

MUSE HEADBAND INSTRUCTIONS FOR RESEARCH PARTICIPANTS

The headband is a wearable device that measures brain activity and heart rate during sleep.

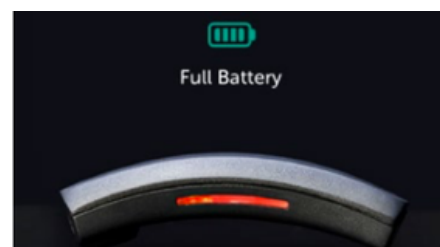
Please complete the following steps 40 minutes before your target sleep time. Please watch the video “Muse Instructions ENG” which can be found here: <https://www.youtube.com/@SleepResearchLab> and follow the written instruction provided below.

View
video



Before putting the headband on

- Ensure the grey pod is **fully charged** by plugging it into a power outlet with the provided charger every morning.
- Please **wash your face** before putting the headband on. If you wear makeup, please use a makeup remover before putting the headband on. Do not put on skin moisturizer or any creams on the forehead, or above the ears where eyeglasses would sit.
- **DO NOT wet, submerge, expose to extreme temperatures** or prolonged periods of sunlight the equipment lent to you.



Fitting the headband to your head

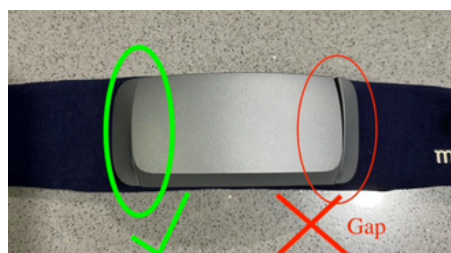
1

Ensure that the **grey pod is well connected** to your headband

Like this:



NOT like this:



Please **do not remove the grey pod from the headband**. However, if there is a gap between the connection points, disconnect and reconnect as shown in the troubleshooting section at the end of the document.

2

Undo the black magnetic clip at the back and put the headband on as if you are putting on a necklace. Then move the band up from your neck to your forehead. If you have glasses read the instructions first and then remove them temporarily to move the headband up on your forehead.

3

Adjust the straps so that the headband is adjusted to your head.

- **Perfect** - It should feel like a “gentle hug” or snug fit that holds your head.
- **Too Tight** - Squeezing of the head and/or feeling your pulse.
 - See video on how to loosen the strap : <https://youtu.be/zPirC4RRW1w?si=DwnTmRSt9bJbZMWC>
- **Too Loose** - If it feels like the headband will move when your head moves.
 - See video on how to tighten the strap: https://youtu.be/ec9Qw97MOwo?si=FhZyZduFRZ4oS_jl

4

Once the headband is adjusted and comfortable, remove the headband and wipe all 7 beige areas of the headband with a damp cloth (with water only). Then, put the headband on again.



5

When the headband is placed tightly on your head, ensure that there is **no hair underneath the headband**.

- All **electrodes** (beige parts) **should make direct skin contact**. If there is any hair while the headband is on, pull the ear electrode out slightly and move any hair up and away. For long hair, you can make a top bun to pull the hair up.



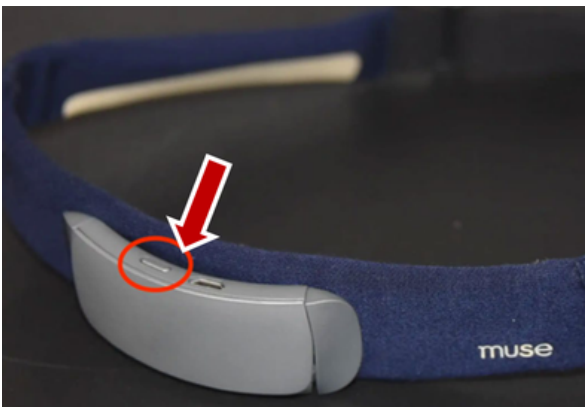
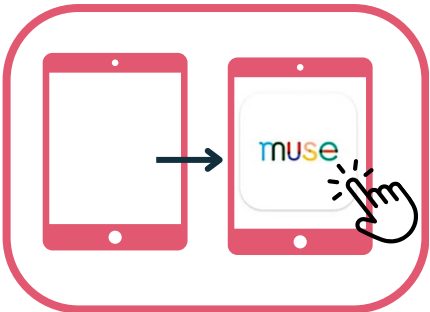
6

Make sure the **Muse logo is oriented right side up** on your head.

