



WHEN YOU ARE READY TO GO TO SLEEP

Follow the steps below when you are ready to begin using the Muse headband. Please ensure the tablet is muted during recordings.

1. Turn on the tablet (see page 3) and swipe up to open the Muse App.

2. Tap on 'Sleep' at the bottom of the screen (circled). If the screen is light, it will then darken and you will need to tap 'Sleep' again.

3. Turn on the Muse sensor pod using the power button (see where arrow is pointing).

When on, the orange lights at the bottom of the sensor pod will turn on.

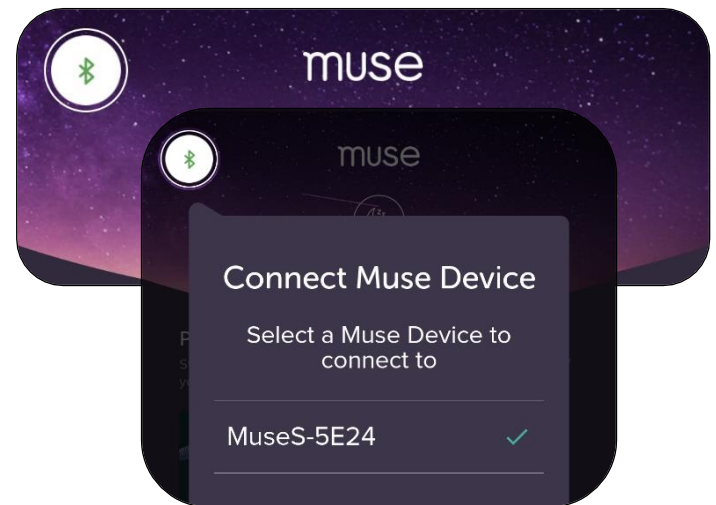
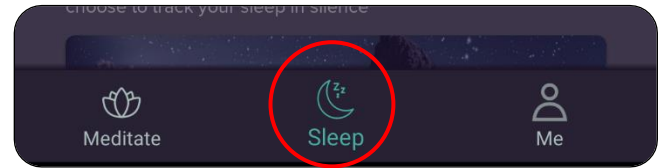
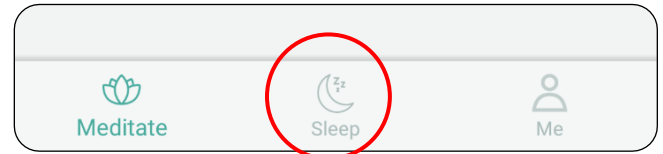
4. To make sure the Muse headband is connected to the tablet through the Bluetooth connection, tap on the Bluetooth symbol at the top left of the tablet touch screen.

It will either say it is connected (with the checkmark, as pictured) or offer to connect. If you need to connect, select the device on the list (starting with MuseS) to have it connect.



Instructional videos available here:

clsa-elcv.ca/sleep



If you require assistance, please contact us:



1-866-999-8303



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POSITIONING THE HEADBAND

5. Ensure the Muse logo is right side up, and the power button of the sensor is at the top, as pictured.



6. To put on the band, first open the magnetic clasp at the back. To do this, twist the two sides to break the magnetic connection.



7. Wrap the headband loosely around your neck and clasp at the front. Clip the magnets back together, then turn the band so that the sensor pod is at the front.



8. Raise the sensor pod up to your forehead and tuck the band behind your ears. **If you wear glasses, you will need to remove them to position the band.**



9. Adjust the headband so that the sensor pod is at the centre of your forehead.

Ensure that the headband is tight enough that it will not move throughout the night. It is important that the light brown sensors remain in contact with your skin behind your ears.

