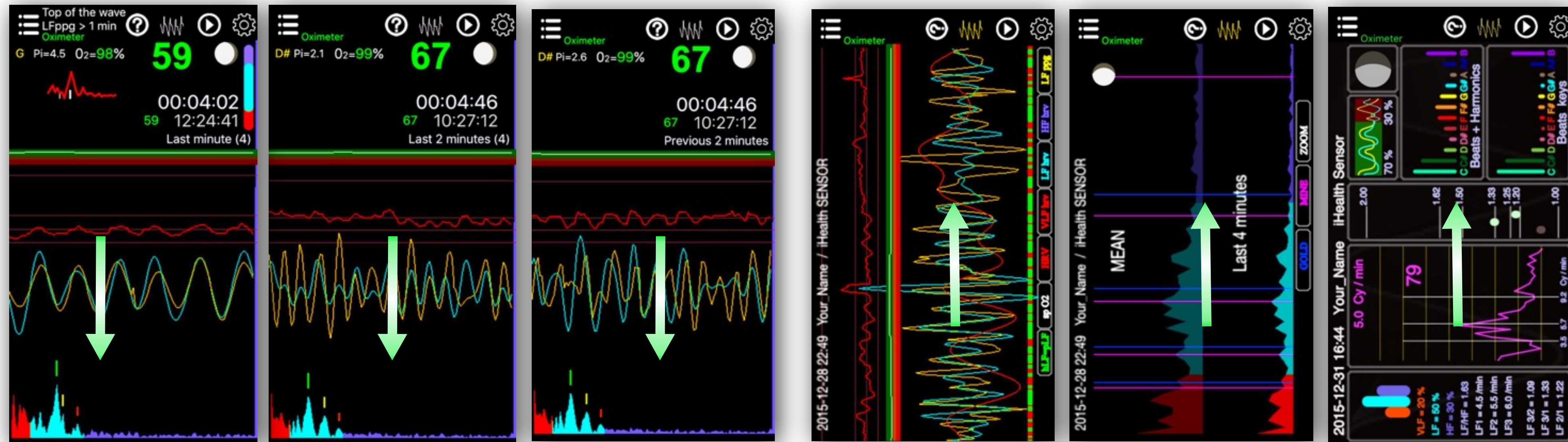
Polar Chest Sensor SHORT Record

SWIPE DOWN

to change the time base of the display

SWIPE UP

to display graph analysis



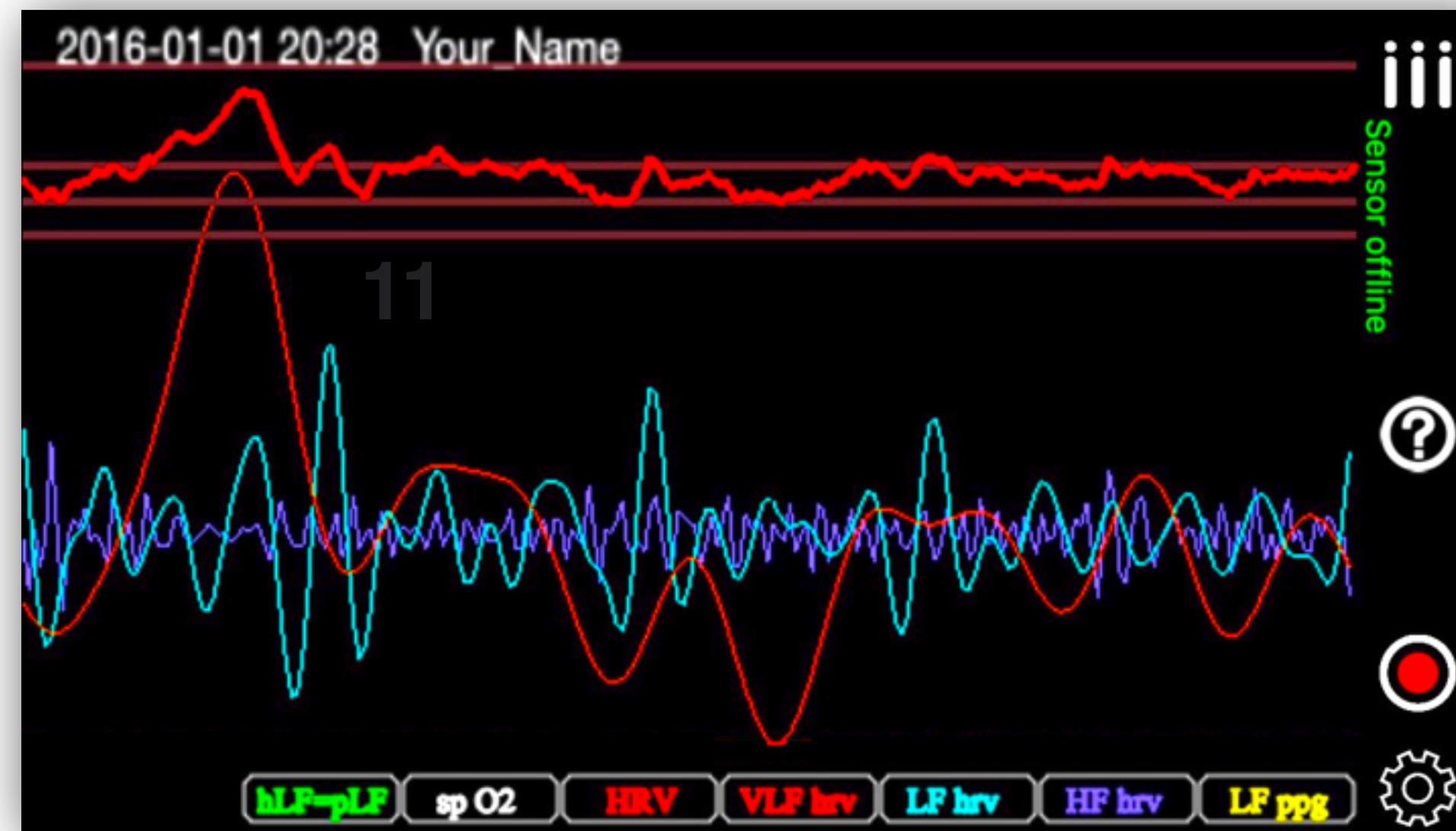
Polar Chest Sensor SHORT Record

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

Last 4 minutes of display

