



Hello and welcome to the Muse S (Gen2) Starter Guide

Below we've compiled important information on how to get the most out of your new Muse S (Gen2). This guide will provide instructions on how to get the best fit with your Muse S (Gen2) device, provide guidance on how to prepare for a restful sleep, how to track your sleep overnight and interpret your post-sleep reports. Plus, it provides information and helpful tips to get the most from each of the different meditation experiences.

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The Muse S Experience

The Difference between the Muse S Experience and the Muse 2 Experience is Sleep.



Muse S (Gen) is designed to help you get the best rest through unique sleep experiences including immersive and intelligent Digital Sleeping Pills that help you drift off to sleep and stay asleep. The Muse S (Gen 2) in-depth overnight tracking can show you where you can improve and tweak your bedtime routine to start shifting toward deeper, more restorative sleep. Plus, with unique meditation experiences, you'll be able to find calm and greater focus by building your meditation practice.

The Muse S offers a range of features including:

- Digital Sleeping Pill: Immediate & Intelligent Sleep Support
- Sleep Stage Tracking & Visualization
- Deep Sleep Insights & Points
- Sleep Position Tracking
- Universal Sleep Score
- Sleep Experiences: Responsive Sleep Content
- Mind, Heart, Breath, and Body Biofeedback Experiences
- 10 hours of continuous use

The Muse S Sleep Tracking Features

Here's an overview of the advanced sleep features that come with your Muse S (Gen 2) and how you can use them to start feeling more refreshed and energized now as well as optimize your sleep for the long term.

Sleep Stage Tracking & Visualization:

Learn how quickly you fall asleep and how deep your slumber is. See the amount of time you spend in each sleep stage (Awake, REM, Light, and Deep) as well as your sleep depth patterns.

Sleep Position Tracking:

Dive into your sleep positioning. See how often you change sleep positions, how long you were in each, and which is your dominant position.

Sleep Efficiency Score:

Monitor & improve your overall sleep efficiency by tracking how long you're spending in each sleep stage, as well as the total number of interruptions/awakenings in the night. Your score is calculated according to your age and gender demographic group using a few different data points. Factors that influence your score include time spent in bed awake vs sleeping (sleep efficiency), total sleep time, and time spent in deep sleep and REM stages.

Deep Sleep Insights & Points:

Measure the total quantity and intensity of your deep sleep with Deep Sleep Points. In addition to seeing how long you spend in deep sleep, you'll also gain insight into how deeply your brain rested during this stage based on changes in your slow-wave (delta) activity.

Apple HealthKit Integration:

Achieve continuous tracking. Let your wearable wrist device recharge while you snooze and the Muse sleep tracker fills in the gaps overnight. Wake up to a 360-degree view of your health and wellness.

Experience Many Ways to Fall Asleep

Your Muse S (Gen2) provides access to the sleep section including Digital Sleeping Pills, Journeys, Soundscapes, and Sleep Guidances. The sleep section and Digital Sleeping Pills will automatically unlock once you've connected your Muse S to the Muse app via Bluetooth. You'll find unique sleep experiences including Digital Sleeping Pills, Journeys, Soundscapes, and Guidances.

Would you like to drift off in a canoe and be lulled to sleep by the simple sound of waves lapping? Choose the Evening Paddle in Soundscapes. Or would you rather have a meditation teacher guide you to relaxation? Choose from a selection of Sleep Guidances.

Want a little bit of both – sound as well as guidance? Choose a Journey.

Do you have trouble getting to sleep and also staying asleep? Try our Digital Sleeping Pills that lull you to sleep and also get you back to sleep with Smart Fade technology should you wake up during the night.

With nearly 50 unique sleep experiences across these three categories, you can select the one that fits you best each night.

Find out about each type of sleep experience below.



Digital Sleeping Pills:

A “Digital Sleeping Pill” or DSP is a responsive new sleep experience that is designed to put you to sleep. DSPs are stories and soundscapes that use an intelligent algorithm to respond to your brain activity; audio softly fades

away as you fall asleep and gently rises if you wake up to lull you back to sleep.

There are a variety of different types of DSPs to explore:

- Sleep Stories
- Ambient Soundscapes
- Sleep Biofeedback Soundscapes
- Sleep Meditations

Try a few out to see which ones work best for you!

Sleep Guidances:

With Muse S, you gain access to a growing collection of guided meditations specifically designed to help you relax, settle your busy mind and rest better. There are 15+ different voice-led guidances by our award-winning teachers to guide you into your best rest, including “Quiet the Mind” and “Let Go of Worry.”

Sleep Soundscapes:

Soundscapes are audio environments made up of individual sounds that reflect different feedback centers including brain activity, heart rate, breath, and movement. For the times when you prefer to fall asleep with an immersive soundscape instead of voice guidance, you can choose from 17 different experiences, including Mountain Wind, Sunny Meadow, Wind Chimes Crickets, and Ocean Rhythm.

Sleep Journeys:

Sleep Journeys will take you on an imaginative experience to settle your busy mind and help you fall fast asleep. They seamlessly blend soothing voice guidance with a responsive biofeedback soundscape for personalized Sleep soundtracks. A simple toggle allows you to adjust the volume of each to find the perfect fit. Journeys include Deep Rest Body Scan, Guided Relaxation, and Resting With the Wind.

Biofeedback+ for Sleep:

Muse subscribers can now layer sleep tracking on top of their favorite music, meditation, or other external content while they drift off to sleep.

Sleep Tracking Only:

For when you want to keep tracking without any soundscape or guidance, choose “Sleep Tracking Only”. This allows you to track your sleep throughout the night and receive your post-sleep reports in the morning.

How do Sleep Experiences differ from other Muse meditation (Mind, Heart, Breath, Body) experiences?

Sleep experiences are different from traditional Muse experiences as they allow the listener to fall asleep slowly without having to maintain a high level of concentrated focus. The invitation here is to simply listen. While you’re listening to your Sleep experience, let the sounds of the narrator, teacher, soundscape, or ambient music wash over you. This is a little different from our other mind, body, heart, and breath Muse Meditation experiences, where the goal is to actively respond to your biofeedback and focus your attention. Our Sleep collection was created specifically for rest and recovery, where you do not need the same amount of mental effort, and the goal is deep relaxation leading to sleep.

During your Sleep experience, you’ll hear shifts in volume and pace within your soundscape that reflect your mental and physical states. Listen to yourself in the sounds, rather than train yourself with them.

Within these new sleep options, you won’t hear any birds. Why?

Birds are a reward for active focus that you hear during your biofeedback meditations (mind, heart, body, breath). With our sleep experiences we want you to relax, let go of the day, and not try to focus on the guidance or the journey – just simply drift off to sleep. To reward you, you’ll receive a personalized sleep score that will let you know how you’re doing and help you track the quality of your sleep.



Our Sleep section is a collection of unique sound experiences that combine guidance and biofeedback to help you fall asleep with ease and develop a healthy sleep routine. In this section, you'll find our custom Sleep Journeys as well as individual Soundscapes, and Guided meditations.

Fitting the Muse S

It is important that your Muse S (Gen 2) is fitted properly to ensure the sensors have strong signal quality.

To prepare to put on the headband, ensure the Muse logo is facing right side up. The pod in the middle of the band will be facing out and the beige

forehead sensors will be facing you. The beige ear sensors that run along the side of the band will face down and will sit behind your ears once on.

1. Unclip the metal clasp at the back of the band.
2. Loosen the band strap so it is larger than your head size. With sensors facing you and ear sensors facing down along the ears, place the headband on your forehead, and connect the band at the back around your head by attaching the magnetic clips.
3. Ensure your sensors on the forehead and behind your ears are making good contact with the skin by removing any hair between your skin and the sensors.
4. Tighten the strap as you gently hold the sensors in place on your forehead.

The band should sit snug and comfortable around your head. Please watch the video below to help you learn how to properly fit your Muse S (Gen 2) device.

You may need to adjust your Muse around your ears to ensure you are getting a good signal. Don't worry, the app will guide you and show you where the signal may be lacking during your calibration as you start your session. If you are struggling to get a good signal you can try wetting the sensors with a little water to help conductivity.

