



# The New Software Version 8.1

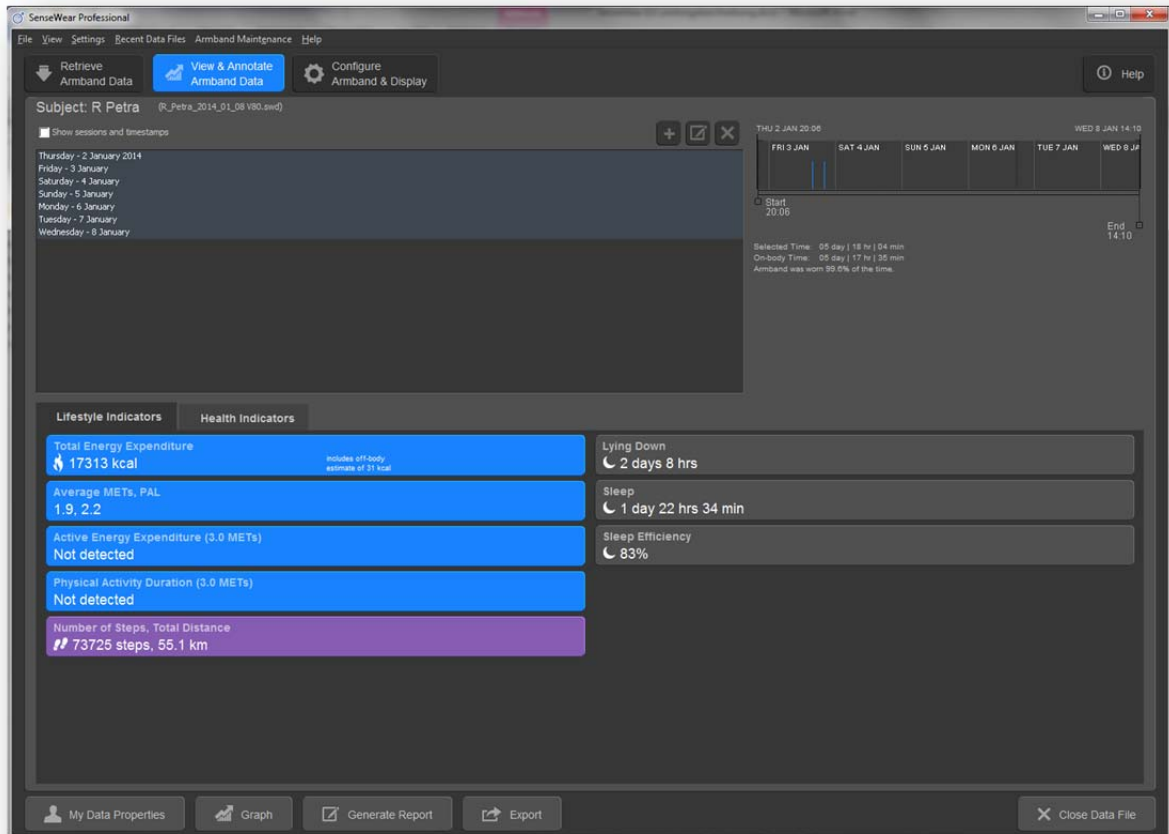


Fig.: SenseWear Software Version 8 – Standard Program

The new SenseWear Software Version 8.1 is available now. Besides improved algorithms the program contains a host of new features described below.

## Summary

- New, improved user interface
- The SenseWear Armband can be worn on either arm, right or left
- Improved accuracy of energy expenditure in road biking, elliptical trainer, stair climbing, incline walking, cool down and sleep
- New summary of speed and distance for periods of walking and running
- Reduced errors in children and adolescents (< 18 years old) and certain adult groups
- Physical Activity Level (PAL) indicating the test person's daily physical activity according to WHO
- Body surface area (BSA) and Resting Metabolic Rate (RMR) according to WHO
- More comprehensive PDF reports including BSA, RMR, PAL and Sleep Efficiency
- Extended and searchable annotation, user selectable from list of more than 400 activities
- Improved support for metric units (one decimal precision)

- Automatic data export to xls or csv file format during upload (summary data with standard software, all data only with optional Professional Software and License Key)
- Updated user interface
- Compatible with MS Windows Vista, XP, 7 or 8

