



MORPHEUS

The logo features the word "MORPHEUS" in a bold, white, sans-serif font. The letter "M" is partially enclosed by a circular graphic composed of three overlapping segments: a blue segment on the left, a yellow segment at the top, and a green segment at the bottom. Below the text, a thick, grey, curved line sweeps across the lower portion of the image.



Welcome to Morpheus!

Thank you for investing in the world's first digital recovery coach.

You've taken a serious step toward balancing training and life stress with recovery. By following Morpheus's guidance and actively pursuing a recovery-driven lifestyle on a daily basis – as opposed to training as hard as you can as often as possible – you'll quickly feel the difference and see your fitness improve faster than ever.

This PDF guide contains everything you need to get started using Morpheus to train, track, and test your recovery.

Aside from this guide, make sure to advantage of the Morpheus Facebook community, where you'll find other like-minded coaches, athletes, and fitness enthusiasts striving to live healthy, balanced lives.

This is a great place to ask questions, share training experiences, gather feedback, and connect with your fellow “Morphites.”

Visit the [Morpheus Facebook group](#) to request an invite to the Morpheus User Group.

Now it's time for the fun stuff—learning how to train hard and recover harder with Morpheus.

Let's get started!

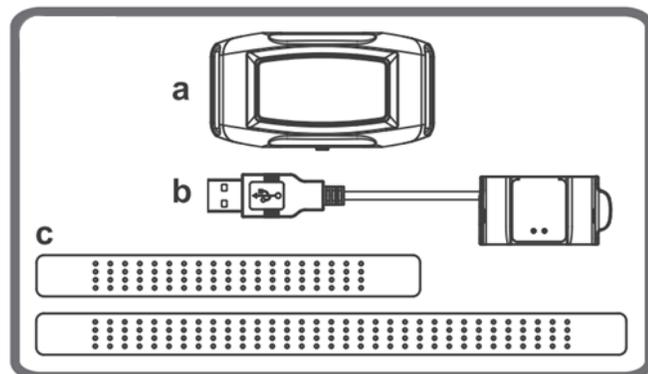
- Joel Jamieson
Morpheus Creator



What's in the Box:

Inside the Morpheus box, you'll find:

- The sensor
- The device charger
- The arm and calf straps

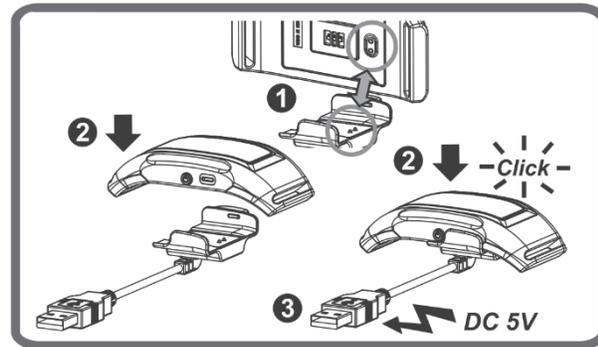




Before using Morpheus:

Once you have unpacked the sensor and charger, begin charging by lining up the two metal electrodes on the back of the sensor with those on the charger.

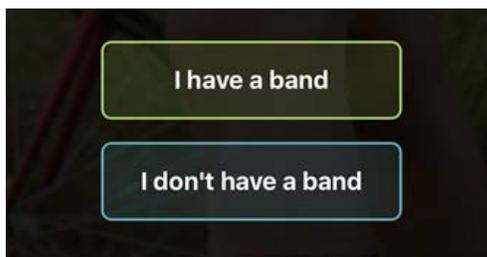
Snap the sensor into the charger and connect to a USB port. The sensor signal light will illuminate red when the band is charging.



Getting started:

A. App Set-Up:

1. Install the app via the Google Play Store (Android) or iTunes (iOS). If you're using iOS, please note that the Morpheus app is only compatible with the iPhone, not the iPad.
2. Launch the app and select "Create an account."
3. Select "I have a band."



4. Follow the prompts to enter your basic info and create an account password.

First Name

Last Name

Gender

Male Female

What's your email?

