

# Moodmetric smart ring – GETTING STARTED – DATA INTERPRETATION



MOODMETRIC

MANAGE STRESS BETTER

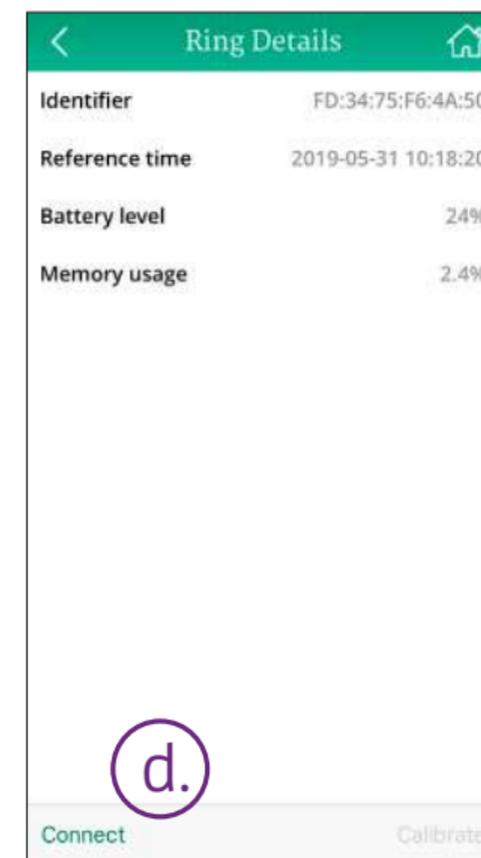
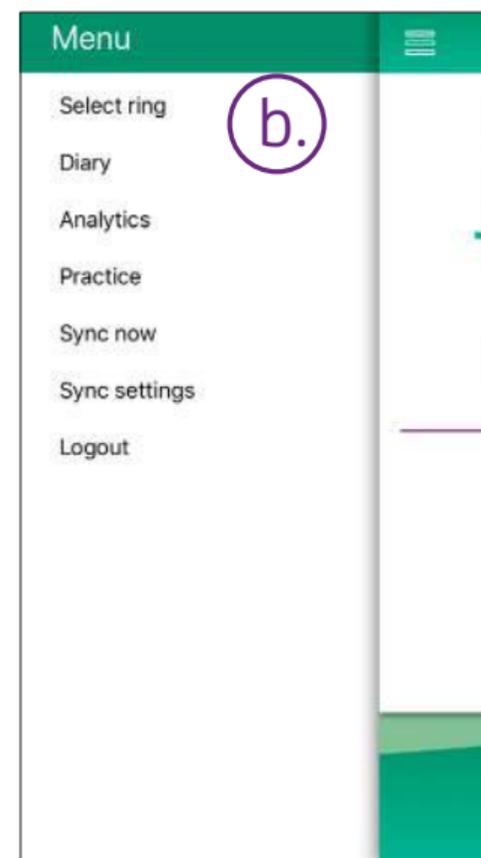
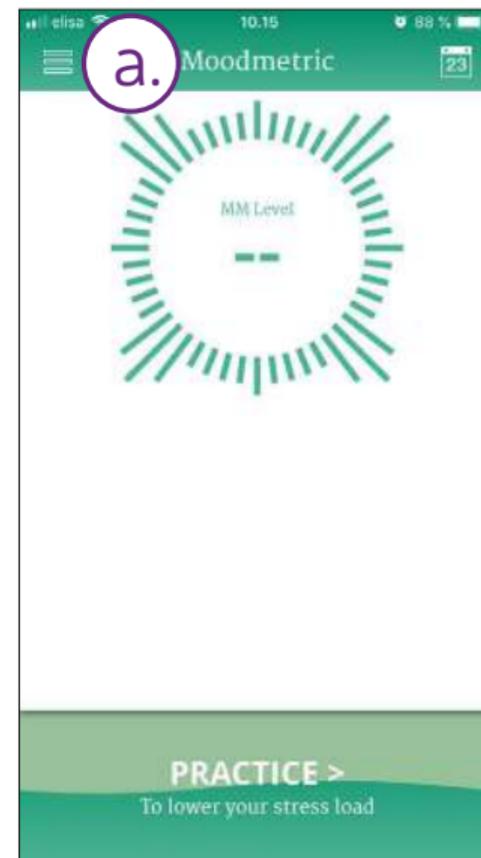