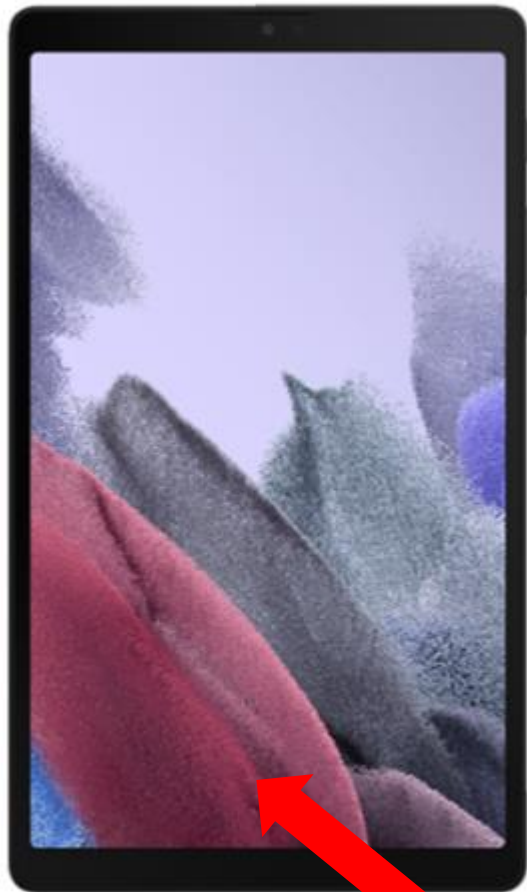


If you have long hair, it is recommended that you put your hair in a ponytail for a good fit. Avoid creams and oils.





QUICK START GUIDE TO USING YOUR TABLET



Power/Sleep button

- Press and hold to turn on. Hold until Samsung logo appears.
- Press and hold to turn off. Select “Restart” or “Power off.”

Volume control buttons

- Hold top button to increase volume.
- Hold bottom button to lower volume.



Tap the screen

- To “wake up” the device from power-save mode (i.e. a black screen). This mode does not affect data collection.



Scroll Up

- To launch the Muse application. Place your finger near the bottom of the screen and swipe up.

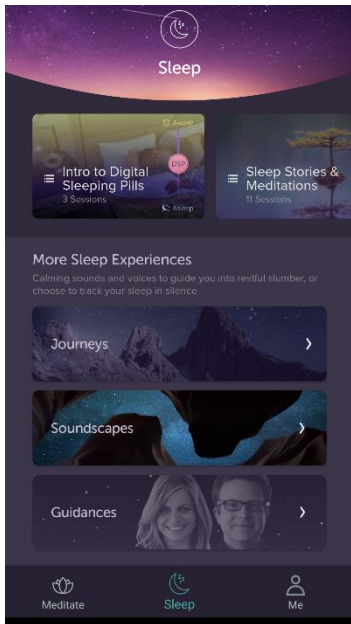


Navigation

- Touch your finger on the screen to move up or down.

Tip: If you encounter problems, restart the tablet using the power button.

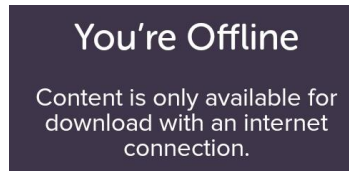




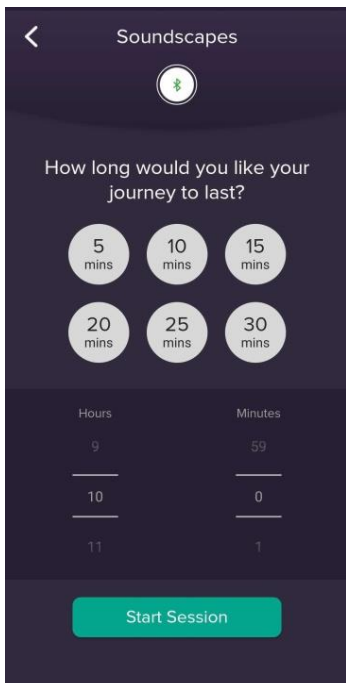
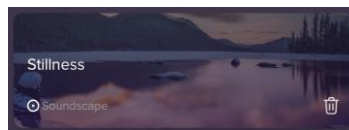
10. On the screen, scroll down to find the section 'More Sleep Experiences'. Tap on the 'Soundscapes' item.



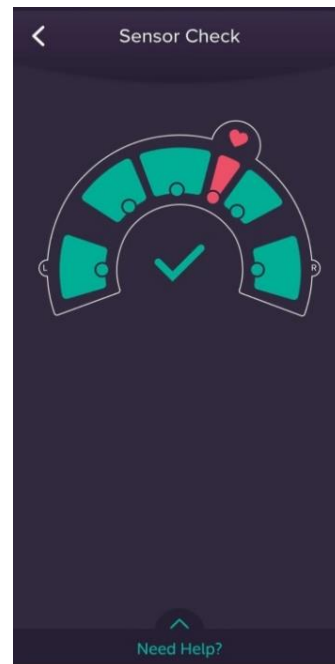
11. Select "Stillness" from the "Soundscapes" list. Tap the Play button.



