



Cygnnet / NeuroAmp Combination Sensor

USER GUIDE SUPPLEMENT

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Welcome to Alive Pioneer for the NeuroAmp Combination Sensor

Using the Combination sensor allows you to train Heart Rate, Heart Rate Variability (known as Smoothness in Alive), Skin Conductance and Finger Temperature.

- 1) Make sure you have the latest version of Cygnet installed, and that you have your combination sensor attached to the right-most port of your NeuroAmp.**
- 2) Open Cygnet. If you have never before used your Combination Sensor with Cygnet you need to go to Settings -> Combination Sensor -> Enable Sensor Recording. You may need to restart Cygnet after enabling the Combination Sensor.**
- 3) Put the Combination Sensor on your finger with the cable near the base of your finger.**

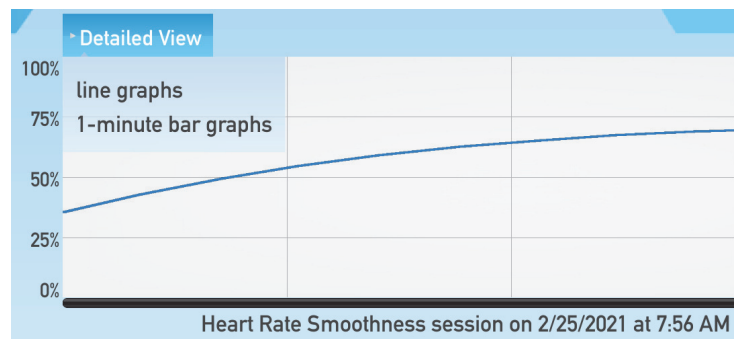
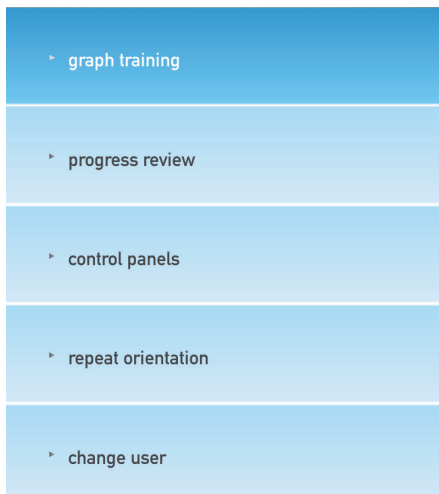


- 4) Press Play in Cygnet to start reading and sending Combination Sensor data. Alive can't read data from the Combination Sensor unless Cygnet is running.**
- 5) If you haven't yet activated Alive, install Alive from the link you received with your Alive serial number. Alive will ask for your serial number when opened.**

- 6) Open Alive (and activate if it's your first time opening Alive).
- 7) **Alive keeps track of users separately, so you'll need to create a new user name in Alive.**
- 8) Select a user. You will now arrive on the Alive Main Menu.

The Alive Main Menu

- 1) If you wish to view multiple measurements, press the **graph training** button from the left side of the Alive Main Menu.



- 2) **To review sessions**, press the **progress review** button, **click any session bar**, roll over **Detailed View**, then **choose line graphs or bar graphs**.
- 3) You can press the **repeat orientation** button to learn about Heart Rate Variability (Smoothness) and stress.
- 4) If you want to use Alive to train, you must choose which measurement to train (Skin Conductance, Temperature, Heart Rate Variability, etc.)



The **Feedback Dropdown** is located underneath the Alive Workshops section. It starts with a default of Heart Rate Smoothness (HRV).

5) To train in Alive, first choose which measurement you want to train in the **Feedback Dropdown (shown below set to Heart Rate Smoothness)** then choose any Alive Environment or Alive Game

Alive Workshops	Alive Environments	Alive Games
20% smoothness	20% smoothness	72% smoothness
54% last 3 sessions	20% last 3 sessions	72% last 3 sessions
used 45 times for 4 hours	used 6 times for 1 hour	used 10 times for 16 minutes

Heart Rate Smoothness (HRV) Smoothness Difficulty: Standard

Heart Rate Source: Cygnet Beat Detection

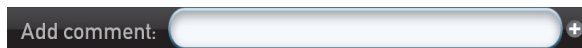
Graph Training

Alive includes many training graphs that allow you to view Heart Rate, Heart Rate Smoothness (HRV), Skin Conductance and Temperature.

