



iFeel Sensor

USER GUIDE SUPPLEMENT

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Choose Your iFeel Sensor

There are two versions of the iFeel Sensor: USB and Bluetooth.

Read the section of the user guide that matches your sensor.

IFEEL BLUETOOTH SENSOR

If you have an iFeel Sensor with a rounded-square display, you have the **iFeel Bluetooth Sensor**.

Please **start reading from the iFeel Bluetooth Sensor section** on the 5th page.



IFEEL USB SENSOR

If you have an iFeel Sensor with a thin rectangular connector you have the **iFeel USB Sensor**. Remove the cap to expose the USB connection.

Please **start reading on the next page** to set up your iFeel USB Sensor.



IFEEL USB SENSOR

The iFeel USB Sensor is a highly accurate heart rate sensor that measures heart rate from a finger or ear. Depending on the package you purchased you may have a Clip Sensor (for your finger or ear) or a Soft Rubber Finger Sensor.

1) **Attach the Clip Sensor or Finger Sensor** to the thin rectangular iFeel USB Sensor. If you have a square watch-type connector with a display, skip to the iFeel Bluetooth Sensor section.

2) **Remove the cap** on the rectangular iFeel USB Sensor to expose the USB plug.

If you are using the Clip Sensor (shown to the right), attach the small white shirt-clip to the blue cable, about 10 inches down from the end of the Clip Sensor. When reading heart rate from your ear, attach the shirt-clip to your shirt or jacket to hold the Clip Sensor up, so that the Clip Sensor is not pulling down on your ear.



3) (Optional) **Attach the long USB extension cord** to the iFeel USB Sensor. The shorter mini-USB converter is for use on Android devices.



4) **Alive 2.6 or higher must be installed before you attach the iFeel USB Sensor to your computer!** Once Alive is installed, plug the iFeel USB Sensor into a USB port on your computer.

5) **Place the heart rate sensor on your ear, or on the middle or index finger of your non-dominant hand** (your left hand if you are right-handed).

6) **Open Alive and start training.**

Clip Sensor Information

The Clip Sensor can be placed on your finger or ear. The ear is convenient but has some limitations.

- 1) If you are measuring heart rate from your ear, make sure to attach the white shirt-clip to hold the Clip Sensor up!**
- 2) The signal is much stronger on the finger, so if you are getting movement errors move the clip to your finger or use a Finger Sensor. The Clip Sensor works best when the red light is placed on top of your finger nail.**
- 3) To measure SpO2 in Alive, use the Finger Sensor or place the Clip Sensor on your finger. SpO2 can only be measured correctly from the finger (not the ear)!**
- 4) If you are training BVP Amplitude you must place the Clip Sensor on your finger or use a Finger Sensor. BVP Amplitude cannot be read from the ear.**

iFeel USB Troubleshooting

I OWN ALIVE PIONEER WITH A GP8 AMP – HOW CAN I USE THE IFEEL SENSOR WITH THE GP8 AMP

From the Alive Main Menu open the Heart Rate Source dropdown and select BVP – iFeel Bluetooth.

FINDING THE IFEEL SENSOR COM PORT

When opening Alive, if you see a message **Connecting to the iFeel Labs Sensor...** your computer has not found your iFeel Sensor. You may also see a dialog box that says **Searching for your iFeel Labs Heart Rate Sensor** which also indicates your computer has not found your iFeel Sensor.

If you see a button **Change iFeel COM Port** click that button and Alive should now find your iFeel Sensor.

If you do not see this button open the **Alive Main Menu**, click **Graph Training** from the left-side buttons, then click **Play**. You should now see the **Searching for your iFeel Labs Heart Rate Sensor** dialog. When you do, click **Change iFeel COM Port**.

If this still doesn't work, and you are using Windows, you may need to reinstall the iFeel USB Drivers. Please download and run this Cypress Driver Installer:

http://www.somaticvision.com/downloads/public/CypressDriverInstaller_1.exe

THE HEART RATE LINE STAYS RED (OR MOSTLY RED) IN ALIVE – OR – FEW OR NO BEATS ARE DETECTED

Place the iFeel Sensor so the red light is on top of your fingernail! The signal is stronger when the red light is on top of your fingernail (there is another, infrared light shining from below). If the sensor doesn't work when placed with the red light on your fingernail can try rotating it so the red light is under your fingertip. Make sure the sensor is not too loose or tight on your finger. Try both of your sensors to make sure the problem is not the sensor.