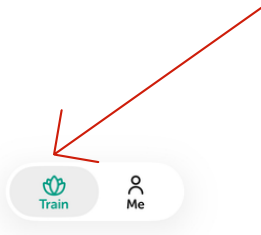
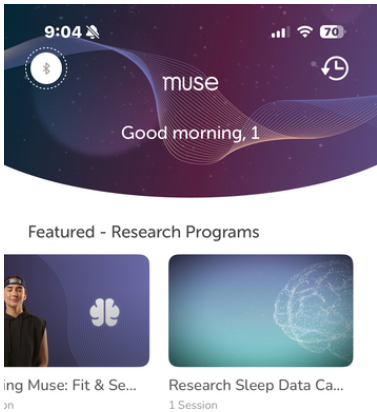


To start a recording

- 1 Open the device.
- 2 Open the Muse app, which looks like this:
- 3 **Turn on the power button** on the top of the grey pod. The orange light on the bottom of the pod indicates that the device is on.

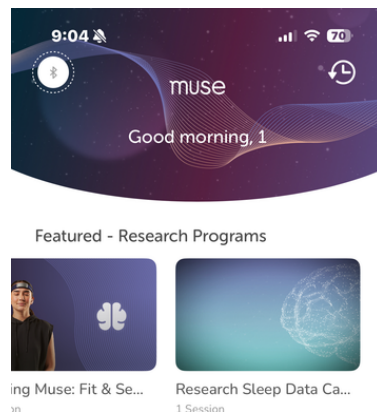


- 4 Click the **"Train"** icon on the bottom of the app.



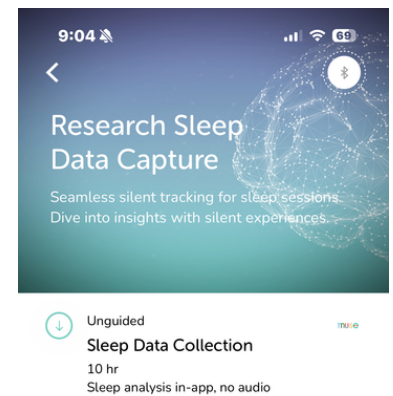
5

Select “**Research Sleep Data Capture**”.



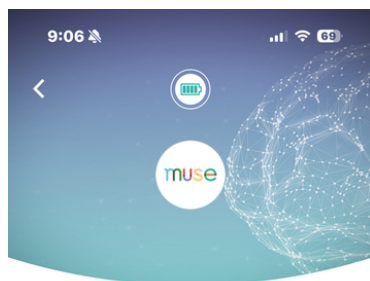
6

Select “**Sleep Data Collection**”.



7

Click “**Start Session**”.



Sleep Data Collection

Unguided • 10 hr
with Muse

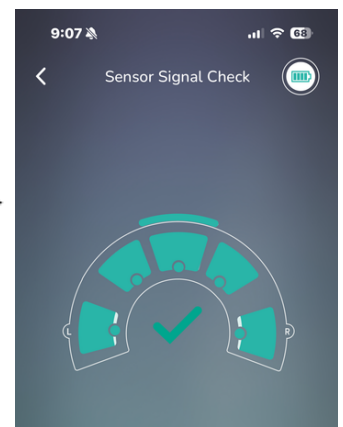
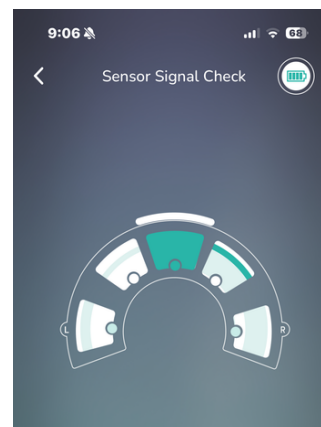
Key Characteristics:

- Presents no audio during the recording.
- Displays the signal variance for each EEG channel.
- Continuous data recording even after 10 hours of session.
- Detailed Sleep Analytics at the end of the session.

Start Session

8

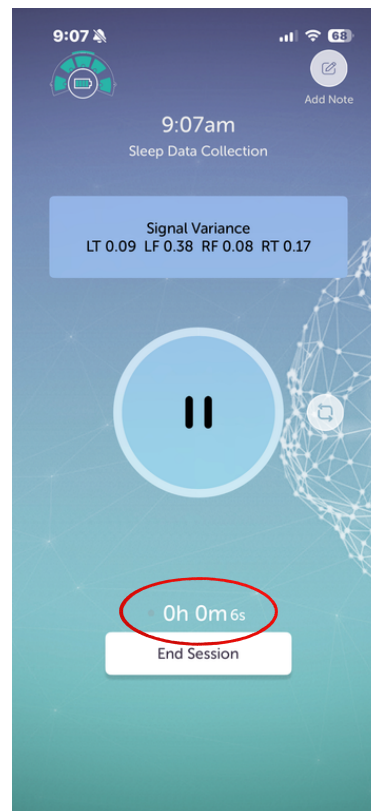
The signal quality check will then start automatically. For this step, please **sit still and stay relaxed**. If the signal is good, all areas become green and the heart becomes red in about **15 to 60 seconds**, as seen below. The recording will then start.



