



BioSignals HS Sensor

USER GUIDE SUPPLEMENT

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Your BioSignals HS Sensor

Your BioSignals HS package includes 1 BioSignals HS device, 1 Rubber Heart Rate Sensor, 1 pair of Skin Sweat sensors and 1 USB cable.



If you purchased an early version of the BioSignals HS, or purchased an extra Foam Heart Rate Sensor, you will also have the BioSignals Foam Heart Rate Sensor.

Foam Heart Rate
(HRV) Sensor



FIRST TIME SETUP

IMPORTANT: Attaching and Removing Plugs

If a plug does not go in easily, double check that you are not trying to put the plug in upside-down, and that the plug is aligned exactly with the port.

Use a gentle pressure when inserting plugs into the BioSignals HS!

If the plugs are pushed hard into the BioSignals HS when not properly aligned, the plug pins or BioSignals HS ports could be damaged.

- 1) **Gently** insert the USB cable into the BioSignals HS device, in the port labeled USB.
- 2) Attach the other end of the USB cable to your computer's USB port, then **wait for a couple of minutes for the computer to finish installing the device** (first time use only). You can continue to attach the other sensor cables while you are waiting for your computer to install the BioSignals HS.
- 3) If you wish to train skin conductance level (SCL), attach the SCL sensors (the pair of identical sensors with a single plug) to the BioSignals HS.
- 4) If you wish to train Heart Rate (HR), **gently and carefully** attach an HR sensor to the BioSignals HS. When attaching the HR sensor ensure you are not trying to put the plug in upside-down, and that the plug is aligned exactly with the port.
- 5) When using the SCL sensors (with the thinner cords), place one on your index finger and the other on your ring fingers. The metal disks should be on the pads of your fingertips.
- 6) If using the Rubber Heart Rate Sensor, place the sensor on your middle finger so that **the cable is on the top (fingernail side)** of your finger. **The cable should extend from your fingertip in the direction of your wrist.**
- 7) If using the Foam Heart Rate Sensor, place the sensor on your middle finger so that **the cable is on the top (fingernail side)** of your finger. **The cable should extend out from your finger, away from your body.**
- 8) Open Alive 2.7 or later and begin training. If Alive doesn't find the BioSignals HS, wait another minute for installation to finish, then open Alive again.

EXTREME TEMPERATURE WARNING

The BioSignals HS (and other electronic devices) can be damaged if stored or operated at extreme temperatures, such as in a car parked in the sun in summer.

Keep the BioSignals HS device at temperatures between -20 °C and 45 °C (between -4 °F and 113 °F).



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