# Moodmetric smart ring

## GETTING STARTED

1. Charge the ring from its micro-USB port with the cable located in the box. An orange light will appear until battery is full (in about 2 hours).
2. Download the Moodmetric app for free from App Store or Google Play.
3. Make sure the bluetooth is turned ON on the device.
4. Wear the ring and go to the Menu (a).

- Choose **Select ring** (b).
- Choose your ring **Moodmetric-xxxx** (c)
- Tap **Connect** (d).

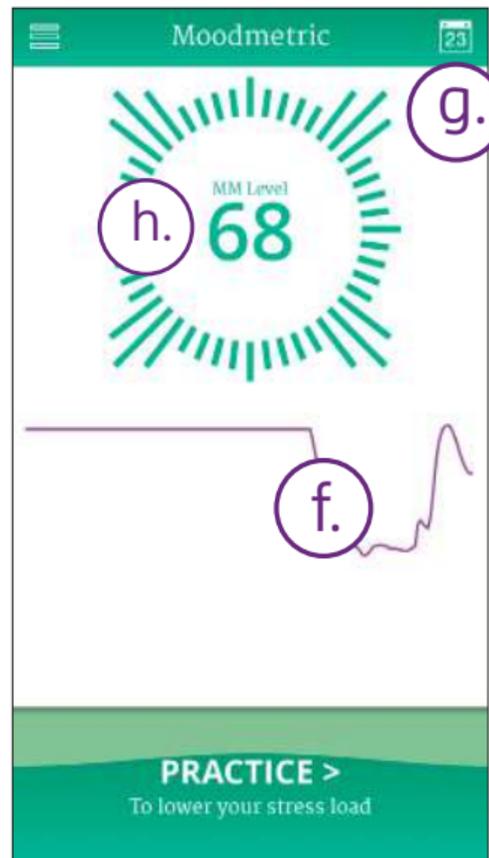
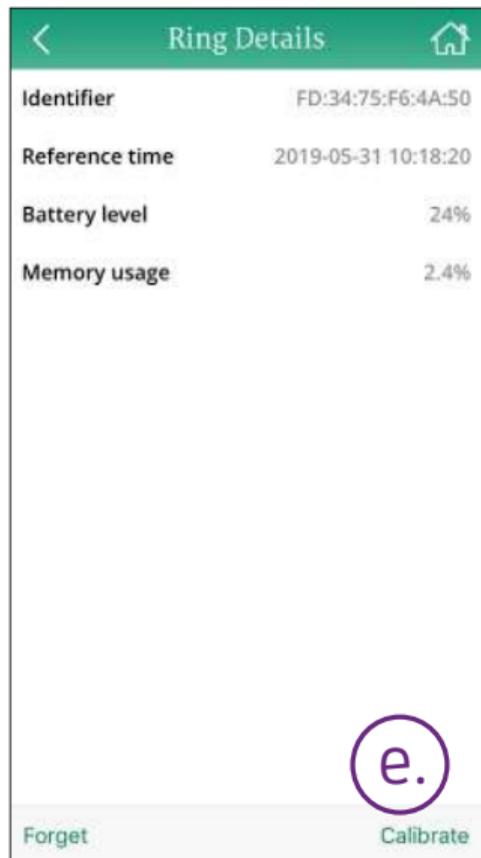


5. Choose again your ring from Menu and tap **Calibrate** (e).

Calibration is needed only when taking the ring to use or when changing the user.

Note: Calibration is successful if when returning to main screen the level is momentarily about 50. Calibration time is about 12 hours, during which the measurement adjusts to user.

Measurement starts when the **violet** real time curve begins to move on the screen (f).



## Using the Moodmetric smart ring

Download the data from the ring to the app by tapping the calendar icon (g). Do this at least twice a day.