If the “Signal Quality Check” is taking more than 1 minute:

- **Check for hair under the electrodes**; get them out of the way (especially above the ears). If there is too much baby hair, you may use bobby pins or hair gel, ensuring they do not touch the headband.
- **Use a damp cloth** (water only) to moisten your forehead and above the ears where the headband sits.
- **Slightly tighten the headband** (see page 2).
- **Turn the grey pod off and on.** Close/reopen the Muse app.
- **Add a thin layer of electrode gel** to all 7 beige areas of the headband.

Once the recording has started, you will see this screen:

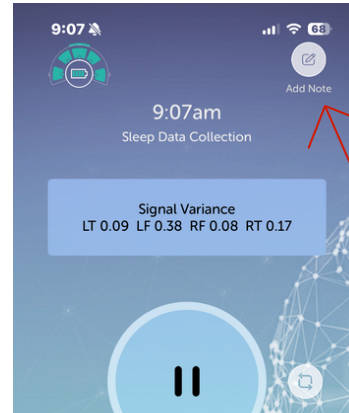


NOTE: If you see the timer counting, this means the recording is working!

9

Plug the device into a power outlet in the wall and put it on a nightstand or anywhere as close as possible to you (*the closer it is to the grey pod, the better the connection*), but outside of the bed and in a safe space where no one is likely to step on it.

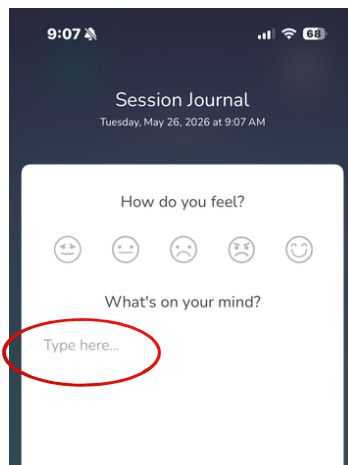
10



Right before you start trying to fall asleep (all bedtime activities are completed, the TV is closed, you are not reading, etc.), click **"Add Note"**.

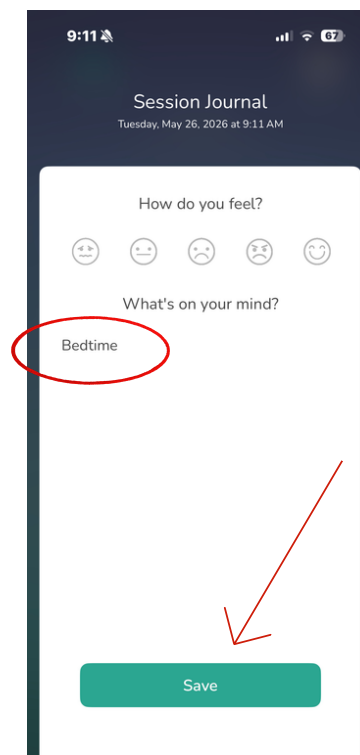
11

Click **"Type here"**, then write **"bedtime"**, with the keyboard.



12

Click **"Save"**



13

Put the device screen facing down to avoid being bothered by the light.

Note: Do not close or remove your headband if you wake up during the night, and plan on going back to sleep.

In the morning

1 Open the Muse app (if not already open).

2

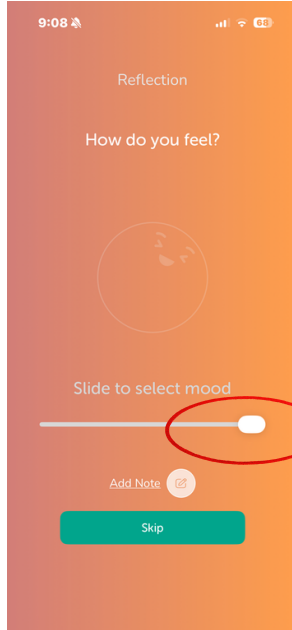
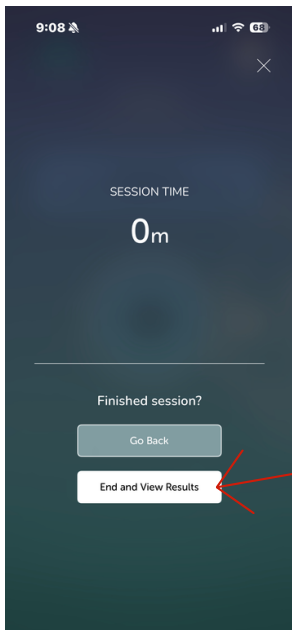
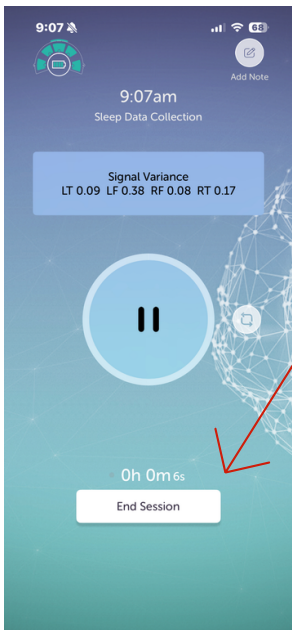
3

4

Click “End Session”

Click “End and View Results”.