Open graph training from the main menu, then choose a graph from the **change graph** drop down. You can add new graphs using the **add graph** button.

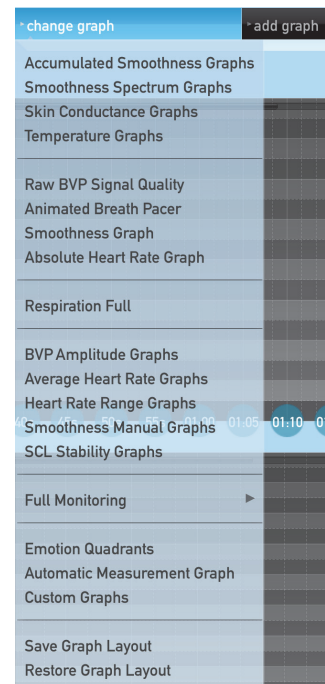
To view many different types of measurements at the same time, use the **Respiration Full** or **Full Monitoring** suite of graphs.

While training, you can **add comments in the upper-right corner comment box** by typing, then pressing the + symbol.



If you add a comment, for example “Starting paced breathing” this will create a session marker.

Session markers allow you to review, both visually and statistically, the marked sections of this session.



Some Custom Workshops automatically add markers. For example, **the review screen showing marked section statistics for the Stress Profile is shown below.** The Stress Profile can be run Alive Workshops -> Custom Workshops -> Stress Profile.



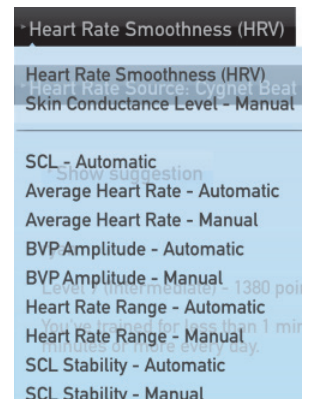
Manually Ranging Measurements

To learn more about training in Alive, please watch the Alive tutorial videos, or take a course that teaches about HRV, Skin Conductance and Temperature training.

The Alive Pioneer Features video includes examples of manually ranging measurements.

If you are training the Manual version of a measurement, for example Skin Conductance, you need to set the Starting and Target lines. This translates into the feedback in all environments or games. For example your car will go fast in Dual Drive when your measurement nears the target you have set.

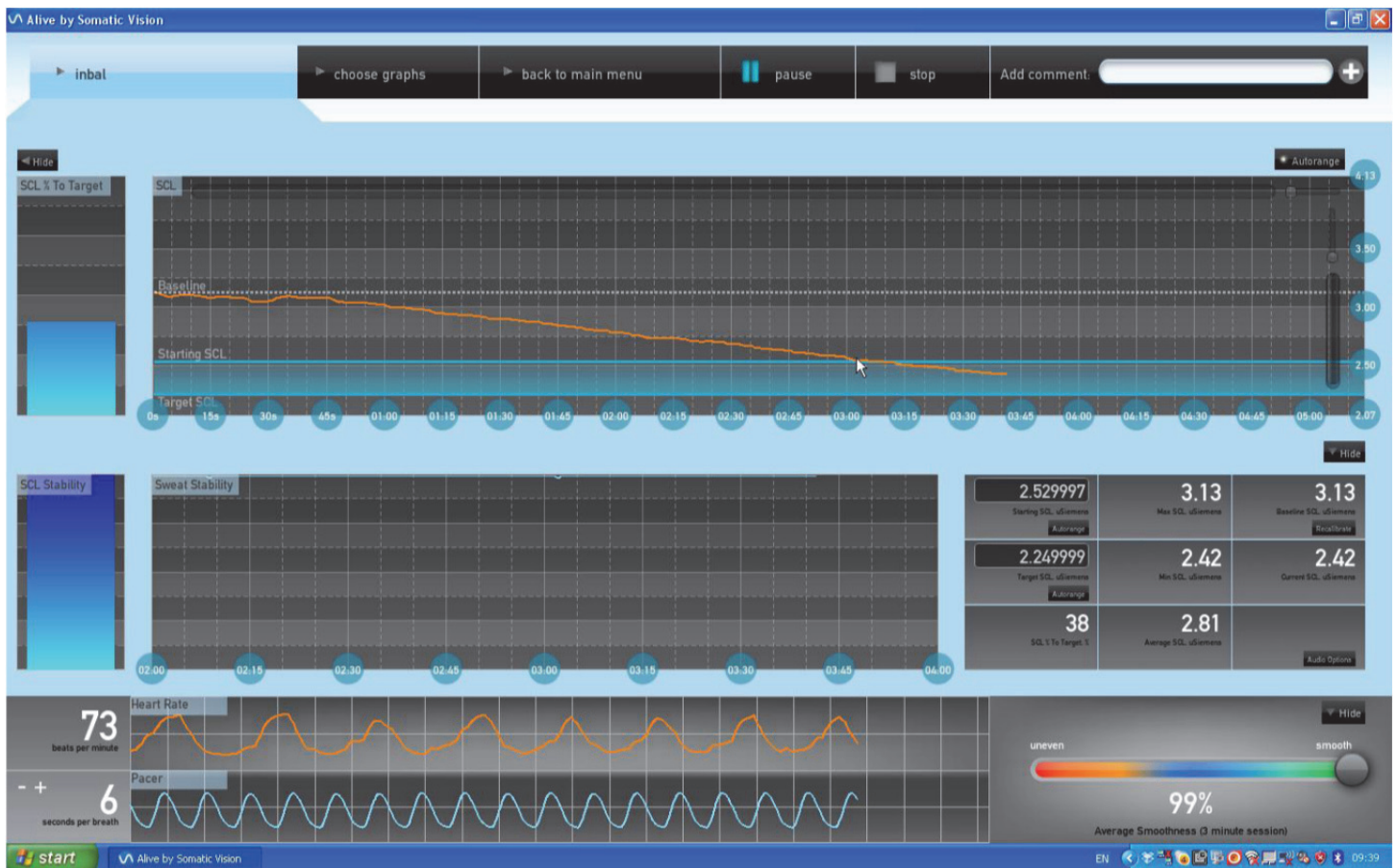
If you don't wish to set starting and target lines you can use the Automatic version of any measurement. Heart Rate Variability (Smoothness) also automatically sets starting and target values, which can be adjusted by changing the Smoothness Difficulty on the Alive Main Menu.