Battery lifetime is about one week. Charge the ring at the latest when the charging level is 10%. You can check the level from Menu.

The ring is splash proof and can be worn even when sweating heavily. You can wear the ring while exercising, but take it off when e.g. washing hands or taking a shower.

# INTERPRETING the Moodmetric data

## Data storage

The ring measures continuously and stores the data. The mobile app does not need to be on or the phone near the ring. When the app is opened and the Calendar icon tapped, the data is downloaded from the ring to the app.

It is recommended that the data is downloaded from the ring to the app at least twice a day. You can then view the data as a diagram on a clock face (j).

## Moodmetric level (1-100)

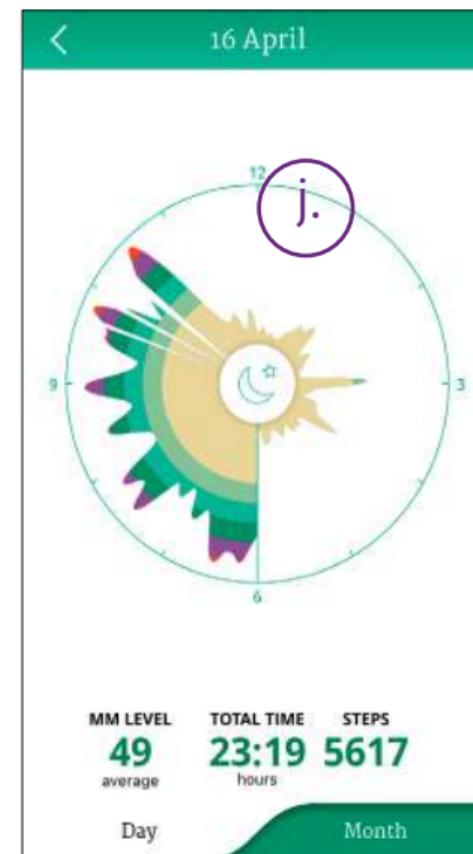
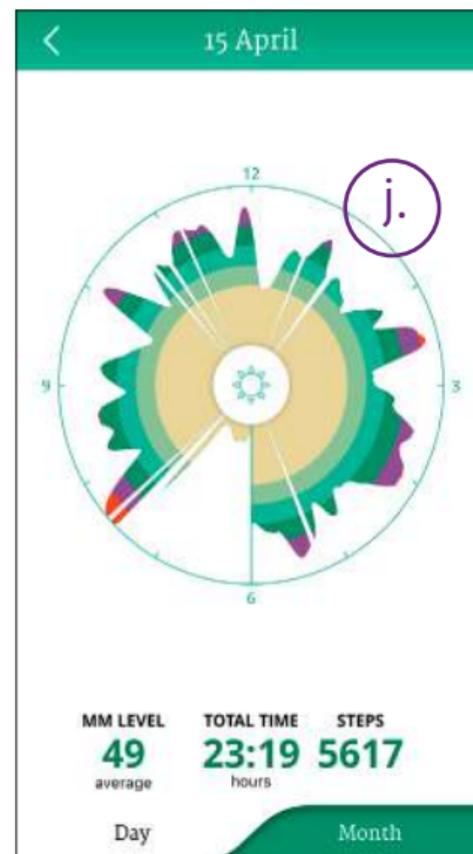
Real-time view at the app (h) shows the fluctuation of stress levels on a scale of 1 to 100. The higher the reading, the higher the stress level.

The level does not tell whether the stress is positive or negative. From physiological point of view, the body also needs recovery from positive stress.

The body might react strongly when cognitive load is high, but this does not always mean a clear emotional state.

## Real-time data

The Moodmetric level is derived from electrodermal activity raw signal (f) that is shown as a violet curve. Number 1 is the user's own lowest level. That can be achieved e.g. during deep state of relaxation. 100 is the maximum level indicating highest possible positive or negative stress.