How to Start a Sleep Session

1. Download The Muse App

If you haven't already, download the Muse app by visiting choosemuse.com/download on your phone or tablet and create an account. You can also click the links below on your mobile or tablet device to download the Muse app on Apple or Android devices.

[Download on the Apple App Store >](#)

[Get it on Google Play >](#)

2. Power On Your Device & Check your Battery Charge

Press the button on the Muse S pod twice to check the battery level. 1 light indicates a low charge, while 3 lights indicate a full charge.

If your device is not fully charged and you'll be using it to track your overnight sleep session, make sure to completely charge before you start your sleep experience. It will take approximately X hours to completely charge your headband.

3. Pair Your Device

Enable Bluetooth on your phone or tablet, then open the Muse app. Press the button on the pod one time to begin pairing. The LED lights should move in a cascading motion. Your device should automatically pair to the app.

4. Fit Your Muse

Put on your headband to prepare for your session. It is important that your Muse S (Gen 2) is fitted properly to ensure the sensors have strong signal quality.

The band should sit snug and comfortable around your head. Please watch the video above to help you learn how to properly fit your Muse S (Gen 2) device.

You may need to adjust your Muse around your ears to ensure you are getting a good signal. Don't worry, the app will guide you and show you where the signal may be lacking during your calibration as you start your session. If you are struggling to get a good signal you can try wetting the sensors with a little water to help conductivity.

5. Start Your First Sleep Session

How to play a Digital Sleeping Pill (DSP)

1. Tap on 'Sleep' in the bottom navigation of the Muse app, then select from one of the two Digital Sleeping Pill categories at the top: Sleep Stories & Meditations or Music & Nature Biofeedback.
2. Tap the download button to the left of your chosen DSP, then tap play to preview the DSP. To choose a different DSP, click the 'X' in the top right corner and open a new DSP preview using the first step above.

3. Once you've decided on which experience suits you best, go to the preview page then click 'Next', then click 'Start Session'.

How to play a Sleep Journey

1. Tap on 'Sleep' in the bottom navigation of the Muse app, then choose one of the Sleep Journeys from the sliding carousel by scrolling to the left or right.
2. Tap the 'Download Content' button at the bottom of the Journey preview screen, then tap 'Start Session'.
3. You can also click 'SEE ALL >' in the top right corner to view Journeys in list form.
4. Tap the down arrow icon to download the Journey from the list form, then tap the play button to start your session.

How to play a Sleep Soundscape

1. Tap on 'Sleep' in the bottom navigation of the Muse app, then tap 'Soundscapes'.
2. Choose one of the Sleep Soundscapes from the list and download it by tapping the down arrow icon.
3. Choose the length of time you wish to listen to the soundscape, then tap 'Start Session'.

How to play a Sleep Guidance

1. Tap on 'Sleep' in the bottom navigation of the Muse app, then tap 'Guidances'.
2. Choose one of the Sleep Guidances from the list and download it by tapping the down arrow icon, then tap 'Start Session'.

How to play External Audio with Biofeedback+ (available exclusively for Muse Premium Subscribers)

1. Open your non-Muse audiobook, music, or app and press play.
2. Open your Muse app and tap on 'Sleep' in the bottom navigation, then tap 'Use External Audio'. Your session will begin once your device is paired and calibration is complete.

6. Calibrate

Once you've got a good fit, and have started your session, relax your jaw and body to give the headband a few moments to settle. Then, allow it to calibrate with the Muse app. Your session will automatically begin once calibration is complete.

Recommended Listening Devices

If you would rather listen to your Sleep meditations through headphones and not your phone speaker or portable speaker beside your bed, here are some recommendations for headphones.

Wireless Headphone Recommendations:



Wireless Headphone Recommendations: We have found the best wireless headphones to be the Apple AirPods. If you are an Android user we recommend the Shure Wireless Sound Isolating Earphones.

Wired Headphone Recommendations: If you prefer to use wired headphones, we recommend Apple Earpods with the wire attachment.

Muse S Signal Check and Troubleshooting:

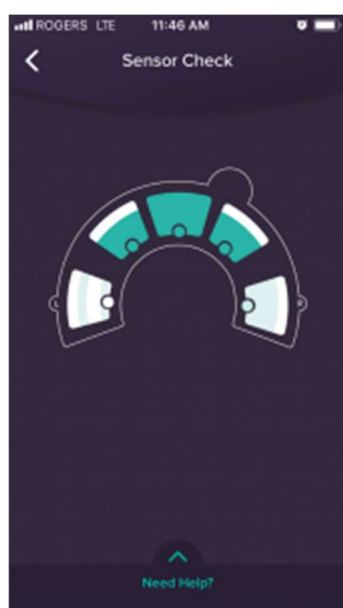
What happens if my Muse S loses signal during a Sleep Journey? Will I be notified? Will it impact the results/sound?

You will be notified if you lose signal quality within the first two minutes of a Sleep Journey with a gentle audio notification and visual instructions on how to adjust the headband.

We recognize that you are trying to fall asleep and want to make that a priority. Although gathering data is important, we believe that nothing is as important as a good night's rest. Any signal quality losses that occur outside the first two minutes of a session will go on without any notification. If you choose to ignore a notification, it will not appear again during that session.

What can't I turn my phone screen off during a session? Why is it in night mode from 8:00 pm–7:00 am?

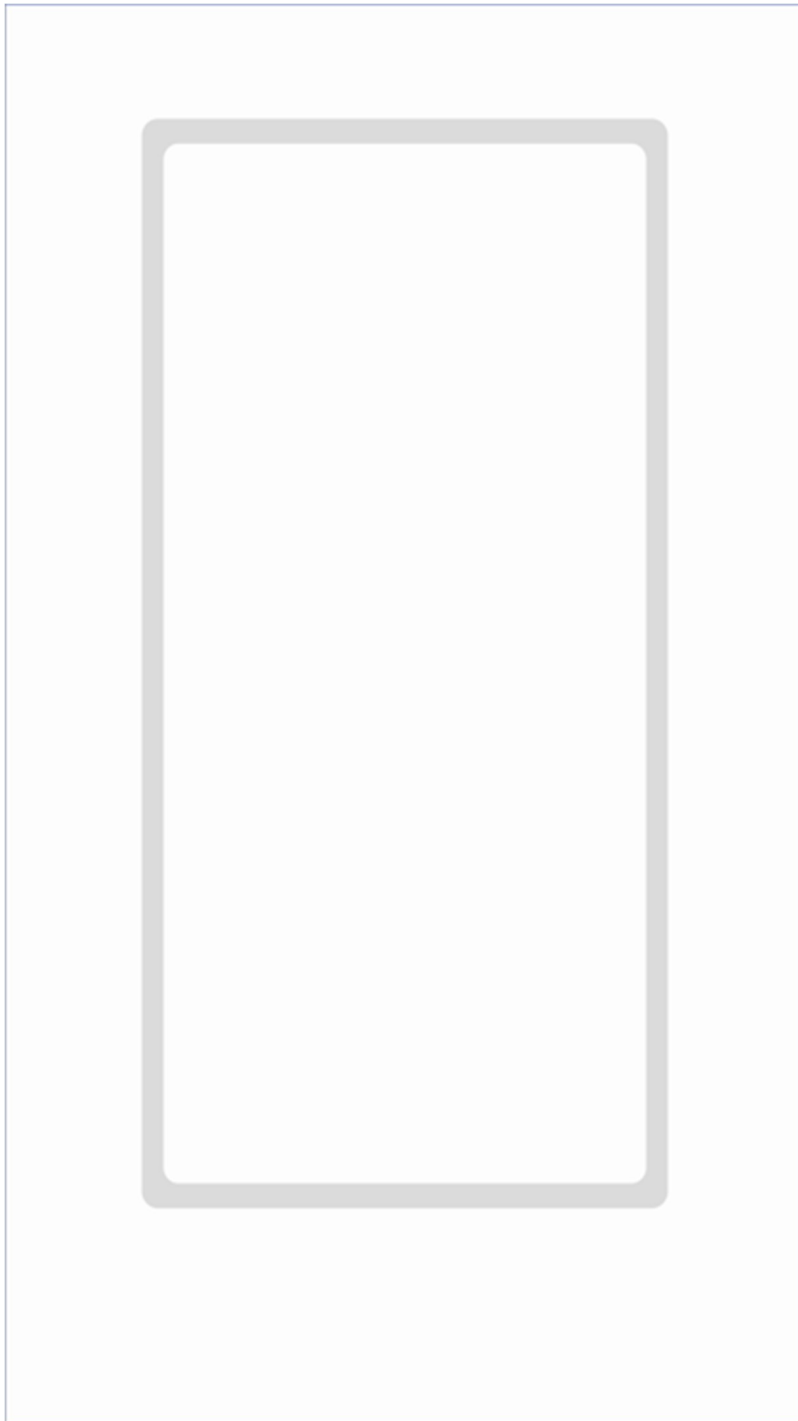
What can't I turn my phone screen off during a session? Why is it in night mode from 8:00 pm–7:00 am?



