Coherence Serenity
Operating Manual

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User Agreement :

Privacy Policy :

The COHERENCE SERENITY application doesn't harvest any personnal data. Physiological datas harvested while using the COHERENCE SERENITY application aren't persistent and are lost when the application is stopped. The only thing persistent is the agreement of the user for this Privacy Policy and User Agreement.

According to the 6 Januray 1978 "Informatique et Libertés" law (France), the COHERENCE SERENITY user can delete all his own datas by uninstalling the COHERENCE SERENITY application from his device.

About Coherence Serenity:

Coherence Serenity is an Android application which calculates, based on information provided by the chest strap Zephyr HxM BT, heart coherence which reflects your state of rest. Breathing and heart rate control exercises should allow you to improve your ability to manage stress.

Indeed heartbeat is controlled by the autonomic nervous system.
Our activity influences this rhythm.
This variability is often noted HRV for Heart rate variability.

Having HRV is a sign of good health.
A stressed person will not have this variability, the heart seems tired, it is not receptive.
However breathing helps regulate the heartbeat.

The body organs have "baroreceptors" that will stimulate heart activity.
So when inspires the heart speed increases and vice versa when expires.

According to scientific studies[1], performed 3-5 minutes 2 times a day, such an exercise would have a significant influence on the management of stress and well-being.

Hardware :

To use *Coherence Serenity* application, you need:

-A device (Tablet or Smartphone) running Android v 2.3 minimum with Bluetooth technology.

-A chest belt : *Zephyr HxM BT*: https://www.zephyranywhere.com/resources/hxm

Installation :

-For chest belt installation you can refer to the manual of it or follow the instructions below.

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[1] Servant D. et al. (2008). La variabilité de la fréquence cardiaque, intérêts en psychiatrie, L'Encéphale, doi:10.1016/j.encep.2008.06.016.

Nolan R.P. et al. (2005). Heart rate variability biofeedback as a behavioural neurocardiac intervention to enhance vagal heart rate control, Am. Heart J. Jun; 149(6), 1137.
Mc Craty R., Tomasino D. (2004). Heart Rhthm Coherence Feedback : a new tool for stress reduction, rehabilitation, and performance enhancement, Proceedings of the First Baltic Forum on Neuronal Regulation and Biofeedback, Riga, Latvia.
Del Pozo J.M., Gevirtz R.N., Scher B. et al. (2004). Biofeedback treatment increases heart rate variability in patients with known coronary artery disease. Am. Heart J. 147:E11.
Cungi C. (2009). Cohérence cardiaque : Nouvelles techniques pour faire face au stress. Paris, éd. Retz.
Ginsberg, J. P., Berry, M. E., & Powell, D. A. (2009). Cardiac coherence and posttraumatic stress disorder in combat veterans. *Alternative therapies in health and medicine*, *16*(4), 52-60.
Motzer, S. U., & Stewart, B. J. (1996). Sense of coherence as a predictor of quality of life in persons with coronary heart disease surviving cardiac arrest.*Research in nursing & health*, *19*(4), 287-298.
Lloyd, A., Brett, D., & Wesnes, K. (2009). Coherence training in children with attention-deficit hyperactivity disorder: cognitive functions and behavioral changes. *Alternative therapies in health and medicine*, *16*(4), 34-42.

- After recharged *Zephyr* module, lightly moisten sensor pad of the belt and put it under your chest moister pad on you. The 2 snap would be on the center of the chest. Snap the *Zephyr* module so that a person front of you can read the zephyr inscription:

Start :

1-Pair the *Zephyr HxM BT* : *Settings* Menu, *wireless and networks*, *Bluetooth settings*, put on Bluetooth, *visible*, *Scan device s*and push the name belt: *HXM*------. For future use, you only need to turn on Bluetooth.

2-Install *Coherence Serenity application* from *Google Play* or with the .apk file.

