



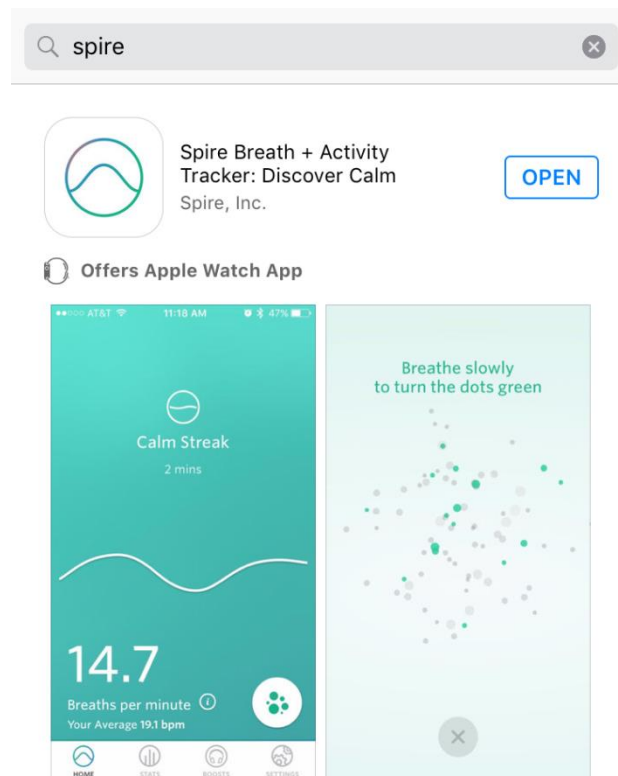
Spire-PD Study Participant Guide

Welcome to the Spire-PD study!

For the next 6 weeks, wear your Spire for at least 8 hours per day. You don't have to wear the Spire while you sleep. Go about your normal everyday activities while wearing the Spire, and it will track your breathing and activity throughout the day.

Setting up your Spire

1. Download the Spire Breath + Activity Tracker app from the app store (iPhone) or play store (Android).
2. Make sure the Bluetooth function is "on" in your phone or tablet in order to sync the Spire with the app.
3. Open the Spire app, which will guide you through the set up process.



This is what the Spire app looks like in the App Store on Apple devices. It should look similar in the Android Play store.

Wearing your Spire

We recommend wearing your Spire on your waistband. For women wearing clothing without a waistband (such as a dress) the Spire can be worn clipped to your bra. When you put it on, the stone should be facing toward you and the clip facing out. The Spire does not need to be against your skin, the Spire just needs to be positioned so that it can detect your torso's expansion and contraction as you breathe. Your Spire will notify you if it is not positioned correctly.

You don't need to be near your phone or tablet for your Spire to work. When you aren't within the Bluetooth broadcast range, the Spire will store the most recent 6 hours of data. When you are within Bluetooth range of your phone or tablet again, the Spire will upload the data it has saved to your smart device.



Charging your Spire

Charge your Spire by placing it on the charging pad, clip facing up. Plug the small side of the white USB cable into the charging pad. The larger end of the cable plugs into a USB power adapter like the one included with your phone or computer. While the Spire is charging, a small blue light on it will slowly pulse. It will take about 2 hours for the Spire to fully charge.

To check the charge on your Spire, you can open the app and look on the home screen, or tap the Spire stone twice with your finger. The light will flash—4 flashes indicate a full charge and 1 flash means you need to charge your Spire soon.



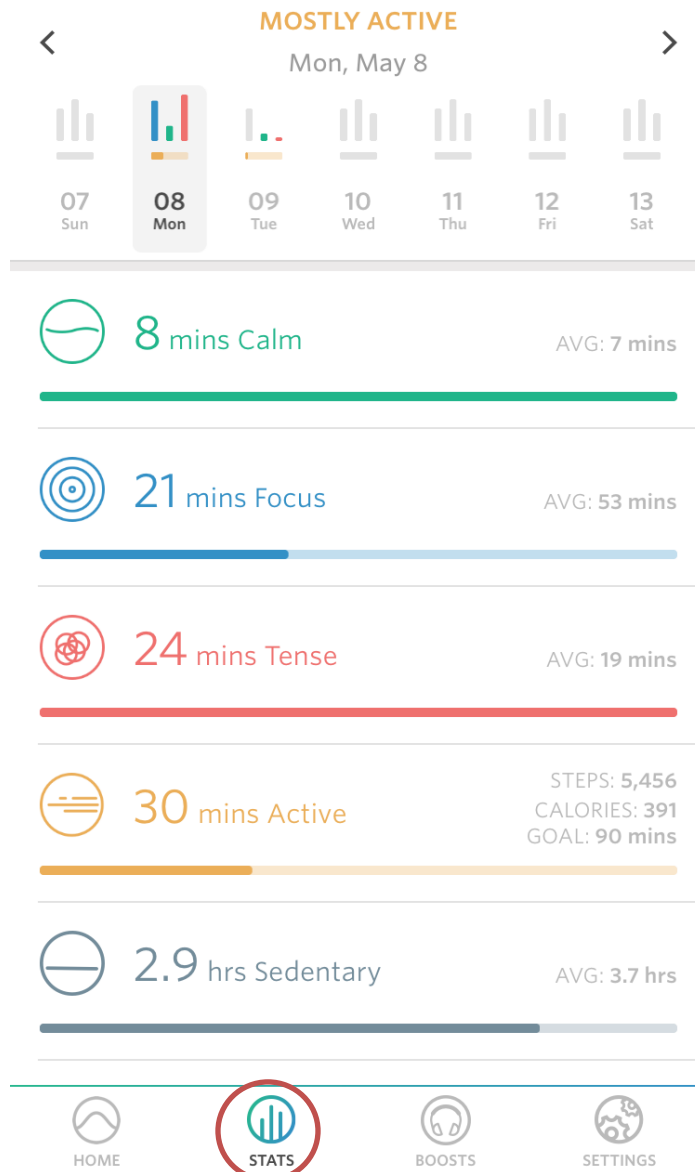
The stone side of the Spire should be facing the charging pad.