- The new Sleep section was designed to be used in a dark room with minimal light disturbance. This new dark mode section of our app was created to decrease the amount of light in the bedroom during your Sleep routine.
- It is currently not possible to run the Muse app in the background of your phone. As a result, you will not be able to run other apps or put your phone to sleep while running the Muse app. If you fall asleep during a Sleep session, your Muse S headband will automatically power off after the session is over, but the Muse app will remain open.
- We recognize that users would like to put their phones to sleep at night so we have dimmed the entire Muse app from 8:00 pm – 7:00 am for IOS users.

How to Use Biofeedback+ for a Sleep Session

While you enjoy your favorite meditation or song, your Muse will be hard at work tracking your brain and giving you biofeedback in real-time. After your nighttime session, you can see your brain activity and get personalized post-session sleep reports to see how well you rested.



Here's how to use the new feature:

1. **Update Your App:** Ensure you have v24.6 of the Muse App Installed (found in settings)
2. **Sleep Section:** Go to the Sleep section in the Muse app then select "Use External Audio."
3. **Power On & Fit Your Device:** Turn on your Muse to connect and fit.
4. **Signal Check & Open Your External Content:** Complete Signal Quality Check & open a meditation, video, or song you want to listen to and

press play. (*Note: the soundscape will pause itself if you open another App*).

5. **Re-Open & Resume:** Go back to the Muse app and resume your sleep session. Content from your other app will now play simultaneously while you track.
6. **Rest & Review:** In the morning, open your Muse app, stop tracking, report how refreshed you feel, and explore how deeply you slept.

Once your non-Muse content is finished, stop your Muse session & view your post-sleep report in your results screen after your session is complete!

If you do not wish to use any external content for your sleep session, simply click the 'Use External Audio' option on the sleep page and do not open another audio or video app.

Please note: you do not need a premium subscription to use the 'Silent (No Biofeedback)' option. A premium subscription is only required for using external audio.

Digital Sleeping Pills: Adjusting the Sleep Experience Settings



During your Digital Sleeping Pills, you'll be able to adjust the settings such as volume, fade in and fade out options, and more.

Adjust how long it takes for your content to fade out as you begin to fall asleep, plus adjust how long it takes your content to fade back in should you wake up during the night.

For DSPs that feature voice and soundscape together, you can adjust the volume balance to suit your needs.

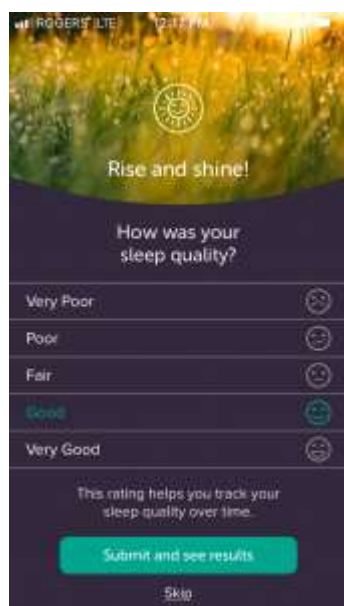
If you don't want the sleep experience content to fade back in during sleep you can choose to turn this feature off using the loop function. After choosing these settings you can run a simulation of your fade-in and fade-out experience to see how it feels.

Sleep Journeys: Adjusting the Volume

Each Sleep Journey is a combination of voice guidance (meditation teacher) and a Soundscape (that adjusts to your biofeedback/physiology in real-time).

At any point throughout your Sleep Journey, you can adjust the sound by moving the toggle to the left or the right along the slider to find the exact ratio of voice to Soundscape that suits you. If you want more voice, slide the toggle to the left. If you want more Soundscape, slide the toggle to the right. Use your device's volume settings to adjust overall volume levels.

Post Sleep Notes – Track Your Sleep Quality



In the Muse S Sleep section, we've provided you with a Sleep Quality tracker that will help you track your sleep patterns. Upon waking fill in the Sleep Tracker choosing from:

- Very Tired
- Tired
- Neutral
- Refreshed
- Very Refreshed

Your average Sleep Quality will be recorded on the 'Me' screen under the Sleep tab.

Sleep Experience: Journey Tracking

To find your Sleep post-results and tracking, toggle to the Sleep' section under the 'Me' tab. You'll find the total streaks at the top of the page, your Sleep Score, and your Sleep Averages beneath. Streaks reflect either your daily meditation sessions in a row or nightly sleep sessions in a row (combined). Your Muse points will increase by one point for every second you listen to a guided meditation or meditation soundscape. Your total Muse points are the sum of points earned for meditation sessions only.

Your Sleep tracking stats help you connect your pre-sleep habits with your sleep patterns. There are a few areas to track sleep quality. On the Sleep' Me screen you'll find a recap of your Sleep tracking including:

Sleep score: Measured out of 100

On the "Me" screen your historical sleep score is displayed. Your score is calculated with a lab-grade sleep algorithm that includes your age and gender as well as other factors such as time spent in bed awake versus sleeping, your total sleep time, and time spent in deep sleep and REM stages.

Average Time Went to Bed: This stat provides you with an average time that you go to bed to help track your routine.

Average Wake Up Mood: This provides an average quality based on self-recorded answers upon waking from sleep.

Streaks are a combination of your meditation AND Sleep sessions.

- Your **Muse points** will increase by one point for every second you listen to a Sleep Journey. Your total Muse points are the sum of points earned for meditation sessions only.
- The **Birds** you see on your Results page will be a combination of birds collected throughout your meditation Sleep sessions only.

Your Post-Session Sleep Tracking Results Explained

What do my Sleep results mean?

Upon waking and ending your session, a Reflection screen will pop up. Here you can simply toggle how refreshed you feel after each sleep session. Do you feel fully refreshed or still a bit groggy? Based on how you feel over time, you can experiment with your sleep routine and make any tweaks needed to help you sleep best.

Next, you'll see your post-session stats, starting with your overall sleep score. From sleep position to sleep stages, mind activity to heart rate, your post-session sleep tracker stats give you a complete, personalized picture of your slumber. Since the first step in optimizing your sleep is being aware of your sleep patterns over time, these lab-grade insights can show your sleep quantity and quality so you can find the sleep routine that suits you best.

Sleep score: Measured out of 100

This is the circled number at the top of your post-session results screen. Your score is calculated with a lab-grade sleep algorithm that includes your age and gender as well as other factors such as time spent in bed awake versus sleeping, your total sleep time, and time spent in deep sleep and REM stages.

Sleep stages: Awake, REM, Light, or Deep

This graph (a hypnogram) shows the different stages of your sleep and how long you were in each. These are calculated using a biosensor algorithm. The vertical axis shows four different stages of sleep, each with a different color. When assessing sleep quality, pay attention to the amount of time you spend in each stage and how this changes over time in relation to your habits and lifestyle choices. In the top right corner, you'll see a score that shows the percentage of time you were in deep sleep.

Deep Sleep Intensity

Measure the total quantity and intensity of your deep sleep with Deep Sleep Intensity & Points. In addition to the total time you spent in deep sleep, you'll also be able to see how deeply your brain rested during deep sleep based on changes in slow-wave (delta) activity. This can only be measured by an EEG device. [Read our Deep Sleep FAQ >](#)

Mind: Active, Neutral, or Calm

Muse's EEG technology allows you to see the activity of your mind while you slept. This graph will show you when your brain was in an Active, Neutral, or Calm states to help you see how much your brain rested while you snoozed.