HRV

hrv VLF, LF, HF
waves



Polar Chest Sensor SHORT Record

Date, Time,
your name
& sensor type

Graph analysis

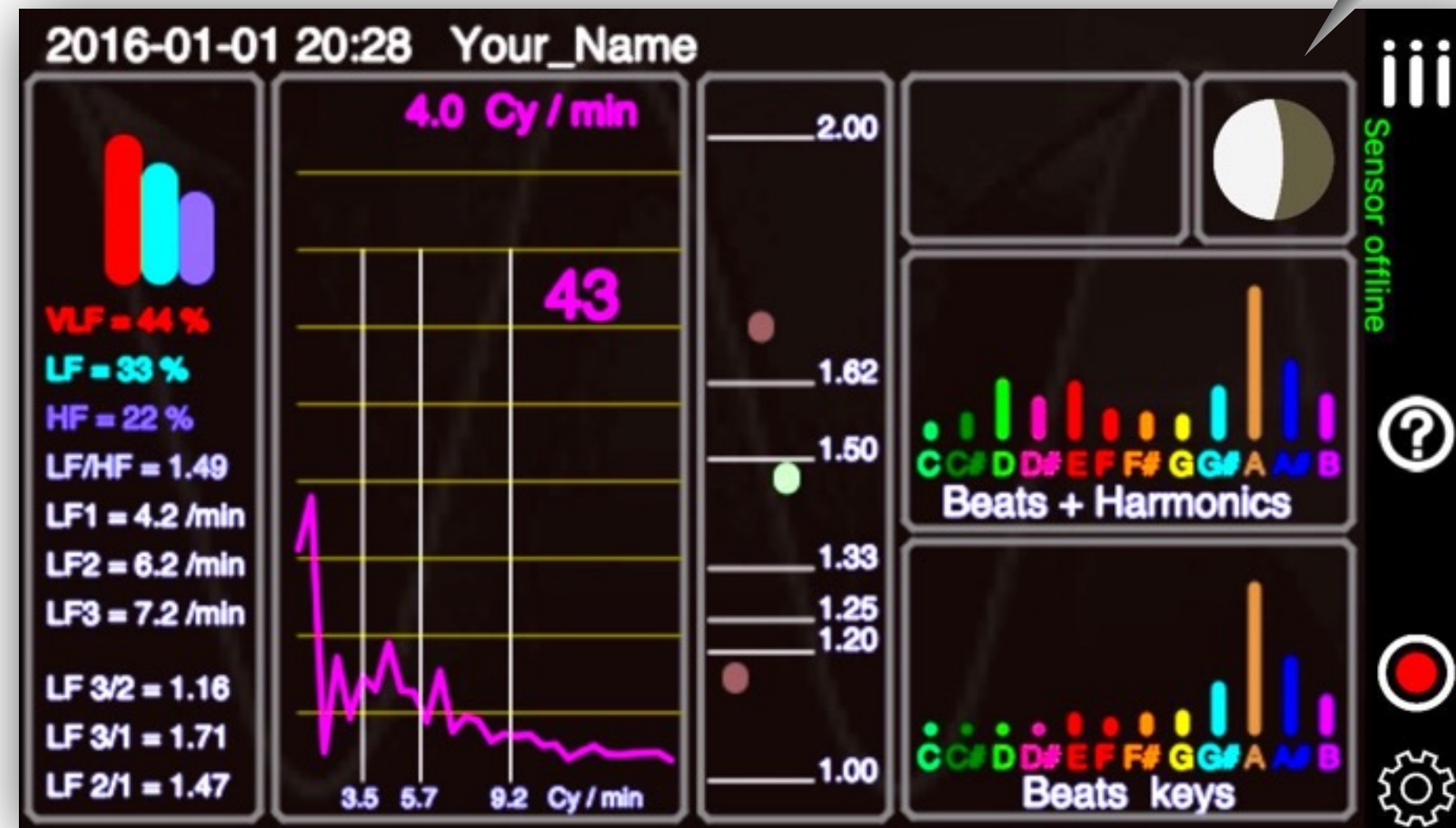
Moon phase

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

Breath coherence
with cycles/min
and
size of the coherence peak

Musical ratios of