Using the App

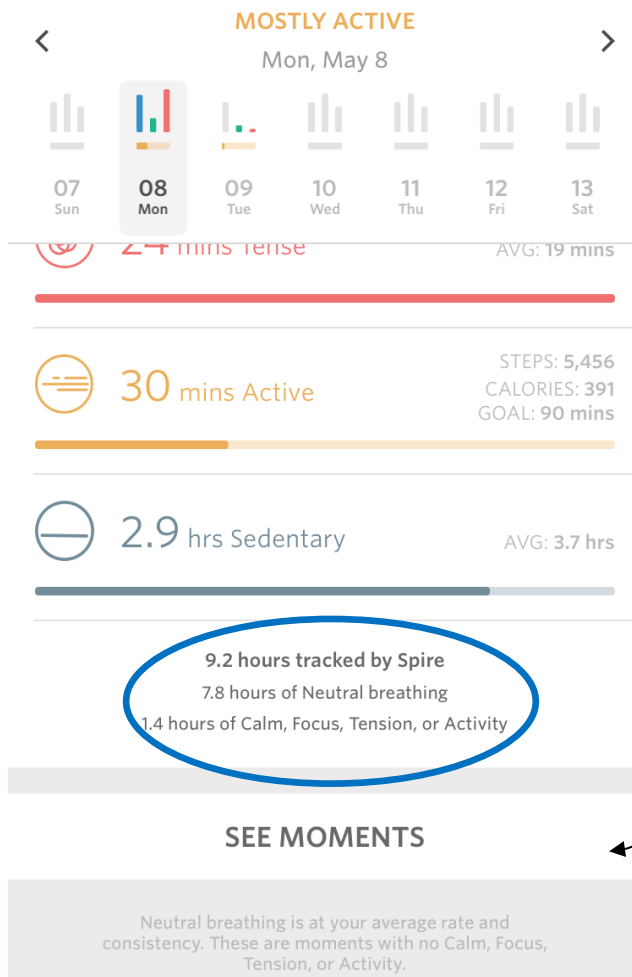
This is your “breathwave.” It is a real time view of your breathing. A smooth, rolling breathwave indicates a sense of calm.



This is the Home screen. It will help you track your breath in real time.














This is the Stats section. It shows you a breakdown of your day.



If you tap "See Moments" you will be able to see what times during the day you had streaks of consistent calm, focused, or tense breathing.

If you scroll down slightly in the Stats section, you will be able to see how many hours have been tracked by Spire. This can help make sure you wear your Spire for at least 8 hours a day during the 6 weeks you are participating in this study.

BOOSTS

	Introduction to Spire Learn the fundamentals.		
	Calm 30 seconds to calm.	0:30	
	Focus Quick guidance to focus.	0:44	
	Reduce Tension 30 seconds to shift.	0:31	
	Meditate Do a guided breathing medi...	7:51	
	Energize Refresh your mind, increase...	2:44	
	Clinical-Strength Calm A technique used by clini...	19:47	
			
HOME	STATS	BOOSTS	SETTINGS

This is the Boosts section. Depending on your study group, you may not have this section on your app or the Boosts may appear different on your app.

Questions/Troubleshooting

If you have any questions about your Spire or the study in general please don't hesitate to contact the study's research assistant, Alexandra Jacob, via email at aejaco03@exchange.louisville.edu or by phone at 502-523-8893.

The following schedule outlines the mindfulness training sessions you should complete morning and evening during the 6-week study period.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	What is mindfulness?	First practice session	Second practice session	Daily Client Practice	Meditate	Energize	Daily Client Practice
Evening	Mindfulness of breathing	Taking care of feelings	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes

Week 2-6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	Clinical-Strength Calm	Short body scan	Full-body Relaxation	Daily Client Practice	Meditate	Energize	Daily Client Practice
Evening	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes	5 Mindful Minutes

These guided sessions are located in the “Boosts” section in the app.