Heart rate: BPM

Here you'll see a graph of your heart rate measured in Beats Per Minute (BPM). Your score in the top right corner shows your average heart rate over the course of your sleep session.

Stillness: Active or Still

How much and to what degree did you move while you slept? On this graph, the darker color indicates higher-intensity movement, while the lighter color indicates lower-intensity. This includes any type of movement—from blinking and teeth grinding to position shifts and leg twitches. The score in the top right shows what percentage of the time you were still while you were sleeping.

Your personalized "Me" screen

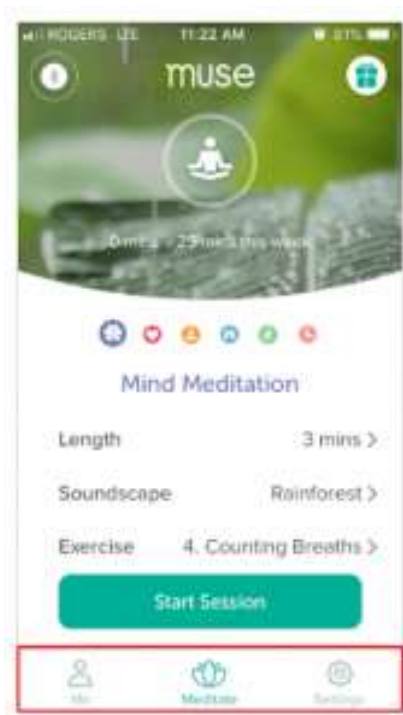
It's you! This screen includes all of your sleep tracker data from all of your sessions. Here you can see your sleep streaks, sleep averages, and what your mood was when you woke up.

You can think of Muse S overnight tracking like a personal sleep assistant. With lab-grade precision, the sleep tracking features give you personalized insights to help you discover a better-focused, more well-rested version of you. From daytime to nighttime use, Muse S can help you understand how to fall asleep, stay asleep, and improve your sleep, so you can feel re-energized and reset each day.

What do flat lines or gaps in my data mean?

Flat lines can occur when your headband is unable to get a good reading of your biosignals – often caused by rolling around in bed. Gaps in your data signify that your headband may have disconnected due to Bluetooth range or a flat battery. Be sure to position your mobile device close to your Muse and fully charge your headband between sessions for the best overnight tracking.

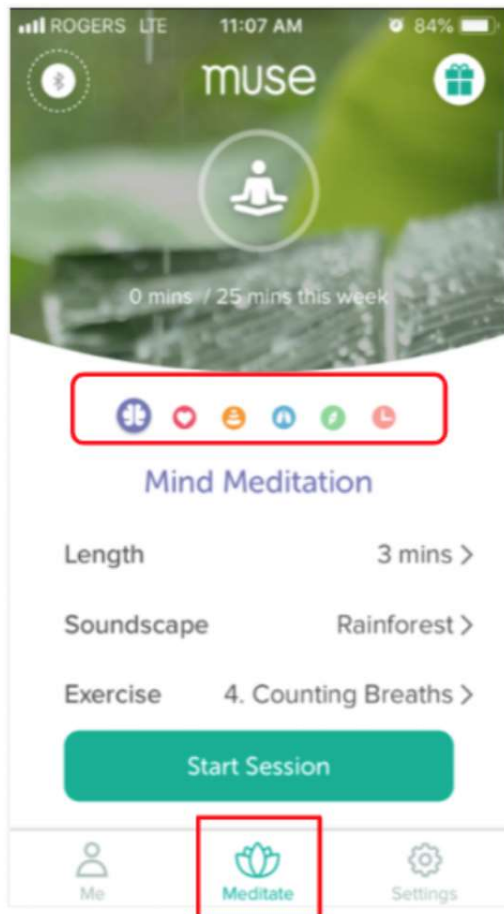
Navigating the Muse App



- The Meditate icon will take you to all of the Meditation experiences including Mind, Heart, Body, Breath, Timed Meditation, and Guided Meditations.
- Specific to Muse S headbands, under the Sleep section (moon icon) you'll find all Sleep journeys and Sleep soundscapes. When a Muse S is connected to the Muse App via Bluetooth, the Sleep section of the app will automatically unlock.
- The 'Me' section contains all of your Meditation history and tools to track your progress.

- You'll find Settings by navigating to the 'Me' Section. In the top right-hand corner, you will find all your account details, privacy settings, volume settings, and notification settings.

How to Find Daytime Meditation Experiences



Tap the Meditate Symbol on the bottom navigation to access all Muse Meditation experiences. Tap on the **lotus icon** to access all muse meditation experiences. Once in the Meditate section, you can either swipe or tap on the icons to explore the Muse experiences seen below:

Mind 

Heart 

Body 

Breath 

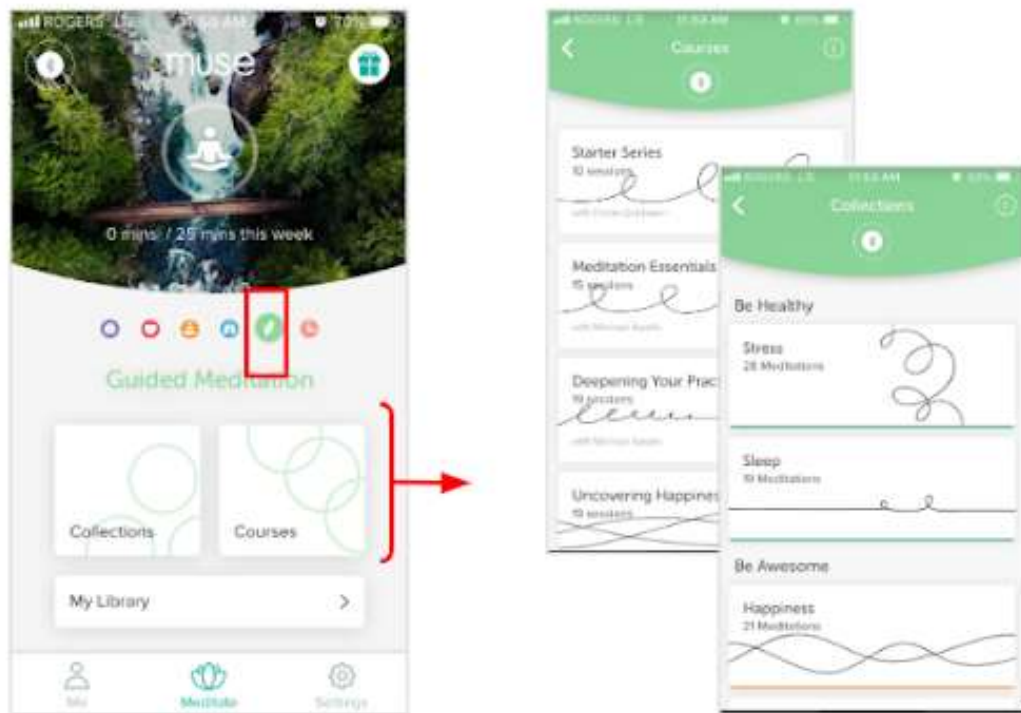
Timer 

Guided 

Guided Meditations

Within the Guided Meditation section you'll find over 500+ Guided Meditations from our roster of renowned meditation instructors.

Our courses and collections offer a series of meditations with specific themes, such as Happiness, Mindful Work, or Changing Habits. If you're new to Muse, try the 'Starter Series' to help build your meditation practice.



Personalize Your Daytime Sessions

Before starting a meditation, you'll be able to personalize your meditation session.