3-Launch the application. You should obtain the screen below (Fig 1):

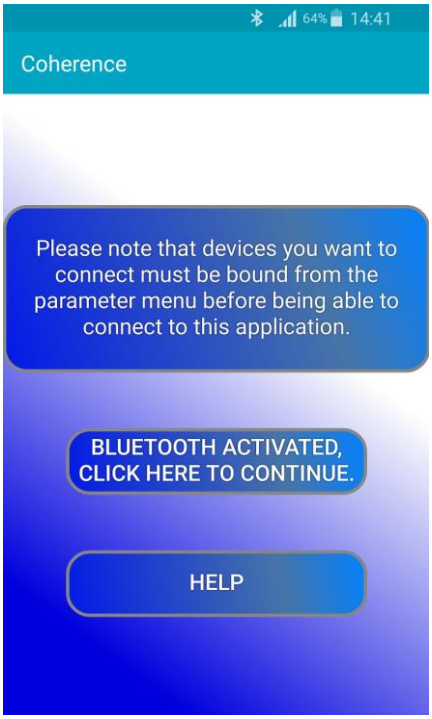
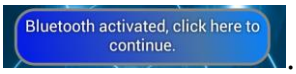


Fig 1

4-Click on 

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This screen (Fig 2) shows you all the paired Bluetooth devices, choose the belt name « *HXM…* »:

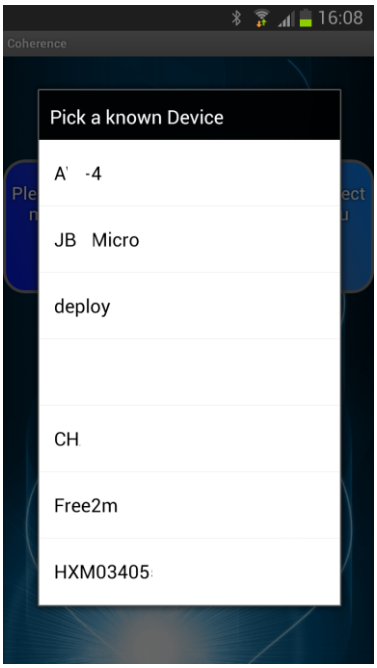


Fig 2

5-You should see this screen (Fig 3) with Connected "toast". If it is not the case you have to go on paired operations1- or if paired operation is ok on 4-.

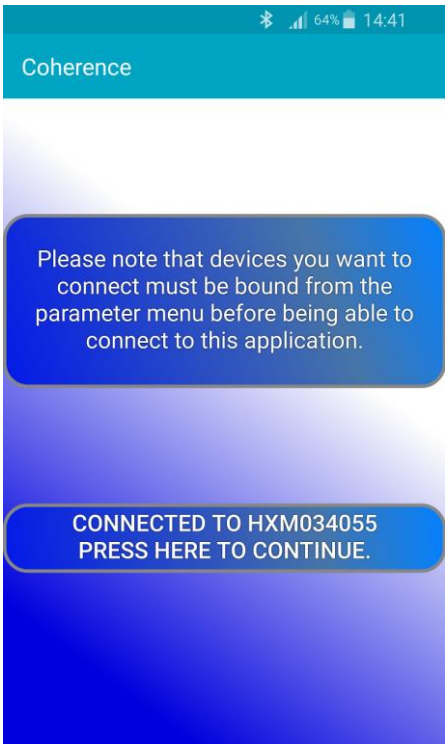
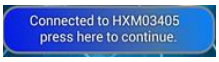