Create your password



5. Enter your fitness stats. If you know your true max heart rate, enter it here. Otherwise, Morpheus will estimate it for you. You will also need to estimate your general fitness level – low, moderate, or high. **These settings are used to adjust your heart rate zones and can be adjusted at any time under “Settings.”**

Standard Metric

Height (in) Weight (lbs)

Birthday Max HR (bpm)

Clear Done

low
moderate
high

Setting up tracking with Morpheus:

6. It's important to set up your activity tracking properly to give Morpheus the most accurate picture of your daily stress load. **There are several ways to track your activity, calorie and, sleep data depending on what devices you have and/or prefer to use.**
 - a. If you have a Garmin or Fitbit device, select “Garmin” or “Fitbit” from the drop-down menu. As you proceed with setting up your Morpheus account, a browser window will pop-up asking you to sign into your Garmin or Fitbit account. **You must complete the device account sign in process to give Morpheus permission to access your Garmin or Fitbit data.**

MORPHEUS

We're almost finished.
We just need to setup your tracking.

How do you want to track your daily activity (steps)?
HealthKit

How do you want to track how many calories your burn?
none

Clear Done

Fitbit
HealthKit
Garmin
none



- b. If you don't have a Fitbit or Garmin device, you can select either "Google Fit" (Android) or "Health Kit" (iOS) to collect activity data that is reported to either [Google Fit](#) or [Apple Health](#).

There are over 75 fitness tracking apps and wearables that import activity data into Google Fit and Apple Health, allowing Morpheus to access and report this activity.

The most common wearables that integrate with either health kit are:

Polar	Jawbone
Misfit	Withings

Apple Wear, such as the Apple Watch, report exclusively to Apple Health. Android gear will report to the Google Fit app.

Please check with your wearable or activity app website if you have any questions about whether it is compatible with Google Fit or Apple Health.

- c. If you prefer not to track your activity, you can select "none" from the drop-down menu. **Please note that tracking is not required to get a recovery score**, but the more information Morpheus collects, the more accurately he'll be able to calculate your recovery and provide guidance for daily training zones.
7. **Sleep data can be tracked using the activity-tracking devices discussed above, or if you don't have a tracker, both Apple Health and Google Fit can be set to track it for you through the phone's sensors.** In iOS, the "bedtime" function in the Health Kit will automatically do this for you, and apps such as [Sleep Cycle](#) will also track your sleep and then connect the data to the Health Kit or Google Fit, where Morpheus can then track it from.

If you have an Android phone, you can also track sleep by selecting "Alarm" in the sleep tracking settings. This allows you to set an alarm directly within the Morpheus app to calculate your hours slept each night. **Note: this alarm feature is not available on iOS devices.**

Regardless of your phone type, Morpheus will also ask qualitative questions about sleep quality and how you feel to subjectively gauge how restorative your sleep was each day after you complete the recovery measurement.



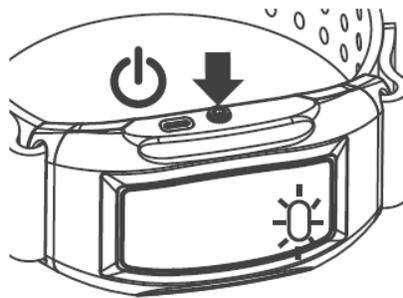


IMPORTANT: If you're using a third party tracker, you may occasionally notice that your activity, calorie, or sleep data is not showing, or does not match up, within the Morpheus app. This happens because Garmin, Fitbit, Health, or Google Fit do not update and report your information in real-time, so there is a lag.

To manually update your data, close the Morpheus app and open the app that is collecting the data you'd like to import. Once that app has refreshed and updated, you can reopen Morpheus and your current tracking information will be displayed.

B. Using the Band:

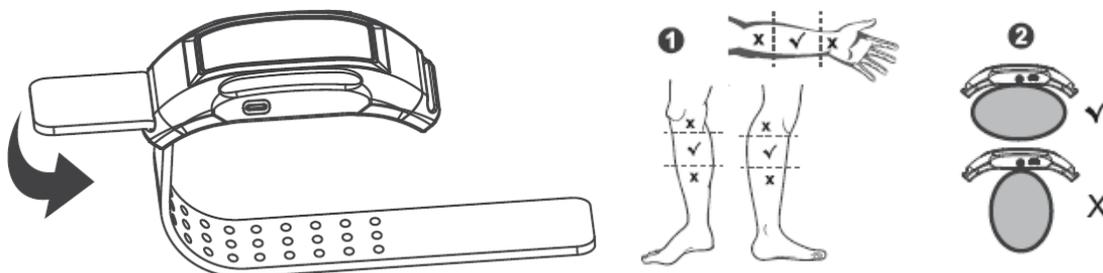
Press the power button once to turn the sensor on. The green indicator light will begin to flash. To turn off the sensor, press and hold the power button for 3 seconds.