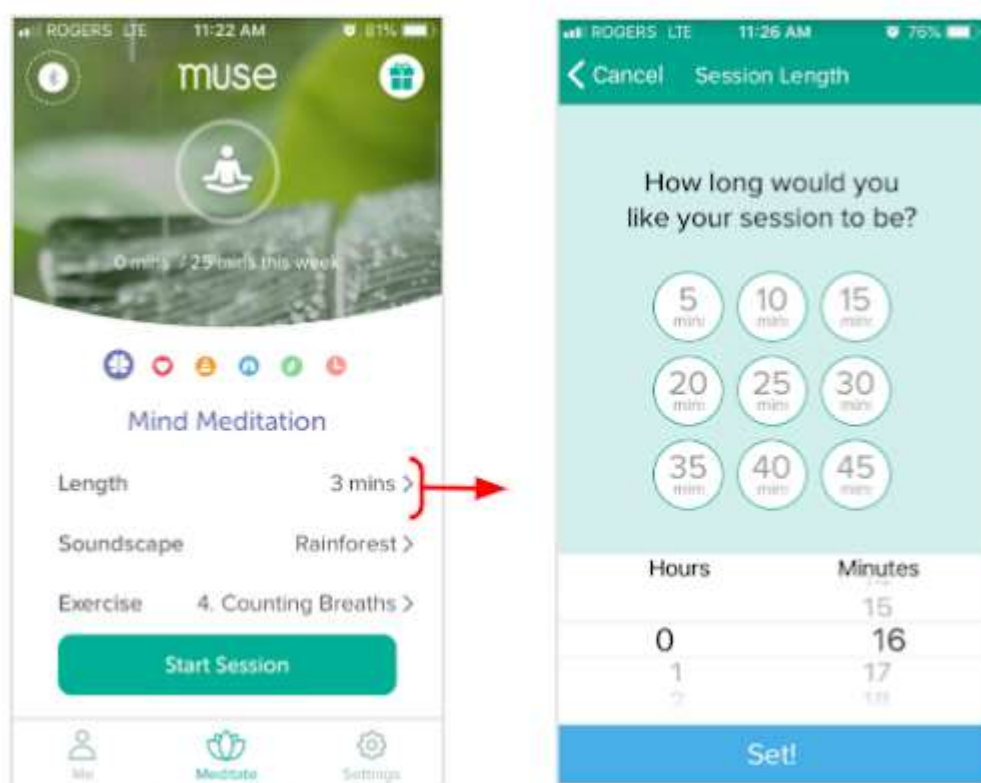
For the Mind, Heart, Body, and Breath meditations you'll be able to:

- Change the length of the meditation session
- Choose from different exercises

For the Mind and Timer Mode, you'll be able to select different soundscapes.

Adjusting the length of your session:

When you tap 'Length' you'll be able to choose from 1 minute up to 3 hours of meditation time.



Choosing a Soundscape

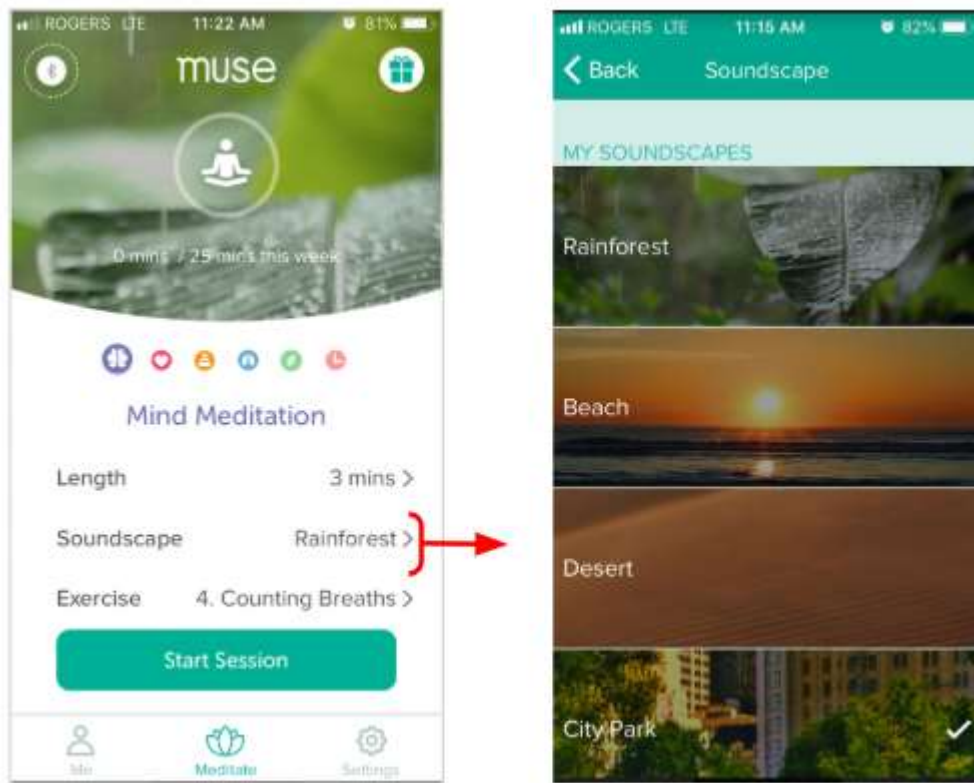
(For Mind and Timer Mode Sessions)

To choose a soundscape for your Mind and Timer Mode Sessions, tap on "soundscape" from the chosen experience screen.

Available soundscapes:

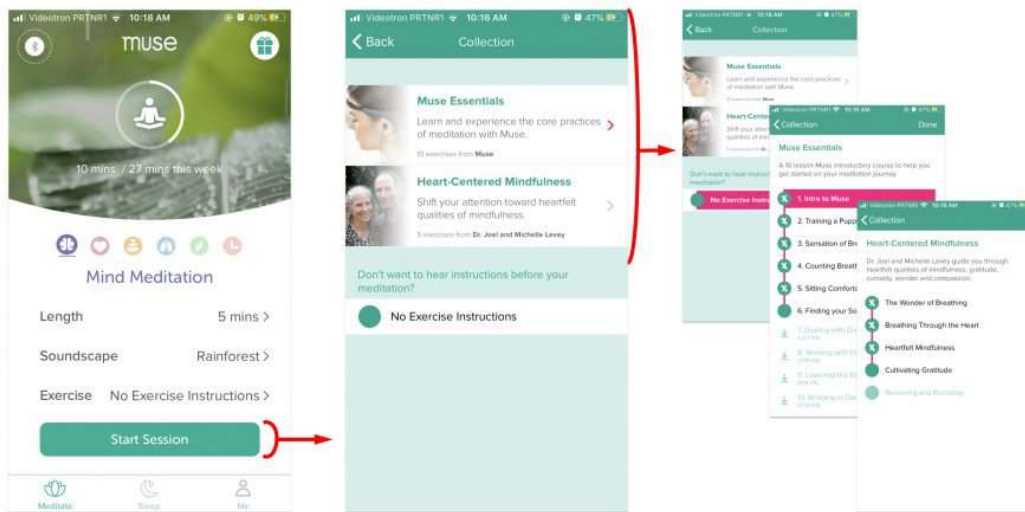
- **Mind:** Rainforest, Beach, Desert, City Park, and Ambient Music.
- **Heart:** Healing Drums

- **Body:** Wind Chimes
- **Breath:** Ambient 4/6 Long Exhale



Choosing a Daytime Meditation Experience

To choose an exercise, tap on “exercise” from the chosen meditation experience screen. There you’ll find more exercises for each meditation experience type.



How to Use Biofeedback+ for a Daytime Meditation Session

Muse subscribers can now layer real-time biofeedback on top of their favorite music, meditation, or other external content and receive post-session reporting to see how their brain & body responded with calm %, average HR, and stillness scores.

Video Player

00:00
01:55

- 1) Update Your App:** Ensure you have v24.6 of the Muse App Installed (found in settings)
- 2) Mind Meditation:** Go to Mind Meditation in the Muse app then choose a length of time that exceeds your external audio.
- 3) Pick a Soundscape:** Select any Soundscape in the Mind Meditation section & select 'No Exercise Instructions'.
- 4) Power On & Fit Your Device:** Turn on Muse to connect and fit.
- 5) Signal Check & Open Your Non-Muse Content:** Complete Signal Quality Check, open a meditation, video, or song you want to listen to, and press play. (*Note: the soundscape will pause itself if you open another App*).
- 6) Re-open & Resume:** Go back to the Muse app and resume your mind session. Content from your other app will now play simultaneously while you track.

Once your non-Muse content is finished, stop your Muse session & view your post-session biofeedback report in your results screen after your session is complete!

If you do not wish to hear a Muse Soundscape with external audio during your Muse Mind Meditation, simply click the 'Silent (No Biofeedback)' soundscape option in step 3. If you prefer to complete a Muse Mind Meditation in complete silence, simply click the 'Silent (No Biofeedback)' soundscape option in step 3, and do not open another video or audio app.