Heart Rate Smoothness (HRV)

Smoothness Difficulty: Standard

All measurements, such as Skin Conductance (SCL) and Temperature have dedicated graph training screens.



On the top main graph there is a blue area. You can drag the top and bottom lines to set the starting and target values. This determines your percent success as shown in the bar to the left of the main graph. **When using a manual measurement** (Temperature – Manual, SCL – Manual, etc.) **this percent success is what will be displayed as feedback** in any Alive Environment or Game, so make sure you set the Starting and Target values appropriately. They can be adjusted at any time using the separate graphing screen that automatically appears when starting an environment or game.

To learn more about Heart Rate and Skin Conductance training in Alive, press the **clinical guide** button (located at the bottom of the Alive Main Menu). The clinical guide mentions other, simpler sensors, but also applies to training heart rate and skin conductance using the Combination Sensor.

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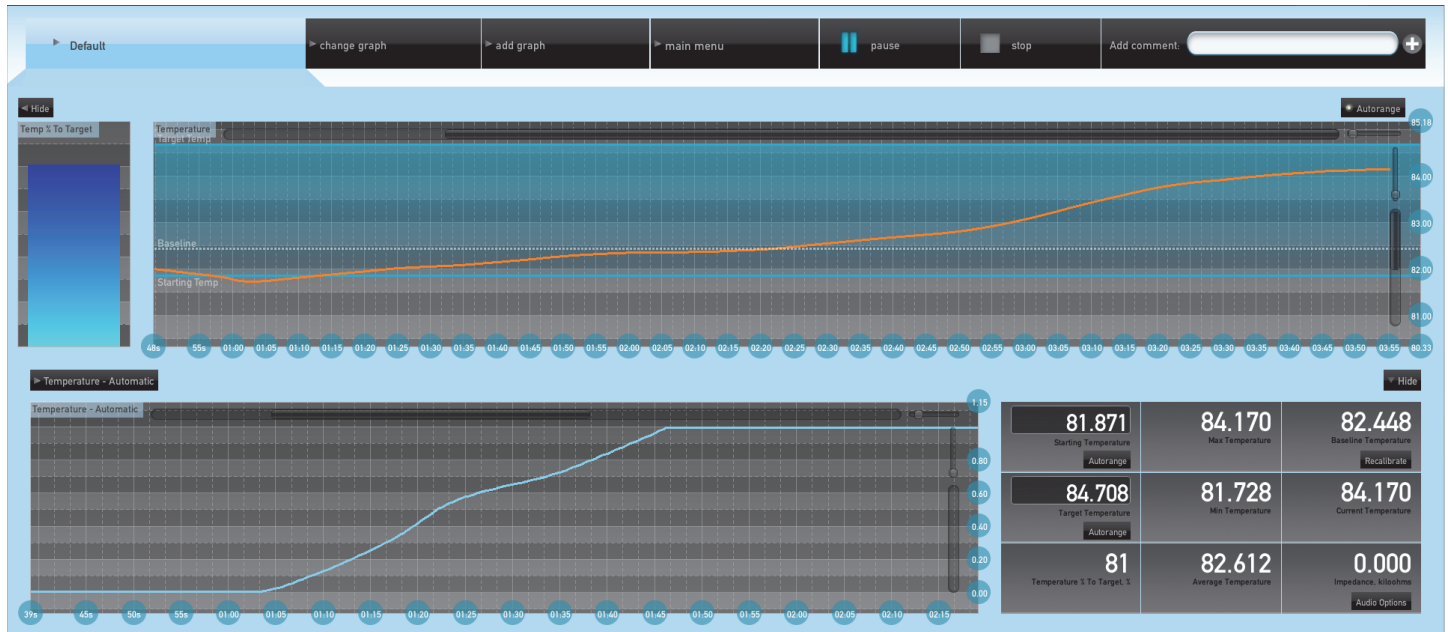
Temperature

