



Discover what's right for you

Firstbeat Life is your personal health and wellness service that connects the dots between your body's reactions and daily activities. You learn how to sleep better, manage stress, and exercise right. Discover what's right for you and how to improve your physical and mental well-being, one small change at a time.



Manage stress

Identify what causes you stress and see if you have enough moments of recovery during the day.



Sleep better

Understand the factors that affect your sleep and learn how to enhance its restorative effect.



Exercise right

Discover if you get enough physical activity and learn to exercise according to your fitness level.



Diver deeper into your well-being - it's easy to start!

Accurate & reliable sensor for HRV and 3D motion tracking.

Firstbeat Life app for stress, recovery, sleep & exercise insights and guidance.

Personal coaching for additional support and advice.

How to get started



Download the Firstbeat Life app and follow instructions. The app will guide you on how to use the device.



○ Make the most of Firstbeat Life

○ **Start your 1st Firstbeat Life measurement!**

Measure at least 3 days to allow the algorithm to learn about your reactions. Continue with 1- to 5-day measurements at regular intervals - you can set a measurement reminder in the app.

○ **Fill in your diary**

Notes of daily events improves the analysis, and you'll learn which types of actions cause your stress levels to spike and what helps you to recover.

○ **Follow the real-time graph**

You can follow your stress and recovery levels during the day in order to structure your days smarter.

○ **Utilise all the features**

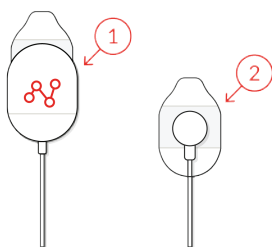
From the app's Insights tab, you'll find a Firstbeat Life guide that helps you utilize all the available features (for example, the fitness level walk) and understand factors behind the results more deeply.

○ **End the measurement to get the full result**

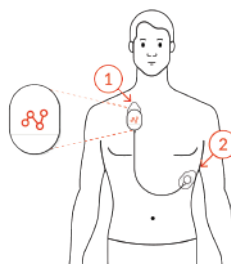
After the measurement, be sure to end the measurement and analyze it. After this, you will get the full result (different scores and indexes) together with personalized insights based on the result, to help you make some changes.

○ Using the Firstbeat device

Attach electrodes to the device.
Remove the protective covering and attach to dry, clean skin.



The device is attached to the right side of the body, under the collar bone. The cable end is attached over the rib cage on the left side.



After you have attached the device, start the measurement in the app. Make sure the green light on the device starts to blink.



Change the electrodes at least once per day, for example after a shower or if they become loose.

The device is not water-proof – please remove during showers, sauna and swimming. Measurement continues automatically when you re-attach the device.



More tips and inspiration to get started:

Watch a video and read more from the Firstbeat Life Guide:

<https://www.firstbeat.com/en/firstbeat-life-guide/>