Please note: you do not need a premium subscription to use the 'Silent (No Biofeedback)' option. A premium subscription is only required for using external audio.

Try Out These Biofeedback+ Combinations:

Here's a list of some of our team's favorite content for you to explore with your Muse:

Spotify:

- [Binaural Beats: Meditation](#)
- [Meditative Noise \(Pink & Brown Noise\)](#)
- [Guided Anxiety Relief](#)
- [Piano for Meditation](#)

Youtube:

- [Forest Sounds Album](#)
- [Deep Relaxation: Ambient Space Music](#)
- [Clair de Lune + Soft Rain](#)

Podcasts:

- [Muse's Untangle:](#) Hosts Patricia Karpas and Ariel Garten interview authors, experts, and thought-leaders in areas related to mindfulness, brain health practices, leadership, life and so much more! You'll hear from psychologists, neuroscientists, nutritionists, storytellers, Buddhists, MD's, Sleep experts, etc. It's a wide collection of interviews with thoughtful, provocative, inspirational, and sometimes funny guests who share their true and heartfelt experiences.
- [NPR's Invisibilia:](#) Unseeable forces control human behavior and shape our ideas, beliefs, and assumptions. Invisibilia—Latin for invisible things—fuses narrative storytelling with science that will make you see your own life differently.

- On Being: A Peabody Award-winning public radio show and podcast. What does it mean to be human? How do we want to live? And who will we be to each other? Each week a new discovery about the immensity of our lives. Hosted by Krista Tippett.

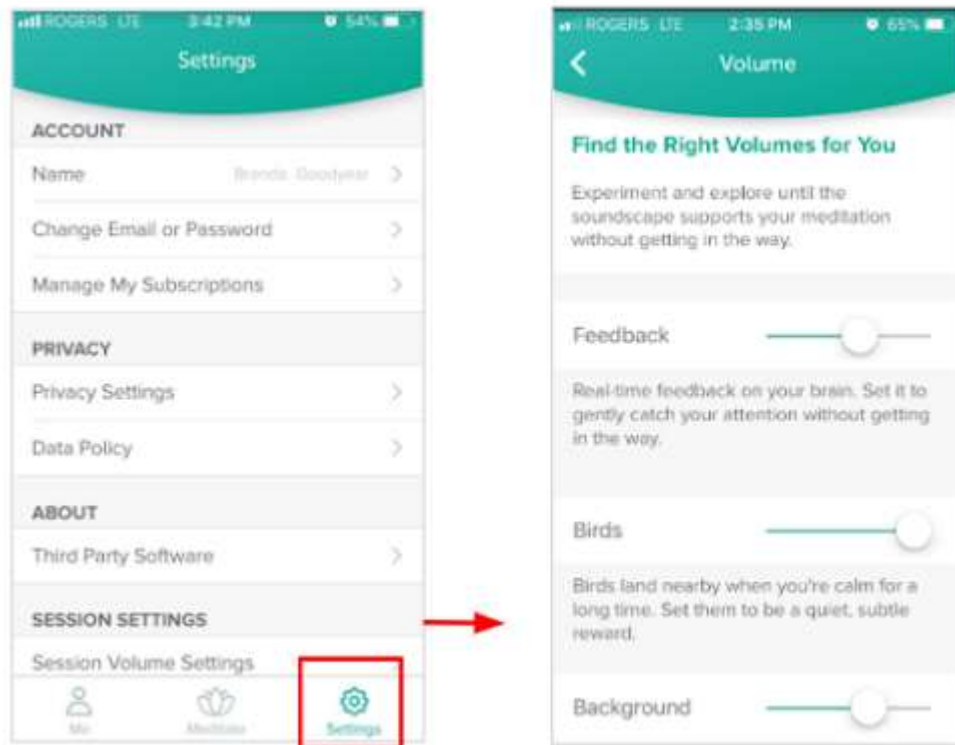
Audiobooks:

- - Shunryu Suzuki, Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice
 - Jon Kabat-Zinn, Wherever you go, there you are: Warmth, humor, anecdotes, and poems make up this inspirational guide to a revolutionary new way of being, seeing, and living.
 - Culadasa John Yates PhD, Matthew Immergut PhD, Jeremy Graves, The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science

Adjusting the Volume Settings

Muse uses a variety of different audio queues. From background sounds and birds to biofeedback sounds and alerts, the Muse App lets you adjust the volume levels of specific sounds you'll hear during a Mind, Heart, Body, or Breath meditation.

Find Session Volume Settings under the Settings Tab in the bottom navigation to customize your meditation sound settings.

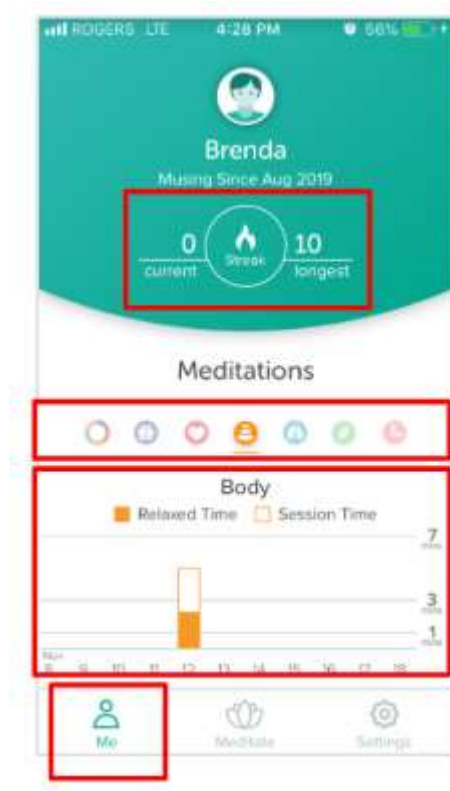


Everyone is different so experiment with each volume control to build a personalized experience that's right for you.

Your "Me" Dashboard

The **'Me' Screen allows you to** track progress and see your all-time stats.

This graph provides a quick view by day of how many meditation sessions you've completed and how many minutes you've spent in an ideal meditation state.



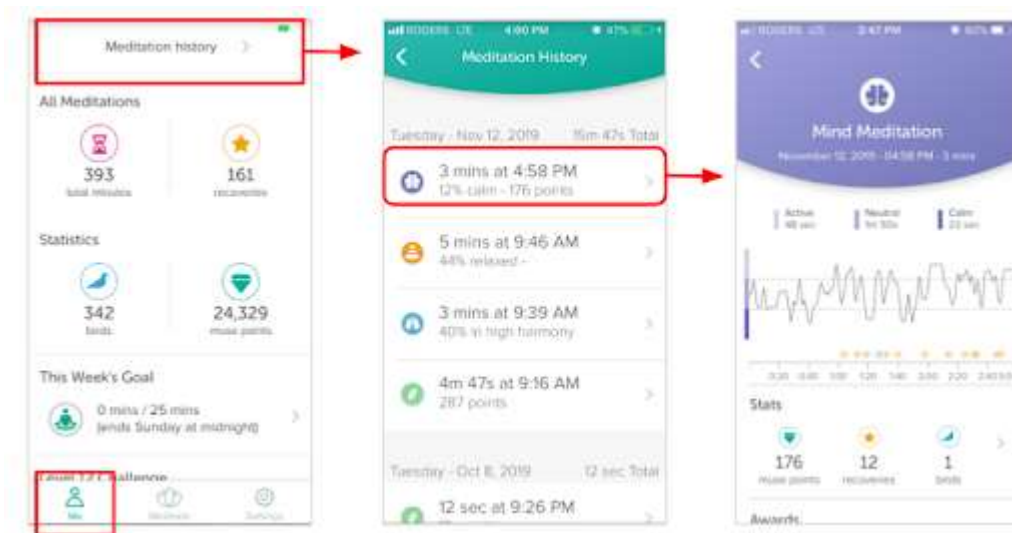
In this example, the Body Meditation session was just under 7 minutes and the 'Relaxed time' during this session (dark orange) was just under 3 minutes. You can scroll the graph left to right to see your past sessions.