Temperature in your hands increases when you relax. You can learn to increase your hand temperature dramatically.

This is a brief introduction to temperature feedback. To get the most out of temperature feedback you may wish to attend a biofeedback workshop that includes temperature training.

ATTACHING THE TEMPERATURE SENSOR

If the room is colder than your hands it may take up to 1 minute for temperature to calibrate.



WHY DOES RELAXATION CAUSE HAND WARMING?

Relaxation increases blood flow in your periphery, especially your hands. When you are anxious, your body draws blood inwards, to the organs, and to major muscles in the legs. This prevents possible bleeding from injury during a flight-or-fight scenario, and brings more blood to where it is needed.

HOW WARM CAN I MAKE MY HANDS?

Over time, many people can learn to warm their hands to 90-95°F (30-35°C). Normal starting hand temperatures vary widely from 65°F to 90°F (18°C to 30°C).

Everyone can learn to increase their hand temperature.

It isn't important to raise your hand temperature dramatically. You can have a successful session by increasing your hand temperature 0.5 or 1°F.

HOW DO I WARM MY HANDS?

It takes time to raise your hand temperature. Give yourself time for at least a 10 minute session, and know it may take many sessions to learn to raise your hand temperature dramatically.

Hand warming requires relaxation, and letting go of trying. **People often start to succeed when they stop trying.**

Try this:

Open the temperature graph in Alive: Attach the temperature sensor, hit play and wait a minute until the line stops moving. Then zoom in using the vertical zoom slider to the right of the main temperature graph.

