

Optimize your Sleep with Hexoskin

This document will help you determine which positions you sleep in. It is important to always insert the Hexoskin device the same way into the side pocket of the Shirt. This will allow you to compare different sets of data overtime.

How to position your Hexoskin Device

Place the device in the pocket with the leds facing outward. This leaves 4 possible device orientations that are shown in the table aside. The most ergonomic and often used orientations are **1** and **2**.

The different positions recorded by Hexoskin are called **P1**, **P2**, **P3**, **P4**, and **P5** in your dashboard: my.hexoskin.com.

They each represent one of the following: standing or sitting (always **P5**), lying on your back, on your belly, on your left side, and on your right side. Your online dashboard displays the times spent in each position and the number of times you changed positions.

For example, if the device is in the orientation 2 in your pocket (see the example image on the right), the 1st position (**P1**) is associated with lying on the belly, **P2** on the back, **P3** on the right side, **P4** on the left side and **P5** for standing or sitting. If the device or the garment moves during the night, this could affect the position detections.

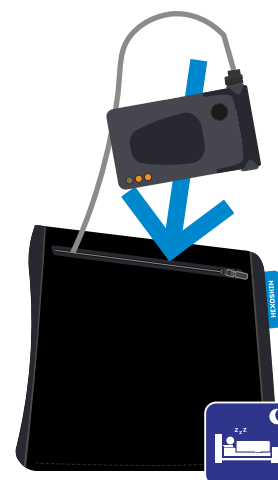
Plug the Device to the Shirt

Unzip the shirt pocket and pull out the shirt connector.

With your right hand, hold the Device with the button and lights on the Device facing you. With your left hand, plug in the shirt connector into the Device.

Place the Device in the pocket in the horizontal position with the wire upward and the light outward, then zip up the pocket.

Example: Orientation 2



4 possible device orientations

P1 Back	P1 Belly	P1 Belly	P1 Back
P2 Belly	P2 Back	P2 Back	P2 Belly
P3 Right	P3 Right	P3 Right	P3 Right
P4 Left	P4 Left	P4 Left	P4 Left
P5 Standing or sitting	P5 Standing or sitting	P5 Standing or sitting	P5 Standing or sitting