Slide the button to **select your mood**.

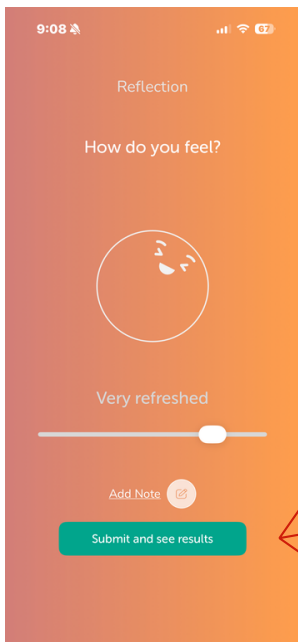


5

6

7

Click “Submit and see results”.

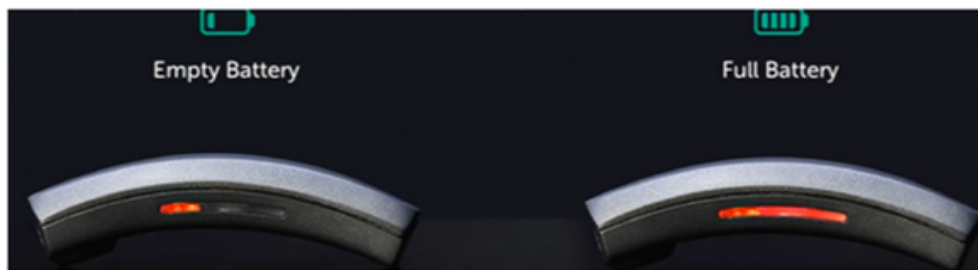


Leave the app open for 5 minutes and do not navigate away while the data uploads.
Note: You will not be able to view the results.

Remove the headband and charge it with the supplied wire.



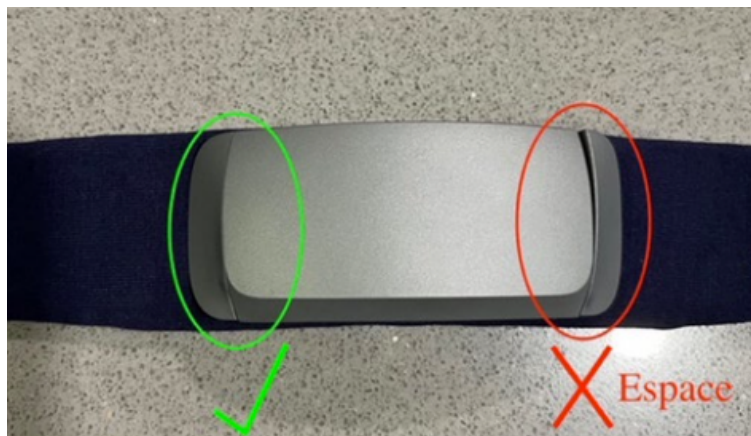
The flashing orange light on the grey pod indicates that it is charging. Once the pod is fully charged, all three orange bar lights will stop blinking, like this:



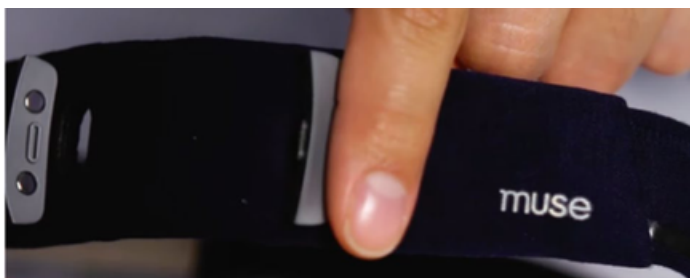
Troubleshooting

Installing the pod to the headband

ONLY if the grey pod is not well connected to your headband (e.g gap between the connection points), please disconnect and reconnect it as follows:



- 1 Ensure the Muse logo is oriented right side up.



2

Locate these 2 hooks that will help secure the pod to the headband.



3

You will see two inserts on the right pod wing of the headband (the one close to the “muse” logo).



5

Angle the two hooks of the pod into the right pod wing inserts. You may hear a click. You will know you have inserted the pod correctly if there is no gap between the pod and the wing.



6

Secure the left side of the pod onto the left wing using the pod magnets. You may hear another click. Again, you will know you have inserted the pod correctly if there is no gap between the pod and the wing.