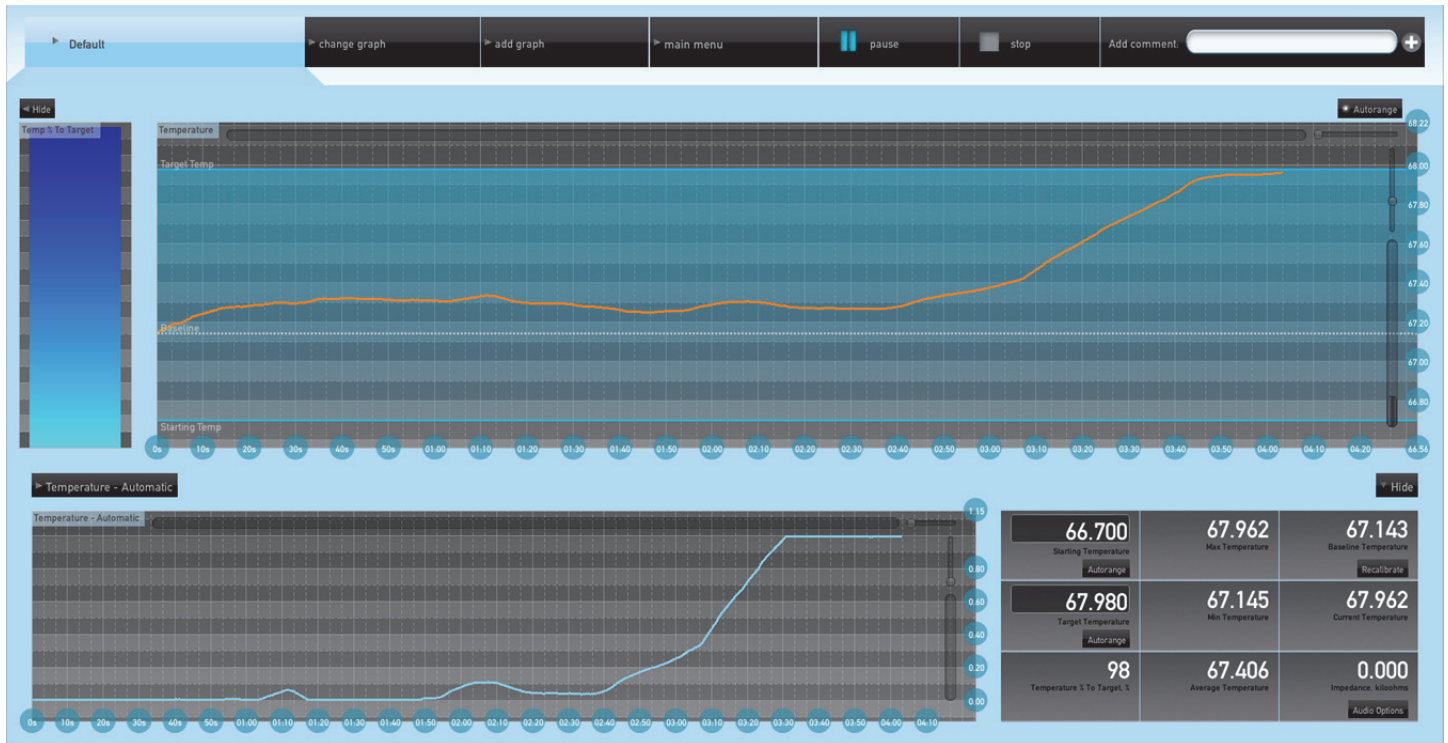
Experiment with decreasing and increasing your hand temperature. Relax your breathing. On each exhale gently breathe warmth down into your hands. Relax your body. Feel your muscles become heavy. Now stop trying to change your hand temperature, and just relax and watch the small changes in temperature.

The Cygnet temperature sensor is very sensitive, this makes it easy to start learning as you can see small changes in finger temperature and know that you are heading in the right direction.

TEMPERATURE GRAPH FEEDBACK

Open Alive, select a user, and then open Graph Training. Graph Training is available from the Alive Main Menu as the top button on the left side.

In Graph Training choose Temperature Graph from the “change graph” drop down menu.



TEMPERATURE GRAPH WORKSHOP

1. **Place the temperature sensor** on one of your fingers, using a Velcro finger strap to hold it in place.
2. **Wait for 30 seconds or until the temperature line stops rising.** It can take up to a minute for the temperature sensor to fully warm up when placed on your body.
3. **Use the vertical zoom slider on the right side of the main temperature graph to zoom in on the temperature line.** Very small changes in temperature can be measured, and zooming in will help you see when you start to succeed.
4. **Try to decrease your finger temperature.** Tense your body or think of things that upset you.
5. **Relax and do nothing.** After tensing it should be easy to relax. Don't try to relax, just stop tensing. Stop doing anything. **Notice if the finger temperature line rises.**
6. Now take a few minutes and relax further. **See if you can feel your hands warming.** Notice if you are trying and stop trying. Relax and see what happens. Tense and release your muscles. Breathe warmth down to your hands on each exhale. Stop trying to raise your hand temperature and turn your attention to something pleasant or boring. Over time you can learn to relax and warm your hands.
7. Click main menu to return to the **Alive Main Menu.**
8. **Select Manual or Automatic Temperature Feedback from the Feedback Drop Down.**
9. Go to Environments -> Petals of Light.
10. If you selected Temperature – Automatic, Petals of Light will open immediately. If you selected Temperature – Manual, you will now need to drag the starting and target lines on the main temperature graph. Set the starting line to be either where your temperature is now, or some value that you consider to be a low temperature. Set the target temperature to your desired final hand temperature, but don't set this too high, it will just make you frustrated.
11. Expand the mandala shapes by increasing your finger temperature.