

Instructions for Using Your Heart Rate Monitor

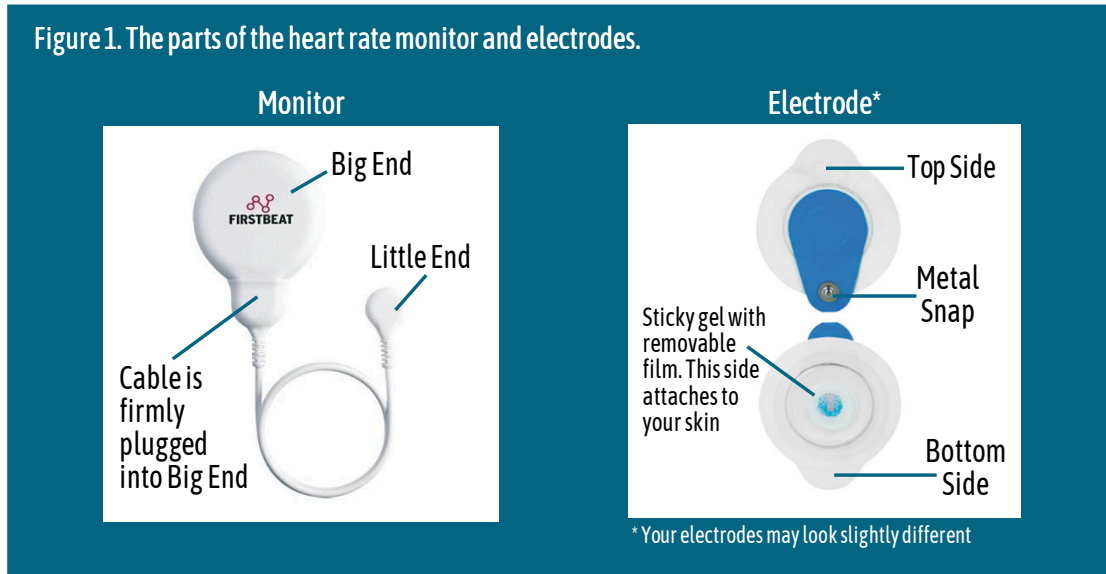
Read through all instructions before you begin.

Tip: Check off each step as you complete it.

1 Getting Ready:

- We recommend bathing before your study visit. Once the monitor is on, we ask that you don't bathe for 24 hours. Please don't use any moisturizers on the front and sides of your chest.
- Wear a comfortable bra whose cup and straps will not overlap the areas where the electrodes will be placed (see Figure 3 below).

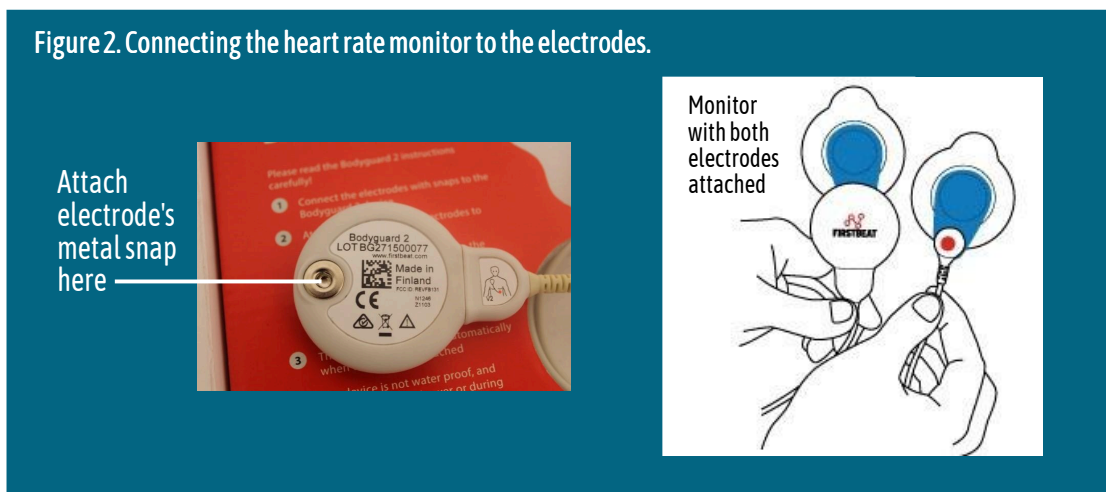
Figure 1. The parts of the heart rate monitor and electrodes.



