MUSE Headband Instruction Card

The MUSE Headband senses brain signals (EEG) from which we can measure your sleep stages (REM sleep and deep sleep as examples), sleep quality, and heart rate during sleep. Please read these instructions carefully.

Start Date: The first night you are wearing the Axivity (wrist-band).

End Date: Wear the MUSE each night until you have successfully completed 3 nights. Do not wear during the day. Complete the MUSE Headband Feedback Survey the day after your final recording.

Problems?   Contact Andrew Centen at andrew.centen@sunnybrook.ca or (647) 608-9833

If you have long hair, it is recommended that you put your hair in a ponytail for a good fit. Avoid creams/oils and make sure hair is clean. The headband should be tight enough that it does not move throughout the night.

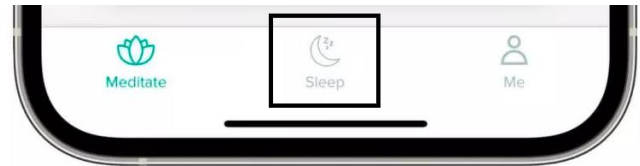| STEPS TO COMPLETE ANYTIME PRIOR TO 1ST RECORDING	
TURN ON THE IPOD Hold the power button for 5 seconds and let go – The Apple logo will appear.	
CONNECT TO WI-FI 1. Select Settings 2. Select Wi-Fi 3. Select your network from the list 4. Enter your password and select Join	
RETURN TO HOME SCREEN Press, very briefly, the home button - The home screen is blue with the Settings icon and Muse app.	
PLUG IN IPOD AND HEADBAND Plug in using supplied cables and charging cube in the room that you will be sleeping. Leave until bedtime. ***KEEP IPOD PLUGGED IN AT NIGHT WHEN RECORDING***	

STEPS TO COMPLETE IMMEDIATELY PRIOR TO BEDTIME

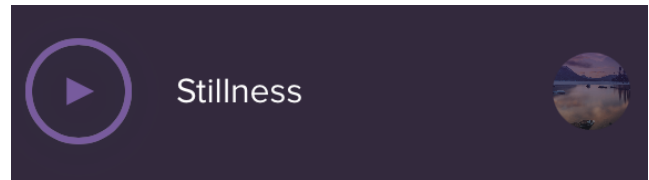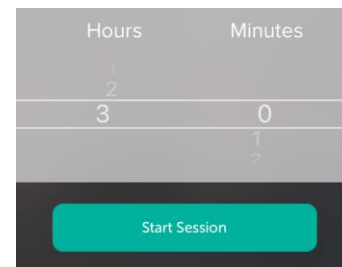|	
OPEN THE MUSE APP 1. Turn on the iPOD (if not on already) 2. Select <u>Muse icon</u>	muse
SELECT SLEEP The sleep icon is underneath "Start Session" <u>DO NOT SELECT "START SESSION"</u>	Meditate Sleep Me
SELECT SOUNDSCAPES Soundscapes is listed underneath *Journeys* in the *More Sleep Experiences* list. You may need to swipe up on the screen to find it.	Soundscapes >
SELECT STILLNESS	▶ Stillness
SET THE TIME TO 3 HOURS Underneath "Hours", swipe up until set to 3 hours 0 minutes, then select <u>Start Session.</u> SEARCHING FOR MUSE DEVICE… will appear. NOTE: it will record past 3 hours – <u>wear all night</u>	Hours Minutes 3 0 Start Session
TURN ON THE HEADBAND If headband is plugged in: Unplug the headband and it will be automatically powered on. If headband is not plugged in: Press the power button very briefly. If prompted to watch a video, <u>skip</u>.	muse POWER
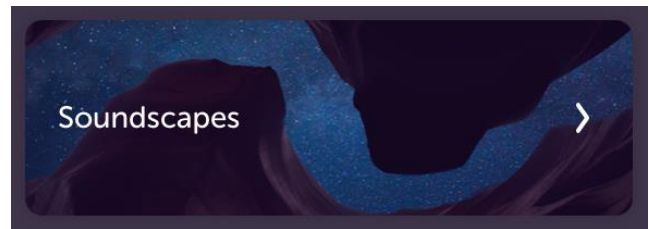
SIGNAL QUALITY CHECK

The signal quality check screen should appear. If it does not, press the power button on the headband again (you may need to press Start Session again too). Once on the signal quality check screen, it is time to put on the headband.