If you are measuring heart rate from the ear, try moving the same clip sensor to your finger. You can also turn the sensor around on your ear, or try different parts of your ear. You shouldn't need to do this, but some users have reported that placing a thin piece of paper or between the sensor and ear has improved the connection if they were unable to get a good signal.

IFEEL BLUETOOTH SENSOR

The iFeel Bluetooth Sensor is a highly accurate heart rate sensor that measures heart rate from a finger or ear. **Your computer must have Bluetooth to use the iFeel Bluetooth Sensor.**

- 1) Attach the Clip or Foam Sensor to the iFeel Sensor (“Biosense Sensor”). **Place the iFeel device on the table, your lap, or wear it as a wrist-watch.**



- 2) **Place the heart rate sensor on your ear, or on the middle or index finger of your non-dominant hand** (your left hand if you are right-handed).
- 3) Press the ON/OFF button to turn on the iFeel Sensor. **To turn off the iFeel Sensor hold the ON/OFF button for 5 seconds.**
- 4) **If the battery is low, remove the heart rate sensor and attach the charging cable. For quick charging use a 1 Amp or higher wall charger. To view the battery indicator, remove the charging cable and turn the sensor on.**
- 5) A short press on the ON/OFF button will bring up the Settings screen. On the Settings screen a short press moves to the next setting, a long press changes the setting. To exit the Settings screen make short presses on ON/OFF until you get to Exit, then do a long press to exit. **The Bluetooth setting must be set to On to connect with Android devices!**
- 6) **The finger sensor red light works best when directly on top of your finger nail.** The sensor can be oriented so the cord extends towards or away from



you. **Adjust the velcro on the finger sensor so it is snug**, but not very tight. The sensor should be in constant contact with your finger with no gaps.

- 7) The iFeel Sensor displays SpO2 on the left side, and average heart rate on the right side. **SpO2 can only be measured correctly from the finger (not the ear)!** If you wish to measure or train SpO2 or average heart rate you can do this directly using the iFeel Sensor's built-in display.
- 8) **Open Alive and press Bluetooth** (or the Enter key on your keyboard). You must press the Bluetooth button each time you open Alive to use with the iFeel Sensor. If you own a GP8 sensor and have it attached Alive will load without this prompt.



- 9) Once Alive opens choose a user. If Alive opens to the main menu choose Graph Training under Alive workshops and start a session. Once a session is running, Alive will help you connect the iFeel Sensor to your computer's Bluetooth.

Follow the steps explained in Alive or follow the Pairing the iFeel Sensor section below.

- 10) For heart rate or smoothness training the Clip sensor can be placed on your finger or ear. **Please see the iFeel USB Section "Clip Sensor Information" if you want to use the Clip Sensor on your ear! The signal is much stronger on the finger, so if you are getting movement errors move the clip to your finger or use a finger sensor.** For the strongest, most movement tolerant signal, purchase an "Extra Adult Movement Tolerant Finger Sensor" from <http://www.somaticvision.com/iFeel/>
- 11) Important note for BVP Amplitude training: **If you are training BVP Amplitude you must place the Clip sensor on your finger or use a finger sensor.** BVP Amplitude cannot be read from the ear.

iFeel Bluetooth Troubleshooting

IFEEL SENSOR NOT FOUND OR NOT CONNECTED

If your computer has never connected to this iFeel Sensor, follow the **Pairing the iFeel Sensor** and **Finding the iFeel Sensor COM Port** sections below. You can watch a video tutorial at: <https://youtu.be/aV8NM6Zl0Xw>

If your iFeel Sensor is on but Alive does not find it, press and hold the ON/OFF button for 5 seconds to turn your sensor off. Then turn your sensor on again.

Make sure Bluetooth is on in the iFeel Sensor settings screen! Turn your iFeel Sensor on, then tap the ON/OFF button to enter the settings screen. If bluetooth shows off, then use short presses on the ON/OFF button to highlight bluetooth: Off. Once bluetooth: Off is highlighted a long press on the ON/OFF button will change bluetooth to On. You can then use one more short press on the ON/OFF button to highlight Exit, and a long press to exit the settings screen.

If you have connected your iFeel Sensor to another nearby computer or device, please turn off or move that device to free the iFeel Sensor to connect to this computer.

If this doesn't help you may need to open Bluetooth Settings to remove and pair the iFeel Sensor again.

If you open the Alive Main Menu and start a Graph Training session, Alive will scan for your iFeel Sensor and give you further connection instructions.

MY COMPUTER DOESN'T HAVE BLUETOOTH

Somatic Vision does not provide support to help add Bluetooth adapters to computers without Bluetooth. Please follow these steps and seek professional assistance if needed.