If you see the 'You're Offline' message, you are still able to scroll down and select Stillness from the list.



12. Set the timer for 3 hours and then select "Start Session". If you hear any music playing, **please mute the volume on the tablet using the side volume buttons.**



13. The app will now perform a **sensor check**. This screen confirms a successful sensor check.

Upon successful sensor check, the session will begin recording.





Keep the tablet nearby and keep it plugged in overnight.

Before lying down, perform one last check that the headband is in good position. The app will prompt you to repeat the sensor check if the headband has lost connection during setup – adjust the headband if necessary. If there is no prompt to repeat the sensor check, you are ready to go to sleep. Complete steps 14 through 17 when you wake up in the morning.

**KEEP THE TABLET
PLUGGED IN OVERNIGHT
WHILE IN USE**



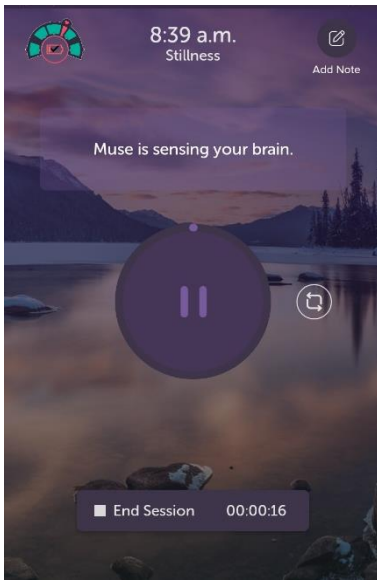
The screen of the tablet may remain on, and you can close the lid of the tablet cover overnight.

As long as the tablet is in the same room as you, you do not need it to be right beside you while you are sleeping.

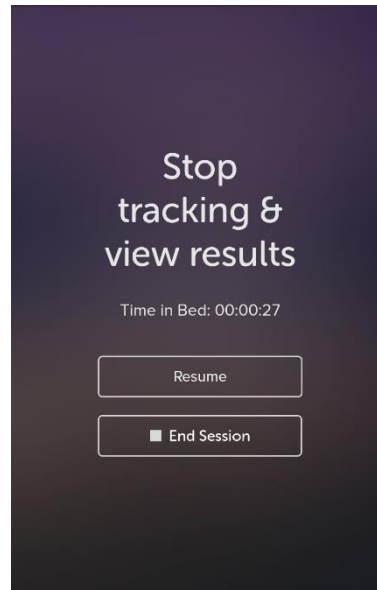




WHEN YOU WAKE UP



14. The session will continue, regardless of input time, until you end the session by selecting “End Session”.



15. Select “End Session”.



16. Select “Skip”.



17. Select “Save” located in the top right corner. The session is now complete and you may remove the headband.

The data will save even if you do not see or select the “Save” button.



Remember to wear the Muse headband for three nights in a row.





TROUBLESHOOTING

If the sensor check takes a long time or does not pass, check that all the sensors are in contact with your skin. The sensors touching your ears should always remain in contact with your skin with no interference from your hair. The forehead sensor should be centred on your forehead with the power button at the top.

If you find that the tablet has disconnected from the Muse headband, refer to Step 4 to re-establish the connection.

If you get up in the night, please check that the session is still running (the app will tell you if it has lost connection), and reconnect if necessary (step 13).

If you see that the session has ended, you can start a new one (steps 10 to 13).

You can tighten/loosen the headband by adjusting the strap found at the back near the magnetic clip. If it is difficult to adjust then you can remove the headband, make the adjustments, and repeat steps 5 through 9.

RETURNING THE SLEEP TRACKERS

After you have worn the wrist ActiGraph for at least 7 days and the Muse headband for 3 nights, follow the Tracker Return Instructions to send the devices back to the CLSA.

If you require assistance, please contact us:



1-866-999-8303



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Plug in the Muse and tablet each day to charge.

CHARGING THE MUSE AND TABLET

Follow the steps below each morning when you wake up and remove the Muse headband and stop the Muse application on the tablet.

1. Plug the charging cable into the tablet (the charge port is located on the bottom of the tablet).

Tablet charging port



2. Plug the Muse charging cable into the Muse pod.



Muse pod charging port

3. Plug both cables into the power adapter.



4. Plug the power adapter into the wall. You may need to fold the plug prongs out if they have been folded in (see picture).



You can leave both charging throughout the day.

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