



## Firstbeat measuring device: Start and end of measurement

- Make sure to apply and wear the Firstbeat device under your clothes (including bra) for as long as requested by the researcher/instructor.
- The only time you take off the device is for **showering, sauna and swimming: Do not use the device in water.**
- The device starts measuring once the device is connected and attached to the skin (a green light should show) (Tip: Make sure the device is connected the right way – see electrode and metallic plate – only fully closes when right way)

## How to apply the Firstbeat measuring device:

### Laitteen kiinnitys ja käyttö



1. Attach the stickers to the snaps of the device.



2. Remove the protective film from the sticker.



3. Attach the device on the right side of the body, below the collarbone. The other end of the cord on the left side of the body to the costal arch.



4. The measurement starts automatically when attached. Check that the green light is flashing. N.B. Light is best seen in the dark.

### NOTE:

You can also find instructions on attaching the device on Youtube under the name: Firstbeat Wellbeing Analysis – How to use the measuring device

Or link: [https://www.youtube.com/watch?v=PRsIWZHaYSA&ab\\_channel=FirstbeatGlobal](https://www.youtube.com/watch?v=PRsIWZHaYSA&ab_channel=FirstbeatGlobal)



Again, **it is forbidden to use the device in water**. The measurement resumes automatically when you reattach the device. You can use new stickers when reapplying as it is difficult to attach the device to stickers that are already on your body. To stop the measurement, disconnect the measuring device from your body (stops automatically).

**Stickers** are disposable. Change labels if necessary, eg. when showering or if they come off in the middle of the measurement. The electrode paste (saline) on the stickers can irritate the skin, so wipe the skin after removing the stickers. You can also slightly change the position of the stickers on your skin so that one spot doesn't just get irritated. If your skin gets too irritated, you can stop the measurement.

**Charging** the Firstbeat device: The Firstbeat device has been charged before the start of the measurement period. However, if the device runs out of battery (indication: the green light stops flashing) you can charge the device using a phone charger or computer. To do so you disconnect the bigger part from the rest which will reveal the USB part. While charging, the orange indicator light on the device flashes. When the device is fully charged, the orange indicator light stops flashing.

### **Questions or problems?**

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