- 1) Purchase a Bluetooth USB Adapter (preferably one with good reviews from a major name brand). There are many low quality Bluetooth adapters, and many come with poor or trial software. Avoid any adapter that ships with or uses BlueSoleil. Adapters that use Broadcom drivers seem to work well.
- 2) We have tested the IOGEAR Bluetooth 4.0 USB Micro Adapter on Windows 7.
- 3) Regardless of which adapter you purchase, ignore the drivers sent with your adapter (on CD). **Always ignore the included CD and download the latest version of the drivers from the manufacturer's website.** Drivers sent on CD can contain "bloatware" (as is the case with the IOGEAR's drivers on CD) and are often outdated. If you purchased the IOGEAR Bluetooth 4.0 version GPU521 the current download link for the drivers is: <https://www.iogear.com/product/GBU521/>
- 4) Follow the instructions sent with the adapter to pair the iFeel Bluetooth Device. **If two iFeel Bluetooth devices are shown, pair the one that shows a picture of a headset, or says "headset."** The pairing instructions that Alive (and this user guide) include don't apply if you are using a separate Bluetooth adapter.

PAIRING THE IFEEL SENSOR

To Pair (in any version of Windows), first attach the iFeel Sensor to your finger or ear, then turn it on (it may turn off if not attached to your finger or ear).

WINDOWS 8 AND ABOVE: Click the Start Menu button, type "bluetooth settings", then click Bluetooth Settings. In Bluetooth Settings find the "iFeel Labs" device and click pair. **If there are two iFeel Labs devices shown, pair the one showing a headset.**

WINDOWS 7: Click the Start Menu button, type "devices and printers", then click Devices and Printers. In Devices and Printers click Add a device, find the "iFeel Labs" device and pair it. If there are two iFeel Labs devices shown, pair the one showing a headset.

WINDOWS XP: Click Start, click Run, type bthprops.cpl, and then click OK. In Bluetooth Settings, click Add. In the Add Bluetooth Device Wizard, click to select the My device is set up and ready to be found check box, and then click Next. If there are two iFeel Labs devices shown, pair the one showing a headset.

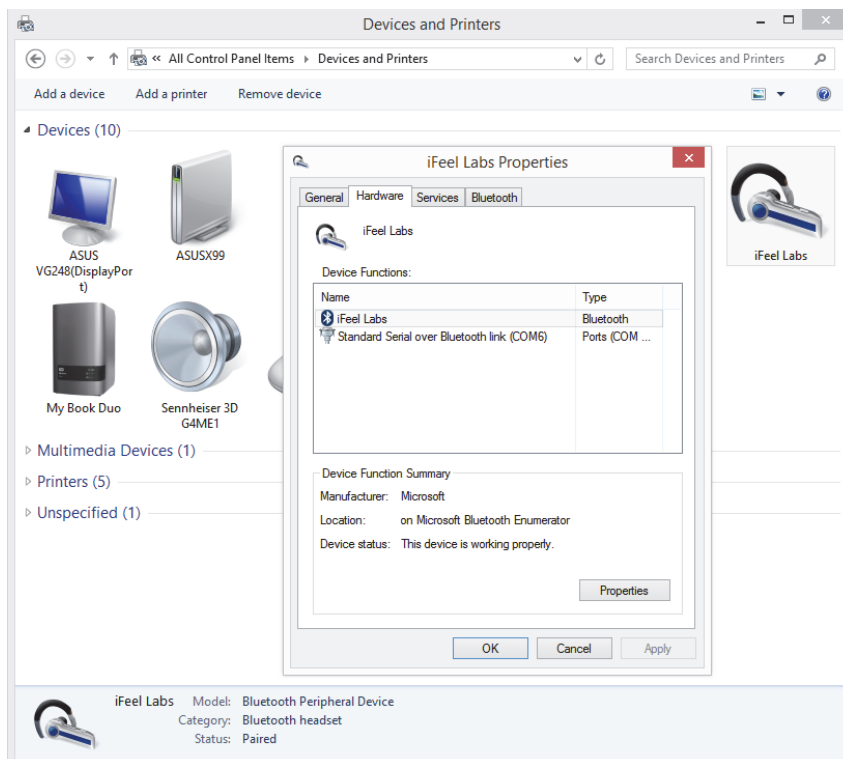
IF YOU ARE USING A SEPARATE (NOT BUILT-IN) BLUETOOTH ADAPTER: Follow the instructions that come with the adapter for pairing devices. If there are two iFeel Labs devices shown, pair the one showing a headset.