3 first LF peaks

Music keys
from heartbeats



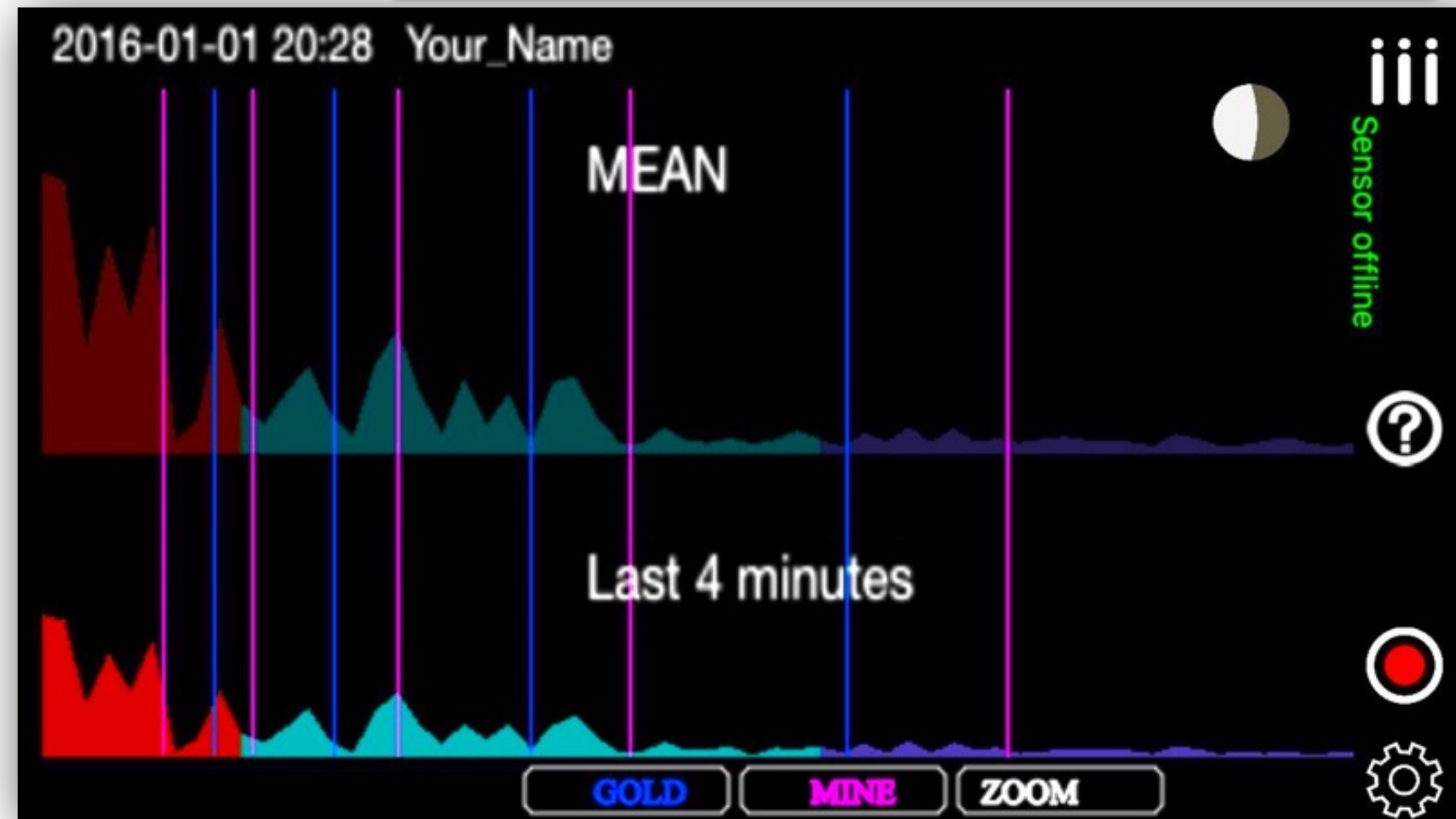
Polar Chest Sensor SHORT Record

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

Graph analysis

Frequency Domain

hrv
VLF, LF & HF
spectrum bands



Golden pointers

Golden pointers related to the max
peak of your frequency domain