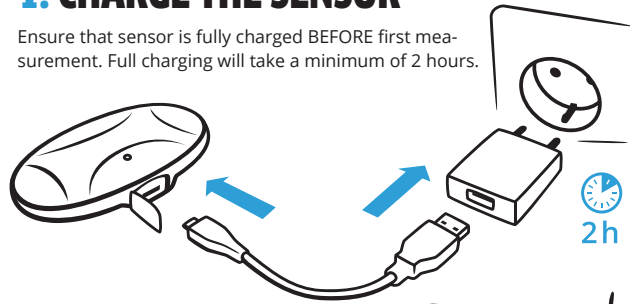


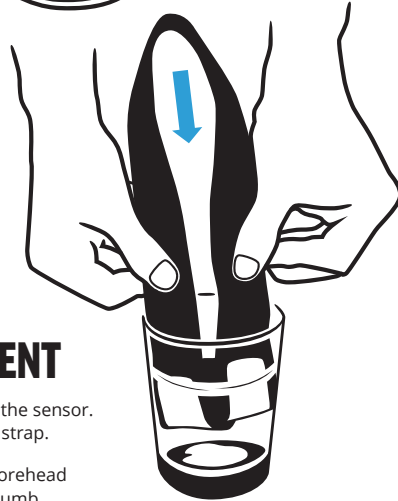
1. CHARGE THE SENSOR

Ensure that sensor is fully charged BEFORE first measurement. Full charging will take a minimum of 2 hours.



2. WET THE BELT

Immerse the electrode pads completely in water so that both pads are thoroughly soaked.

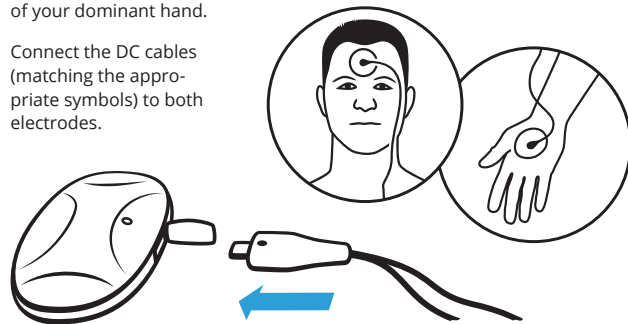


3. PREPARE DC MEASUREMENT

First, connect the DC cable to the sensor. Then, clip sensor to the chest strap.

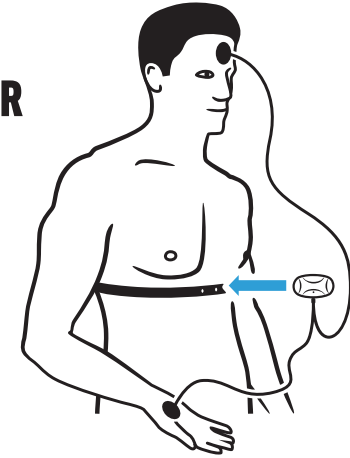
Place one electrode on your forehead and one on the base of the thumb of your dominant hand.

Connect the DC cables (matching the appropriate symbols) to both electrodes.



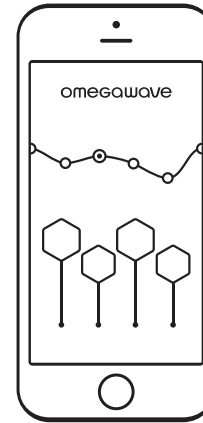
4. WEAR THE GEAR

Make sure the chest strap fits correctly—electrode pads should be positioned 15cm (6 inches) below each armpit.



5. PAIR THE SENSOR

Turn on your device's Bluetooth. Open Omegawave app. Go to Settings and press Select Sensor. Pair sensor and return to Start Measurement.



6. LIE DOWN AND MEASURE

Do the measurement in a quiet environment, with no distractions.