The recovery band will typically last between 5 and 8 training sessions before needing to be recharged. A push-notification indicating low battery will be added soon.

C. Wearing the Band:

1. The recovery band should be worn (make sure the fit is snug) on either the inside of the forearm or on the inside/outside of the calf as shown in the guidelines below:



2. **For the recovery test, it's important to make sure that you remain as still as possible during the test**, so wear the band on either your forearm or calf—whichever is more likely to stay motionless. Use the signal strength indicator in the upper righthand corner of the screen to ensure your placement is correct and there's a strong signal. The bars should be at full strength throughout the recovery test.



D. Taking Your First Recovery Measurement:

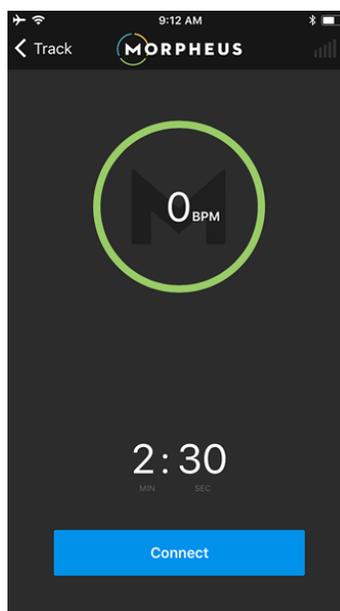
1. Wear the Recovery Band on the inside middle of your forearm or the outside middle of your calf—whichever provides the best signal strength and you find easier to keep motionless during the measurement. The fit should be snug to ensure the best possible contact between your skin and the sensor.

2. Turn on the Recovery Band by pressing the power button once.
3. Select “Recovery Test” from the center of the “Track” screen.

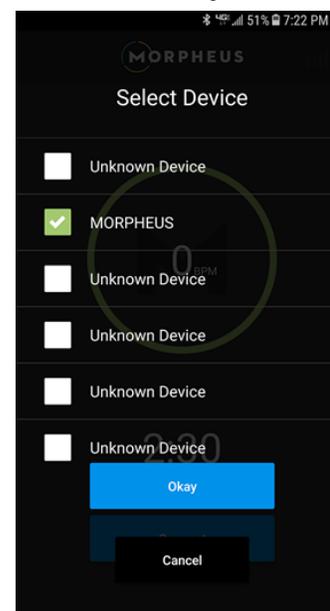


4. Select “Connect,” then select “Morpheus” to pair your Recovery Band.
5. Adjust the band as necessary to achieve full signal strength by looking at the bars in the upper righthand corner of the app. This will ensure the most accurate recovery measurement.

6. Select “Start.” The 2:30 min test will begin automatically once your heart rate has stabilized.
7. **Remain as still as possible until the test is complete.**



8. Once the test is complete, answer the recovery questionnaire by using the slider scales under each question.
9. Select “**Calculate my recovery.**”



10. Your recovery score will appear in the center of the “Track” screen as a percentage of total recovery.

IMPORTANT: Initially, your recovery score may appear as “100%.” **Morpheus will take 5-7 days of consistent use to establish your personal baseline.** The more data Morpheus collects, the more accurate he’ll become. Note that if you stop using Morpheus for more than 7-10 days, you’ll need to re-establish your baseline.



You'll notice that your recovery score will appear as green, amber, or red. These colors are assigned based on your total recovery percentage, as follows:

Red	Amber	Green
0-40%	41-80%	81-100%

11. To turn off your Recovery Band, press and hold the power button for 3 seconds.

IMPORTANT: It's generally best (though not required) to take the recovery test in the morning, if possible, before taking any caffeine or other stimulants. You can take the recovery test lying down or seated, but *you must be in the same position each time* for the most accurate recovery score.

E. Tracking with Morpheus:

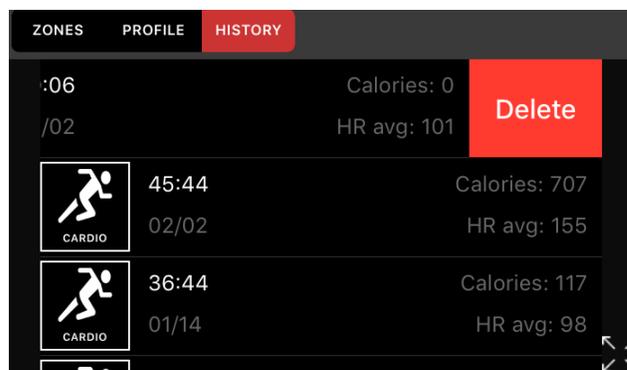
You can view your sleep, HRV, training, activity, and recovery data all from the "Track" screen of the Morpheus app.