2 Preparing the Monitor:

- You can see a video overview of attaching the monitor at: <https://bit.ly/3jnyiuM>
- Go someplace private with a mirror. Place the heart rate monitor and electrodes on a dry surface.
- Plug the Little End of the monitor into the Big End, if not already attached (see Figure 1).
- Snap one electrode into the Big End of the monitor. Snap the other electrode into the Little End. Your bag has 4 electrodes. Two are backups just in case.

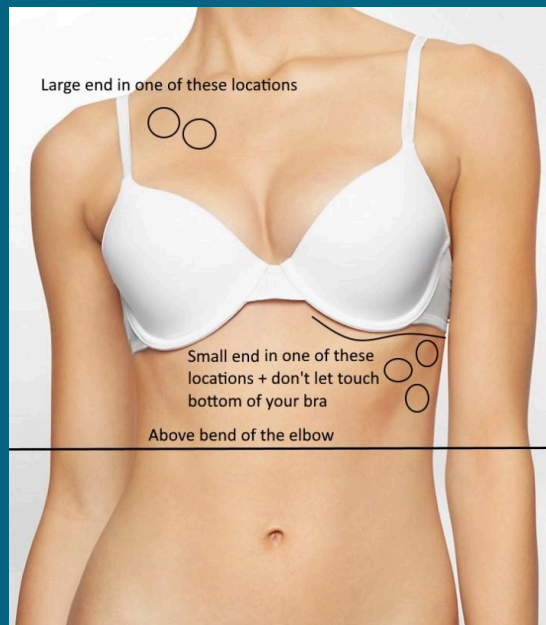
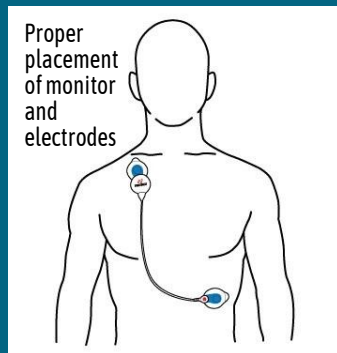
Figure 2. Connecting the heart rate monitor to the electrodes.



3 Attaching the Monitor:

- Take off your shirt (leave your bra on).
- If your skin is oily or dirty, wipe the placement area with an alcohol towelette (included in your bag).
- Peel the protective film from the electrode attached to the Big End of the monitor. Attach the sticky side below your RIGHT collarbone, and press down firmly. Do NOT place the electrode on top of your sternum (the hard bone in the center of your chest - see Figure 3).
- Peel the protective film from the electrode attached to the Little End, and attach the sticky side to the lower half of your LEFT rib cage.
- Make sure that:
 - The upper electrode is not covered by your bra strap.
 - The bottom electrode is not rubbing against the bottom of your bra.

Figure 3. Placement of electrodes and heart monitor.



- Within 1 minute of attaching the electrodes, a small **green light** will begin to flash on the monitor. Note: the light will be dim, and you may need to be in a dark room to see it.
- If you do not see a green flashing light, do the following:
 - Make sure the cable is fully plugged in to the Big End.
 - Make sure both electrodes are firmly snapped into the monitor.
 - Try shifting the electrodes to slightly different locations on your body.
 - Contact the Research Assistant for further assistance.
- Record the time you attached the monitor: _____

4 Wearing the Monitor:

During the Day

- The heart rate monitor is **NOT waterproof**. Do not wear while showering or swimming. Moving around throughout the day, exercising, and sweating are okay.
- If the monitor unsnaps from an electrode, re-attach it as soon as possible and check for the green light.
- If an electrode gets pulled off your skin, just stick it back on. If it keeps coming off, use a Band-Aid to hold it in place, **OR** clean and dry your skin and attach one of your backup electrodes.
- If you must shower during the 24 hours, you can remove the monitor for **up to 55 minutes** before the monitor will stop recording permanently:
 1. Carefully unsnap the monitor from both electrodes.
 2. Peel off the electrodes and throw them away.
 3. When ready, clean and dry your skin where you will attach the electrodes.
 4. Follow the "Attaching the Monitor" instructions above using the backup electrodes.
 5. Record the times you removed and re-attached the monitor below.

Time Removed: _____ Time Rattached: _____

At Night

- Wear a shirt/pajamas to keep the monitor cable from tangling with bedding.

5 Completing Your Recording:

- Do not remove the monitor until 24 hours have passed. Follow the instructions above for removing the monitor and electrodes. Record the time you removed the monitor below.

Don't remove the monitor until: _____ Time actually removed: _____

- Have more questions? Call the Research Assistant!

Thank You!