HOW TO WEAR THE HEADBAND

1. Connect the magnetic clasp of the headband so it is a complete circle
2. Power button pointing up, slide over your head and down around your neck, like a necklace
3. Then, slide the front of the headband up until it reaches the centre of your forehead
4. Slide the sides of the headband up until it rests behind the tops of your ears (where glasses would rest)
5. If the band is too tight or too loose, remove and adjust – the band should feel snug
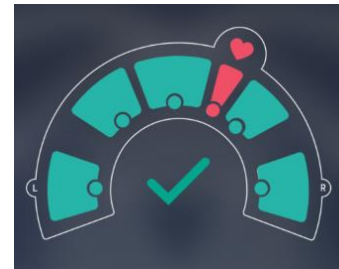
NOTE: The sides of the band need skin contact – the band should rest where your ear meets your head with as little hair between band and skin as possible
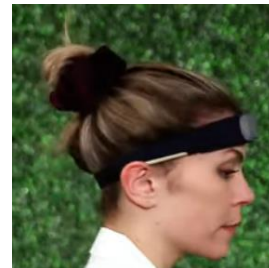
CONFIRM SENSOR CHECK

Once you are wearing the headband, sit still for 20 seconds. Wait until a green checkmark or the screen has advanced to Muse is sensing your brain.
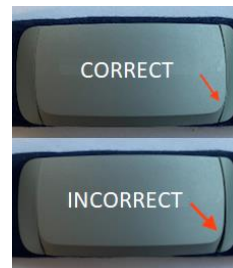
NOTE: Troubleshoot if necessary, see below.

TROUBLESHOOTING SENSOR CHECK

Sit still 20 seconds after trying any of the following:

1. Pull hair up and out from under band around ears
2. Push band down as far as possible behind ears
3. Alcohol pads to wash forehead and behind ears
4. Ensure correct attachment of sensor (no gaps)
5. Turn sensor off, then on again

GO TO SLEEP

When the screen reads Muse is sensing your brain, you can go to sleep. Ignore any further warnings, and do not look at the iPOD again until morning. Leave on, screen face down, plugged in the room you are sleeping.

STEPS TO COMPLETE IN THE MORNING
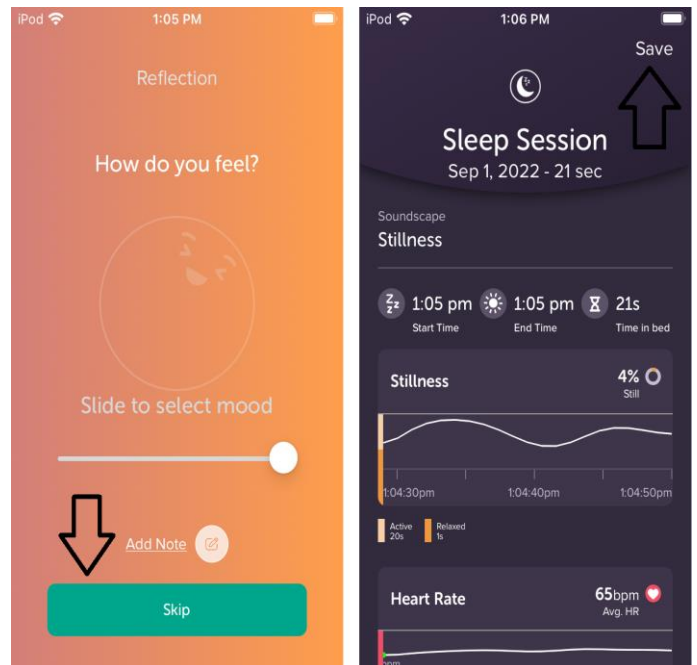
END SESSION

Select *End Session* and when prompted to Stop tracking & view results, select *End Session* again
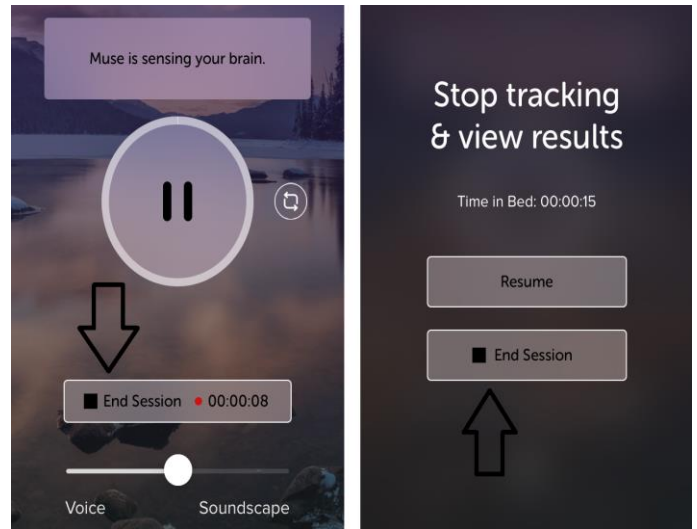
SAVE THE SESSION

Skip *How do you feel?* and then select *Save*.

NOTE: If prompted to connect to the Health App, select *Ignore* or *Cancel* or similar.

PLUG IN THE HEADBAND, REPEAT UNTIL YOU HAVE COMPLETED 3 NIGHTS

After selecting *Save*, you will be on a screen that says "Musing since". At this time, take off the headband and plug in until next night.

V2.0