FINDING THE IFEEL SENSOR COM PORT (AFTER PAIRING)

After pairing, the iFeel Sensor is assigned two COM Ports. These COM Ports should not change during normal use.

To find and save your COM Port, start a graph training, orientation, or workshop session in Alive. Alive will scan COM Ports from 20 down to 3 looking for your iFeel device.

If Alive can't find the COM Port you will need to manually enter it. To manually enter the COM Port number you need to find out which COM Port the iFeel Labs device is using. Open Control Panel -> Devices and Printers to find your iFeel Labs device. If you do not see the device, it may not have been correctly paired. Right click the iFeel Labs device and click Properties. In the Hardware tab you will see the COM number. For



example, in the Devices and Printers image here, in the iFeel Labs Properties window, we see Standard Serial over Bluetooth link (COM6) so the COM Port number is 6.

An alternate way to find the COM Port number is by using Device Manager (click Start, then type "device manager", then click Device Manager). In Device Manager click the triangle to expand Ports and find Standard Serial over Bluetooth link. For example, if you see "Standard Serial over Bluetooth link (COM5)" and "Standard Serial over Bluetooth link (COM6)", in Alive click "Manual COM Port" then try "5" or "6". If you can't find Ports, or "Standard Serial over Bluetooth," try un-pairing and re-pairing the iFeel Labs device.

THE IFEEL LABS DEVICE IS CONNECTED BUT IS SENDING BAD DATA

If you are able to connect to the iFeel device, but you get bad data please check the Port Settings for your COM port. Open Device Manager (click Start, then type "device manager", then click Device Manager) then double click the "Standard Serial over Bluetooth" port(s) that the iFeel device is using. Click on the Port Settings tab and ensure the settings are Bits per second: 9600, Data bits: 8, Parity: None, Stop bits: 1, Flow control: None. **If you change Port Settings please write down the prior values in case you accidentally modify port settings for a different device and need to revert the changes.**

I OWN ALIVE PIONEER WITH A GP8 AMP – HOW CAN I USE THE IFEEL SENSOR WITH THE GP8 AMP

From the Alive Main Menu open the Heart Rate Source dropdown and select BVP – iFeel Bluetooth.

THE HEART RATE LINE STAYS RED (OR MOSTLY RED) IN ALIVE – OR – FEW OR NO BEATS ARE DETECTED

Please first check your sensors, then check the Bluetooth connection and adapter.

CHECK SENSORS: Place the iFeel Sensor so the red light is on top of your fingernail! The signal is stronger when the red light is on top of your fingernail (there is another, infrared light shining from below). If the sensor doesn't work when placed with the red light on your fingernail can try rotating it so the red light is under your fingertip. Make sure the sensor is not too loose or tight on your finger. Try both of your sensors to make sure the problem is not the sensor.

CHECK BLUETOOTH CONNECTION: Problems with the Bluetooth connection can result in a red heart rate line, missing beats, or strange raw Blood Volume Pulse displays. **Try restarting Alive and restarting the iFeel Sensor.** If restarting doesn't help, you need to verify your COM settings:

- 1) Open Alive with the iFeel Sensor off. Run a graph training session. You will see Waiting for iFeel heart rate sensor data on COM [x]. Write down that COM port number. Close Alive.
- 2) Open Device Manager (click Start, then type "device manager", then click Device Manager). In Device Manager click the triangle to expand Ports and find Standard Serial over Bluetooth link. You should see the COM port you wrote down in step 1. For example, if you wrote down 5 look for "Standard Serial over Bluetooth link (COM5)".
- 3) Double click on the "Standard Serial over Bluetooth" port, click on the Port Settings tab and ensure the settings are Bits per second: 9600, Data bits: 8, Parity: None, Stop bits: 1, Flow control: None. You may need to also do this for the other Standard Serial over Bluetooth ports. If you change Port Settings please write down the prior values in case you modify port settings for a different device and need to revert the changes.

CHECK BLUETOOTH ADAPTER: If you have never had a good signal in Alive on this computer the Bluetooth adapter may not be functioning correctly. See the My Computer Doesn't Have Bluetooth section below.

MY IFEEL SENSOR SHOWS CHARGING EVEN AFTER I REMOVE IT FROM THE CHARGER

Take the USB charging cable and the iFeel Sensor and walk outside or into another room, away from your Bluetooth computers, tablets, or phones. **With the thin USB side of the charging cable not connected to any charger** plug the charging cable into the iFeel Sensor, wait one second, and then remove the charging cable from the iFeel Sensor.



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