1. To find post results for each Meditation type tap on each of the meditation icons at the top of the App.
2. You can Track your streak (how many days in a row you've meditated) and your longest streak to date.

Your Meditation History

To see your meditation history, click on "**Meditation History**" under the meditations graph from the '**Me**' screen. There you'll see a list of past meditations by date.

Click on any individual meditation to receive the same session results presented to you immediately after completing a session.



Tracking and Monitoring Progress

Within the 'Me' Section, below Meditation history, the Muse Meditation app provides you with a consolidated "all-time data" view to monitor and track your overall progress:



Total Minutes:

This provides you with an all-time number of minutes you've meditated.



Muse Points: You earn points for every meditation. The more points you've earned, the more time you've spent in meditation building moments of calm.



Birds: You'll earn birds during a session when you maintain a meditative state. Birds are measured uniquely within each experience:

Mind Meditation: You'll earn birds when you've reached a deep, restful focus for longer than 5 seconds.

Heart Meditation: When your heart rate drops to a new low during a heart meditation, or if you consistently maintain a low heart rate you will hear and earn birds.

Breath meditation: You'll earn birds for every 5 seconds you remain in high harmony with the audio guide.

Body Meditation: When your body stays in the Relaxed for an extended period of time, you will earn birds.



You'll see birds on the post-session graph showing you exactly when you achieved a bird during the meditation.

It's important to remember that the excitement of hearing a bird often scare it off, but don't worry – that's all part of the process. Over time, you'll learn to use the birds as a cue to settle even more deeply into focused attention, without becoming too attached to their presence.



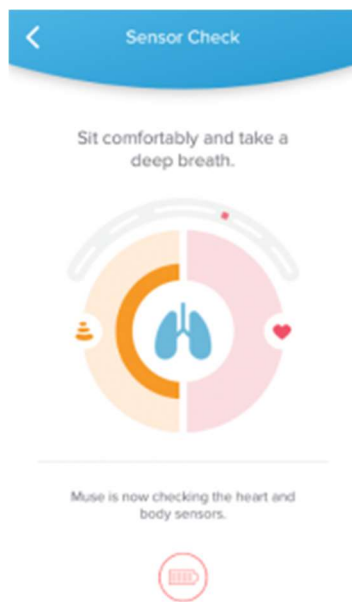
Recoveries: You'll earn recovery stars when you have recognized your mind has become distracted and you are able to quickly bring your attention and focus back to your meditation.

Here's how you'll receive recovery stars for each type of meditation.

- **Heart Meditation:** when your heart rate goes from high to low compared to the usual rate you'll earn a recovery star.
- **Breath Meditation:** when you regain harmony with the audio guide, you'll earn a recovery star.
- **Body Meditation:** when you recover from an active state to a relaxed state of stillness you'll receive a recovery star.
- **Mind Meditation:** when your mind returns to focus a calm state and the weather becomes quieter you'll receive a recovery star.

Think of Recoveries as a measure of your mindfulness muscle. They help you track how many times you brought your focus and attention back to the meditation. You can take pride in your recoveries because they mean you are achieving progress by identifying when you need to settle your mind, body, breath, and heart during your meditation practice.

Signal Quality Check



→ Once you start a Mind, Heart, Body, Breath, or Guided session, you will be required to complete a sensor check.

→ To complete the sensor check, you will need to ensure you have strong signal quality.

→ As your Muse is calibrating let your mind flow naturally while Muse listens to your brain signals. Muse uses this information to provide you with post-session reporting.

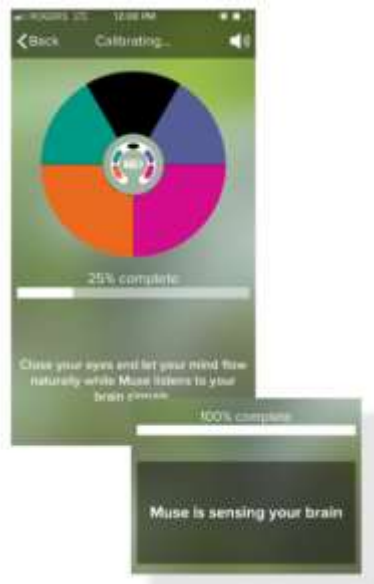
This step is designed to prevent you from starting a session which will be unresponsive and inaccurate due to an improper headband fit and weak signal quality.

Not getting a good signal? Here are some tips for troubleshooting:

- Adjust the headband around the ears and middle of the forehead. After making a fit adjustment, relax for a moment afterward in stillness to give the signal time to settle.
- Relax your face, jaw, and keep your eyes closed.
- Wipe your skin with a damp cloth as oils on the skin can block the sensors.

- Wipe the sensors with a damp cloth or a finger dipped in water.

Calibration



- The results of a Muse session are dependent on calibration. This stage is important as it provides Muse with a picture of your active brain to compare against during the session.
- Your brain changes from moment to moment and the one-minute calibration process is a required step to make sure Muse will provide accurate and responsive feedback.
- As your Muse is calibrating let your mind flow naturally while Muse listens to your brain signals and calibrates in order to provide you with post-session results. "Flow naturally" means let your mind just be. If it's wandering let it wander, if it's quiet, let it be quiet. Don't force any specific thoughts or mental states.

1. Sensor Check: Mind



- In the Muse Mind experience, before each session, Muse checks to see if your headband is turned on and if the sensors are getting a good signal.
- The black, green, and purple sections of the circle represent the sensors located in the center of the headband that sits against your forehead.
- The orange (left) and pink (right) sections correlate to the rubber sensors that sit behind the ears.
- Watch the colored sensor indicators fill with color on your screen as Muse confirms that the headband has strong signal quality. When each section of the circle has filled fully with solid color, you'll see a checkmark and hear a low alert letting you know it's completed.

In the Muse Mind experience, before each session, Muse checks to see if your headband is turned on and if the sensors are getting a good signal.

2. Sensor Check: Breath

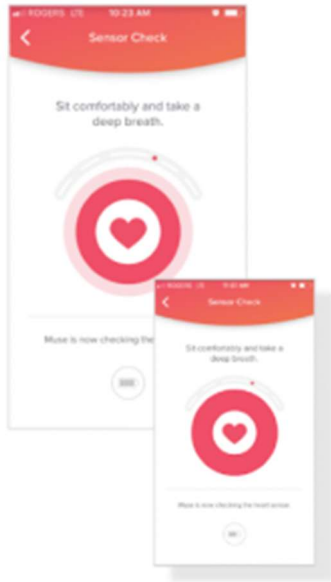


- When you start a Breath Meditation you will see the sensor check diagram to indicate whether you are receiving a good signal.
- Breath Meditations requires both the body and heart sensors in order to provide results. The red section of the circle represents the heart rate (PPG) sensor located just to the right of the center of the headband, and the orange section represents the body motion sensors (accelerometer and gyroscope) within the device. Sit and take a deep breath while your Muse picks up each sensor signal. Once 'good skin to sensor' contact has been made, color will begin to flow. When each section of the circle has filled fully with solid color, meaning you have good signal quality, you'll see a checkmark and hear a low alert letting you know it's completed.

Want to learn more?

Watch the [Breath Sensor Check video](#) to understand the complete sensor check process.

3. Sensor Check: Heart

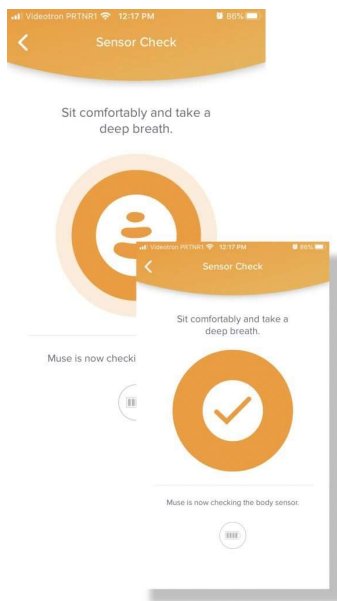


- When you start a Heart Meditation you will see the Heart Sensor check diagram with the Heart symbol
- The Heart meditation teaches you to connect to your heartbeat and improve your interoception skills using your breath. Explore how you can alter your heart rate with deeper, rhythmic breaths.
- As the sensor picks up your heart signal the circle will begin to fill in with red until it's completely full and you hear a low alert letting you know it's completed.
- For the heart experience, the red circle represents the PPG sensor in your Muse device, which monitors your heart rate.
- When the circle has filled fully with solid color, meaning you have good signal quality, you'll see a checkmark and hear a low alert letting you know it's completed.