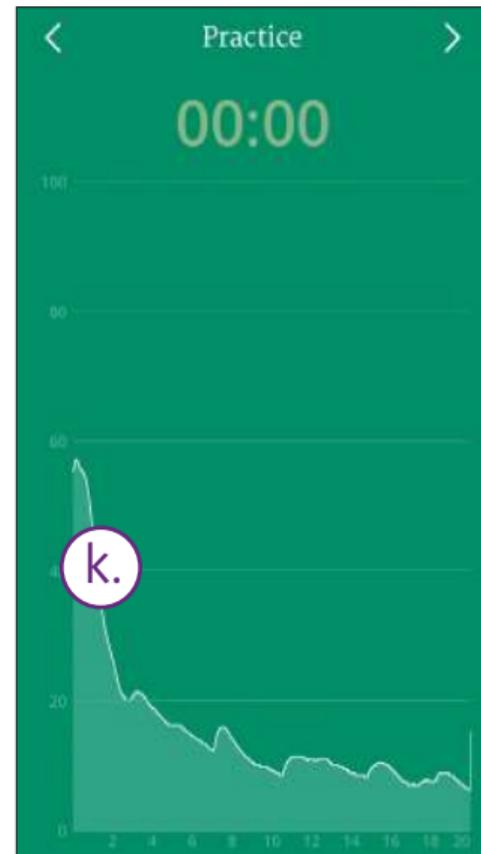
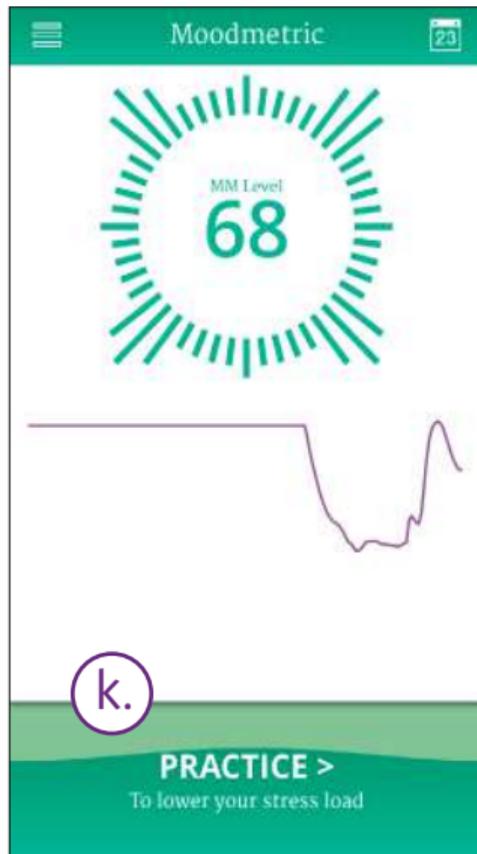
## Day time view 06-18 and night time view 18-06

The clear visualization of the app helps in recognizing stressful moments and times of recovery of both night and day. The closer to the outer circle the graph is, the higher the stress level, and vice versa. Highly fluctuating stress levels throughout the day are normal, as long as the highest levels are mostly recorded during time when awake. Large graphs with violet/red colour during night time might indicate poor recovery.

## Using the Practice feature

Practice (k) draws the stress level in real time. Use this feature e.g. together with a calming exercise.

A descending curve tells of recovery i.e. the sympathetic nervous system calms down. Below an example of a 25 minute meditation practice.