To view each subset of data over time, simply tap the quadrant you wish to select. Your data summary will appear in the chart at the bottom of the screen. You can change the time range display by tapping anywhere on the chart.





- The “Train” data has an “History” view in the chart display. When you select this view, your recorded workouts will appear as a list. Tap a workout from the list to view your full workout summary.
- **To delete a workout from the list, swipe left over the workout you intend to remove and then select “Delete.”**



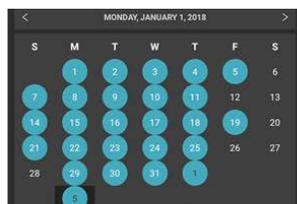
If you wish to review tracking data from a specific day, tap the quadrant corresponding to the data you wish to view (such as “Sleep”), then tap the date displayed under the Morpheus logo.

This will cause a calendar to drop down so you can select the day you’re interested in viewing.

The dates that have data recorded was will appear colored as follows:



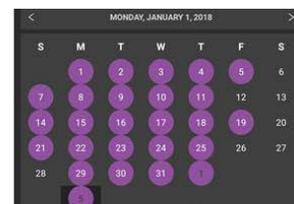
Training



HRV



Activity



Sleep

Recovery data will appear as either green, amber, or red, depending on your recovery score each day:



Recovery

IMPORTANT: Morpheus stores the previous 3 months of data on your phone and keeps the rest of your history stored in the cloud. If you scroll back more than 3 months, it may take Morpheus some time to load all your previous data. Note that an internet connection is required to keep the data synched between your phone and the cloud and view data that is older than 3 months. If you switch to a new phone or device, you can simply download Morpheus and log in to restore your data.

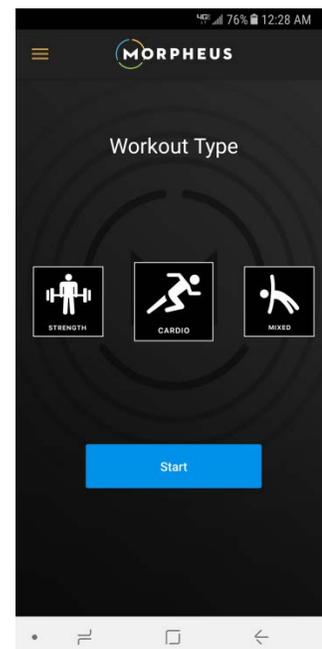


F. Training with Morpheus:

1. Select “Train” from within the app navigation.
2. Choose your workout type and hit “Start.” Note that “Cardio” is selected by default. **Cardio should be selected for training that is primarily focused on any kind of conditioning in the workout.** Strength should be selected if the workout will only include strength training, and mixed should be selected if the session will include both types of training.

NOTE: Heart rate zones will not be displayed if strength is selected, though Morpheus will still track volume and intensity via RPE at the end of the session to help monitor recovery.

3. Once you’ve chosen your workout type, select “Connect.”
4. Choose either the Bluetooth heart rate monitor of your choice or the Morpheus Recovery Band from the list of detected devices, then hit “Okay.”



NOTE: If you’re trying to pair to your Morpheus Recovery Band and don’t see it listed, make sure that you’ve turned the band on and that the band is fully charged.

IMPORTANT: The Morpheus Recovery Band uses an optical sensor to determine heart rate. Like all optical sensors, the band is most accurate during common, cyclic movement patterns, and it becomes less accurate during high-intensity, high-speed movements with frequent and rapid changes of direction. We recommend wearing the Recovery Band primarily during low-to-moderate intensity (recovery) sessions and using a Bluetooth chest strap for greater accuracy during high-intensity sessions with maximum heart rates.

5. The app will connect to your heart rate monitor and display your heart rate in the center gauge located in the middle of the screen.
6. Select “Start.”
7. **Your Conditioning Zone will immediately appear as a green section within the center heart rate gauge.**



- After 10 seconds, the app will begin charting your heart rate in the “Chart” feature at the bottom of the screen. You can toggle between the Chart view and the “Live” display, which shows your heart rates continuously instead of in 10-second intervals.

You can change the time range displayed within the Live and Chart views by tapping anywhere on the graph.

To see the total time you’ve spent in each of the training zones, select the “Zones” view.

Notice that in both the “Zones” view and within the center heart rate gauge, your heart rate zones will be depicted as follows: **Blue for recovery**, **Green for conditioning** and **Red for overload**.