Want to learn more?

Watch the [Heart Sensor Check tutorial](#) to understand the complete sensor check process.

4. Sensor Check: Body



- When you start a Body Meditation you will see the Body Sensor check diagram with the Body symbol.
- The Body meditation teaches you how your posture can bring you physical relaxation by measuring postural shifts and subtle movements and providing you with real-time audio feedback to help you learn to control your body for better balance.
- For the body experience, the orange circle represents the accelerometer sensor in your Muse device, which monitors subtle movements of your head and core, to help you learn in real-time how much you're fidgeting and changing your posture.
- When the circle has filled fully with solid color, meaning you have good signal quality, you'll see a checkmark and hear a low alert letting you know calibration is complete.

Want to learn more?

Watch the [Body Sensor Check tutorial](#) to understand the complete sensor check process.

5. Sensor Check: Guided Meditation with headband



- You can listen to our Guided Meditations with or without the Muse headband. But wearing the Muse headband with any Guided Meditation provides in-depth reports to help guide you on your meditation journey.
- In the Guided Meditation with a Muse experience, we've come up with a way to give you more consistent results across a variety of different meditations.
- As the sensor picks up your heart, and mind signals the headband circle and heart symbol will begin to fill in. Once complete you'll hear an alert and receive a checkmark indicating that you're ready to begin your meditation.
- Guided sessions are different than Mind and other meditation experiences in that, a guided meditation calibrates silently throughout the session to provide you with post-session reports of heart rate, calm and relaxed % plus graphs.
- Watch the video **Sensor Check Tutorial**.

Meditation Session Results

Now let's dive a little deeper into each type of Meditation report, what you'll see, and what each means to help you with your meditation practice.

1. Session Results: Mind



In **Mind Meditation**, you'll learn to achieve a calm state by relaxing your mind and focusing on your breath. You'll hear whether feedback that intensifies as your mind wanders and becomes more active. The weather sounds will become softer as you regain your focus and find a calm state.

The Mind Meditation graph divides each session into three regions that correlate to each brain state:

- **Active (Wandering attention):** This is when your mind is distracted and your attention was fluctuating.
- **Neutral (Natural resting state):** Attention isn't fluctuating, but you also haven't reached a deep focus yet.

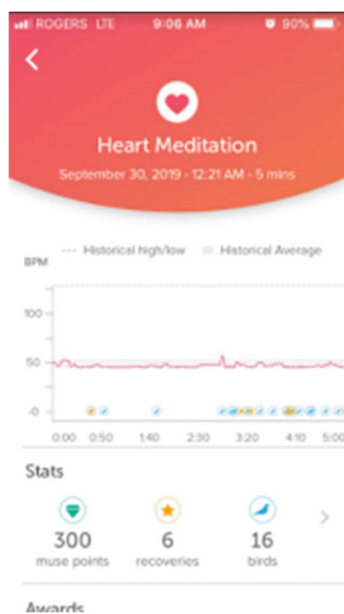
- **Calm (Deep restful focus on your breath):** These are moments when you've been fully focused on your breath.

The percentages for calm, neutral, and active represent the proportion of time spent in each state during the session. Monitoring fluctuations and trends over time in each state helps you to monitor your progress and look for patterns.

During Mind Meditation you will hear and earn birds when you've reached a deep, restful focus on your breath for longer than 5 seconds.

When your mind drifts off to an active state and then quickly returns to calm focus, you'll receive a recovery star.

2. Session Results: Heart



In the **Heart Meditation**, you'll be entered into an immersive soundscape where you'll hear your heartbeat in the sound of a rhythmic, soothing drum played back in real-time.

By synchronizing your heartbeat with the soundscape you'll be able to learn to tune into your internal body cues to improve self-regulation to find calm.

The **heart graph** shows your heart rate during the meditation session. After completing your second session you will see the following:

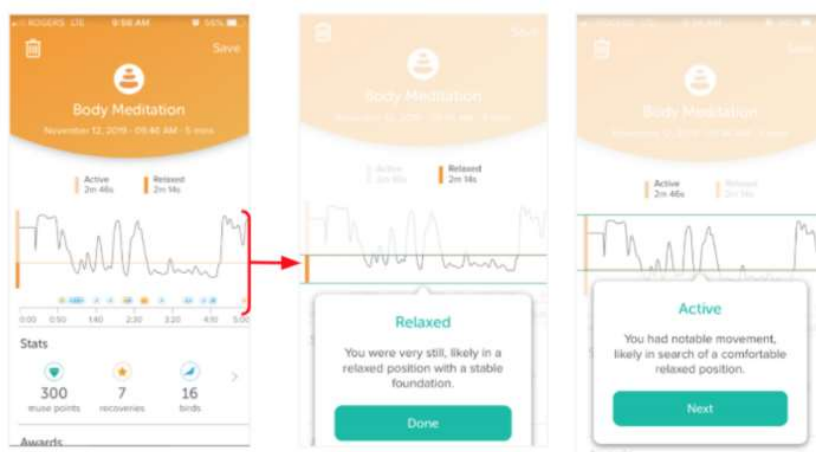
Historical Max/Min: This is the highest and lowest heart rate you have reached during any Heart meditation.

- **Historical Average Range:** this is a measure of your usual heart rate range during a Muse Heart meditation.

When your Heart rate drops to a new low during a heart meditation, or if you consistently maintain a low heart rate you will hear and earn birds.

During a Heart Meditation when your heart rate goes from high to low compared to your usual rate you'll earn a recovery star.

3. Session Results: Body



The Body graph shows two 'zones' and a baseline.

1. **Relaxed** represents the time you spent in a still and stable seat (below the line)
2. **Active** represents the time when you had notable movement (above the line).
3. **The baseline** (the line is shown on the graph) is established during calibration before your session.

During Body Meditations when your body stays in the Relaxed state for an extended period of time, you will hear birds. If you shift from an active to still state during a Body Meditation you will earn a recovery star.

Your goal is to achieve more minutes in a still state (below the line) vs. active movement during the meditation. The birds and recoveries you received during a body meditation will be shown in the timeline of your session graph so you know when they were earned.

4. Session Results: Breath



Through **Breath Meditations**, you'll learn to pace your breath with guiding ambient music sounds. As you follow the guiding sounds and match the breathing pattern, your body and heartbeat will synchronize, and you'll be rewarded with harmonized musical tones to affirm your progress and keep you on track.

The Breath Meditation graph results display three zones and each zone shows your level (high, medium, low) of harmony with the audio guide. By measuring a combination of your heartbeat and body movements, Muse is able to determine your harmony with the audio guide. **Zones:**

- **High:** +90% harmony with guide
- **Medium:** +50% in harmony
- **Low:** below 50% in harmony

During Breath Meditations you will hear and earn birds for every 5 seconds you remain in high harmony with the breath guidance. When you regain harmony with the audio guide, you'll earn a recovery star.

Both birds and recovery stars help you understand how you responded during your meditation and are shown in the timeline of your session graph so you know when they were earned. r goal is to increase the number of minutes in high harmony during Breath Meditations.

5. Session Results: Guided With Headband



There are over 300+ Guided Meditations to choose from and you can listen to our Guided Meditations with or without your Muse headband.

Wearing the Muse headband with any Guided Meditation provides in-depth session results to help provide deeper insights on your meditation practice.

When doing a guided session with Muse 2, you'll receive session results showing your Mind, Heart & Body data.

When doing a guided session with an Original Muse, you'll receive session results showing your Mind data.

If you tap *"Take a closer look"* you will see expanded full graphs for your session data.

If you would like access to the Guided Meditations you must purchase a monthly or annual subscription. Visit [**choosemuse.com**](https://choosemuse.com) for more information.

The Muse headband comes complete with free meditations and unique soundscapes to monitor your mind, heart, body, and breath. You can find exercises within each experience by clicking on 'exercises' from the experience screen when you are personalizing your session.