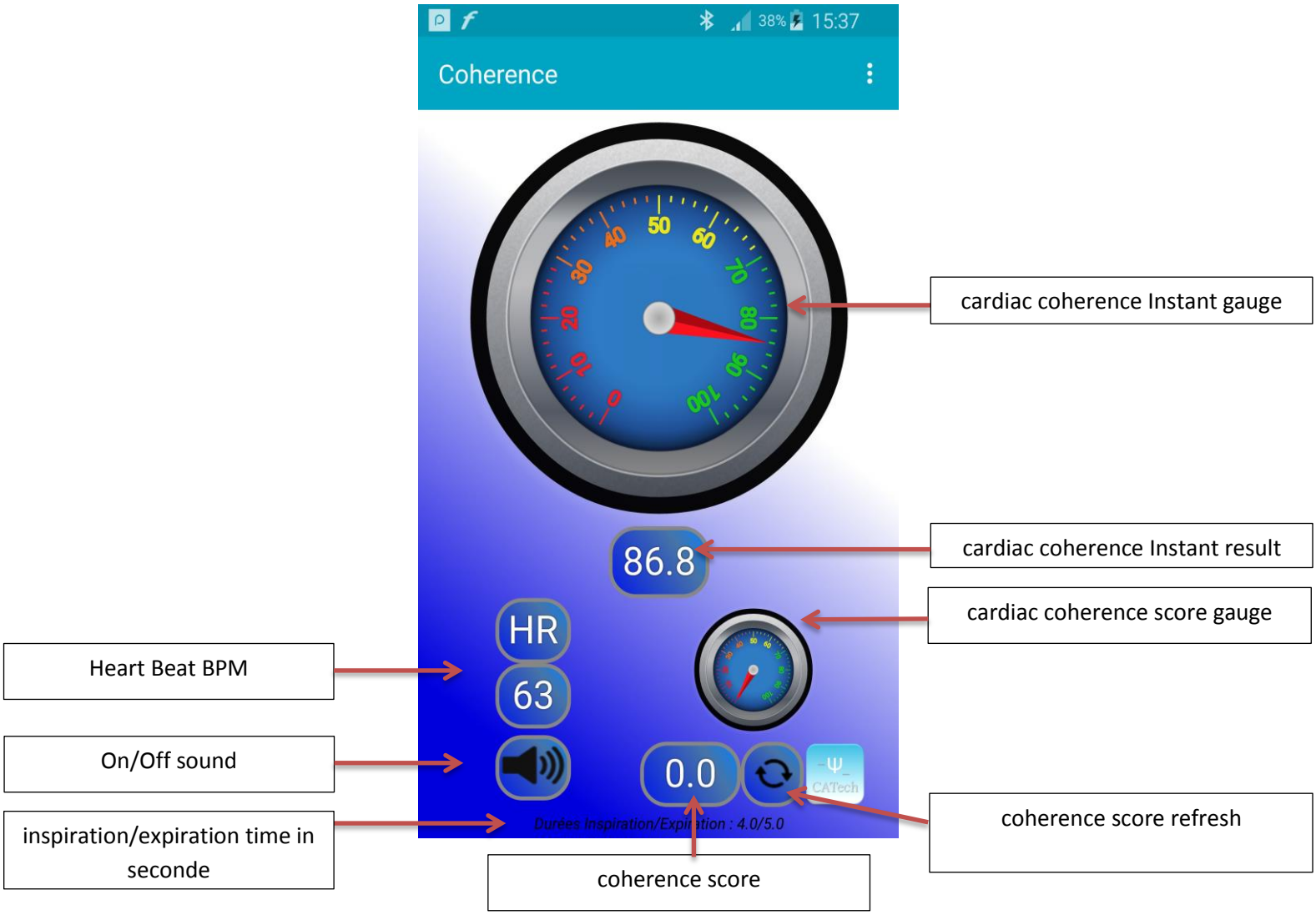
Fig 3

6-Click on 

Main screen appears and measures start.

Main screen-Gauge[2]:

Fig 4 Main screen



[2] Copyright (c) 2012 Evelina Vrabie Licensed under the Apache License, Version 2.0 (the "License"); you may not use this file except in compliance with the License. You may obtain a copy of the License at http://www.apache.org/licenses/LICENSE-2.0

Menu :

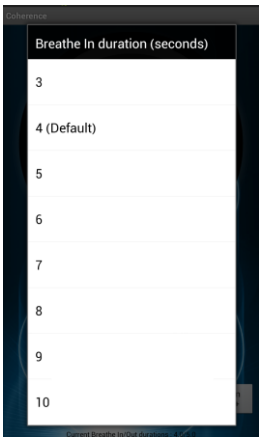
inspiration time
Choice access

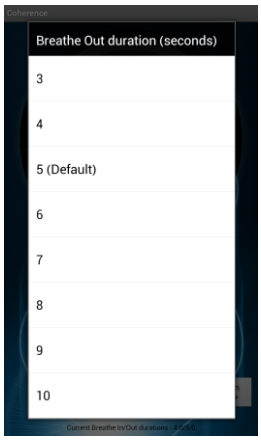
expiration time
Choice access

Fig 5 Menu

Help Access

Close application





Menu (Last version) :