Each of these zones will shift from one workout to the next based on your changes in recovery.

- To pause or end the workout, select the pause button and follow the prompt to “Finish” or “Resume.”**
- If you hit “Finish,” a post-workout questionnaire will appear. Answer the questions by moving the slider scale anywhere from 0 to 10.
 - When rating workout difficulty (RPE), 10 is the most difficult and 0 is the least.
 - When rating your performance, 0 is your worst performance; 10 is your best performance.



11. Hit “Submit” once you’ve completed the questionnaire.
12. You can visualize your workout summary in the “Results” screen. To view your time in each training zone, tap on the zone color you wish to view on the circle graph.
13. **After you complete a workout, make sure to return to the home (“Track”) screen to see your recovery score adjust up or down, depending on volume and intensity of the workout.** Morpheus analyzes your time in each zone, total time, average heart rate, and RPE in order to calculate post-workout recovery score.

You can expect to see a drop of 10-15% or more after a very challenging workout. Recovery based training can often stimulate an increase in recovery of 3-5%.



G. Sleeping with Morpheus:

Although it is not required to get your daily recovery score, it is recommended that you use the Morpheus sleep feature to help track additional metrics, including self-perceived ratings of fatigue, nutrition quality and alcohol consumption.

This will help further increase the accuracy of your recovery score and heart rate zones each day. **If you are using an Android device, you can also use the Morpheus alarm feature to help estimate your sleep.**

1. Select “Sleep” from the navigation menu.
2. Complete the bedtime questionnaire by answering the questions using the slider scale.
3. When rating nutrition quality, 1 is the lowest and 5 is the best. For fatigue level, 1 is no fatigue and 5 is the highest fatigue.
4. Once you hit “Submit,” you can set your alarm (Android only).
5. You can stop using the sleep feature at any time by sliding up on the screen. This will prevent the alarm from going off.
6. The total sleep detected from when you set the alarm to when you stop it will be appear as “Sleep Detected” in the wake-up questionnaire. **You can adjust this value using the slider.**



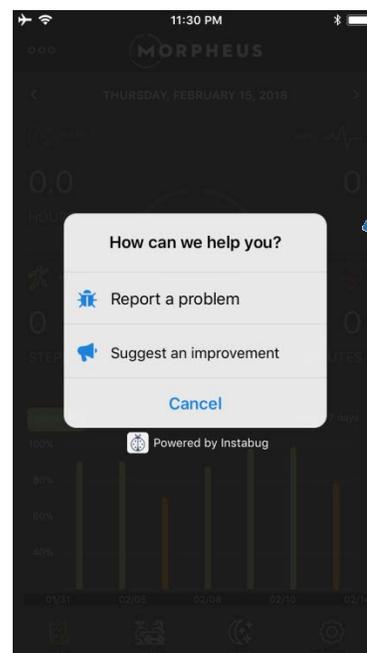
H. Getting Help with Morpheus

If you run into problems using Morpheus, we're here to help. There are three ways to submit information about a bug, ask a question, request a feature, or simply provide feedback. We do our best to respond to all inquiries within 24 hours.

1. **Instabug reporting:** Morpheus comes with a powerful reporting tool called "Instabug," that you can use to report a problem or provide feedback.

To activate Instabug, you simply need to do a two-finger swipe from right to left on any screen within Morpheus. Once you do this, it will trigger the "How can we help you?" box and allow you to report a problem or provide feedback.

Instabug reporting is the best way to let us know about a bug or any technical problems you may run into in the app. When you submit a report, it sends us the technical information we need to identify exactly what went wrong so we can fix it ASAP. This makes it much faster and easier for us to update the app to take care of the issue, so please use this method to report technical issues.



2. **Support tickets:** For general questions, feature requests, and inquiries, you can use the support ticket system found in the main navigation menu.

Open the navigation menu and hit "Support" to bring up a form that you can use to submit a ticket. Make sure to include your name and email and we'll respond to you as quickly as we can. You can also access this support ticket system on the web by [clicking here](#)

Cancel

Morpheus
Welcome

Submit a ticket

Name *

Email

Subject *

Product

Description *

3. **The Morpheus users Facebook Group:** If you haven't already joined the FB group, [click here](#) to join it now. Note that you need to provide the email you used to purchase Morpheus since it is a private group. This group is a community of Morpheus users from all over the world and it's a great place for discussions on a wide range of training and fitness-related topics. Our support staff is also on there to answer your questions and provide help as necessary.