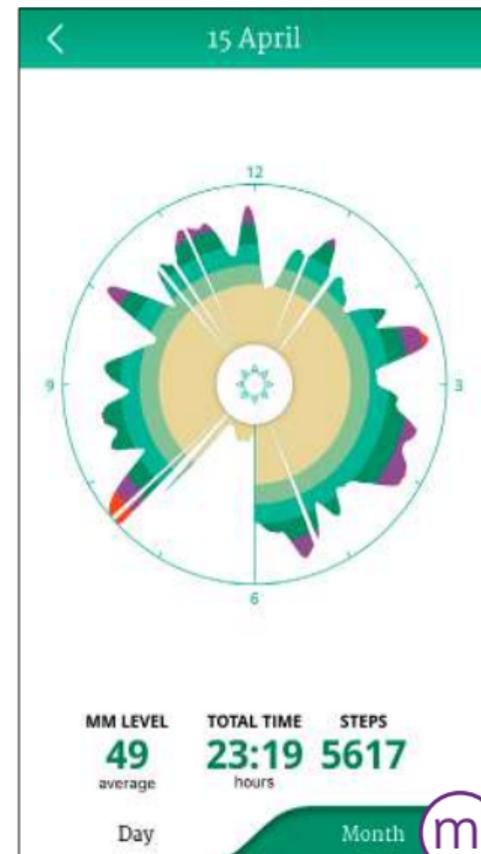
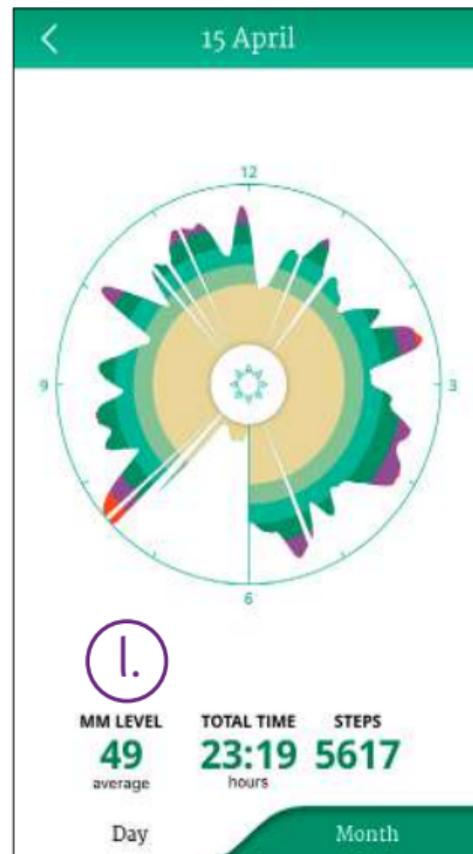
## Follow the Moodmetric daily average level

The most important figure is the MM level avg (l) i.e. the daily average of the Moodmetric level.

It tells of the balance of the autonomic nervous system of the past day.

A two week Moodmetric measurement gives a good picture of the overall balance of the autonomic nervous system. You can check the monthly average from the month view (m).

The Moodmetric data is accurate and real-time. A new user might have the tendency to over interpret the levels. A momentary high Moodmetric level might depend on several factors. It is advised to think of everything that might cause a stress peak, or a calm period, and observe the levels in repeated situations.



## 46-50

Daily average indicates balance of the autonomic nervous system. There is enough balance compared to load. Important is also to look how the load is divided throughout the day. Main load during the day, and a restful night is a sign of wellbeing.

## 51-55

Daily average is elevated, there is not enough recovery compared to load. Continued high stress levels can lead to chronic stress. Often adding one hour of sleep each night helps in lowering the daily average level back to normal.

## 56 or over

Daily average is significantly elevated. Stress might already be chronic. Often the user is aware of the high stress levels and continuous lack of recovery. Typically sleep disorders persist.

Abnormally low daily averages are rare. If the daily average is consistently below 45, the cause should be investigated to rule out technical issues. You can contact us [info@moodmetric.com](mailto:info@moodmetric.com)

## Moodmetric measurement is a tool for individual stress management

The Moodmetric measurement helps you to identify the stressors and calming factors in daily life. You learn to pay attention to gaining balance of load and rest every day.

All momentary levels of 1 to 100 are normal. No value is good or bad. The most important figure is the daily average (MM level average), that tells of the balance of mental load.

The Moodmetric measurement helps you to recognize your stressors and what makes you relax. You will find your individual ways to manage stress. You will learn to balance your autonomic nervous system to feel and perform better.

The Moodmetric ring and app is a unique and simple tool for you to measure your stress levels, providing information in real time and helping you to make the right decisions and take action to prevent stress building up.

The data provided by the Moodmetric smart ring motivates you to find your best ways to relieve stress. You will notice that your body needs to recover from excitement, too.

[More information at moodmetric.com/fi](https://moodmetric.com/fi)