## New Features of Professional Software

(USB Key required)

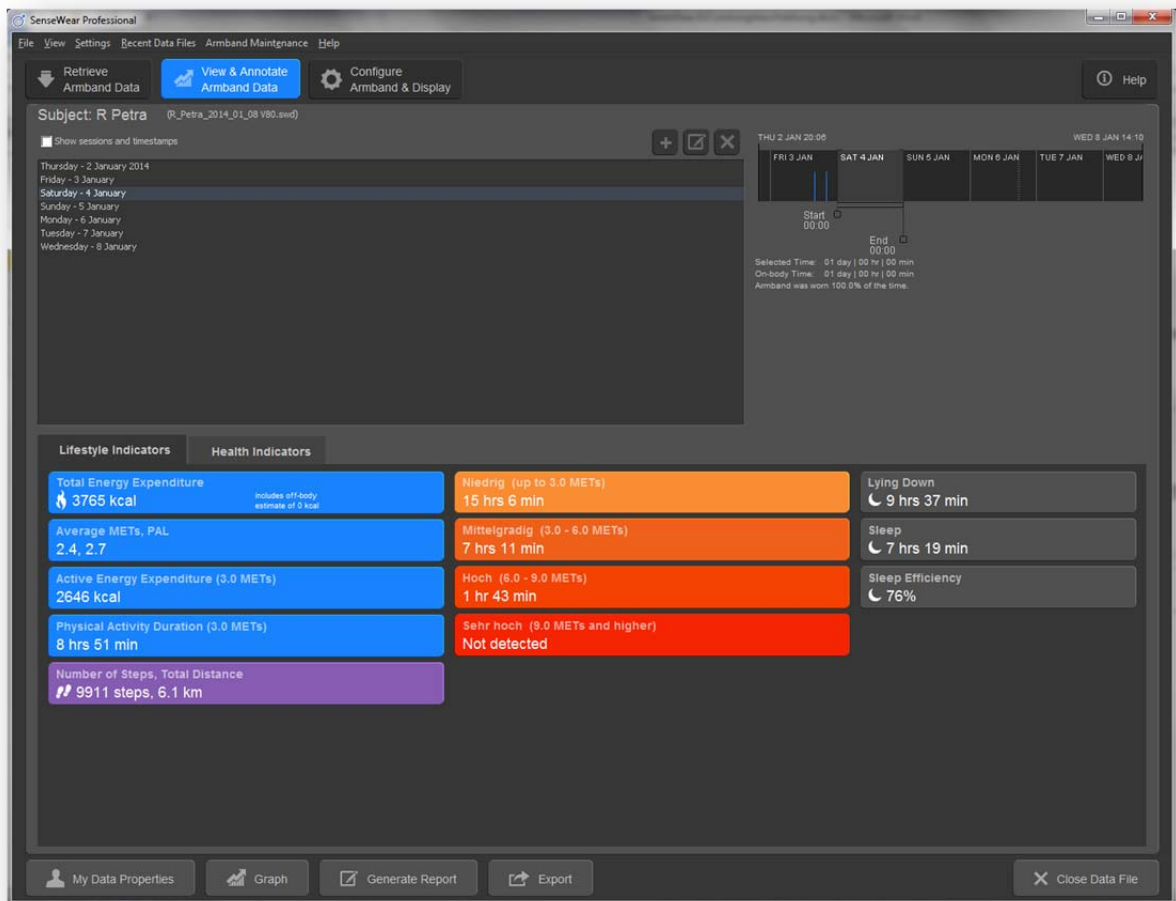


Fig.: SenseWear Software Version 8 – Professional Program

- New: Sleep classification showing minutes of light, deep and very deep sleep
- Automatic Activity classifications showing time spent Resting, Driving, Walking, Running, Elliptical Training, Stationary Biking, Road Biking and Resistance Training
- New: Light Physical Activity Classification adjustable category for 1.5-3.0 METs
- Added graphic features for sleep, speed, distance and activity classifications (refer to figure)
- Compatible with previously purchased license keys
- Version 8.1 software is compatible with the SenseWear MF Armband and Windows XP, Vista, 7, and 8.

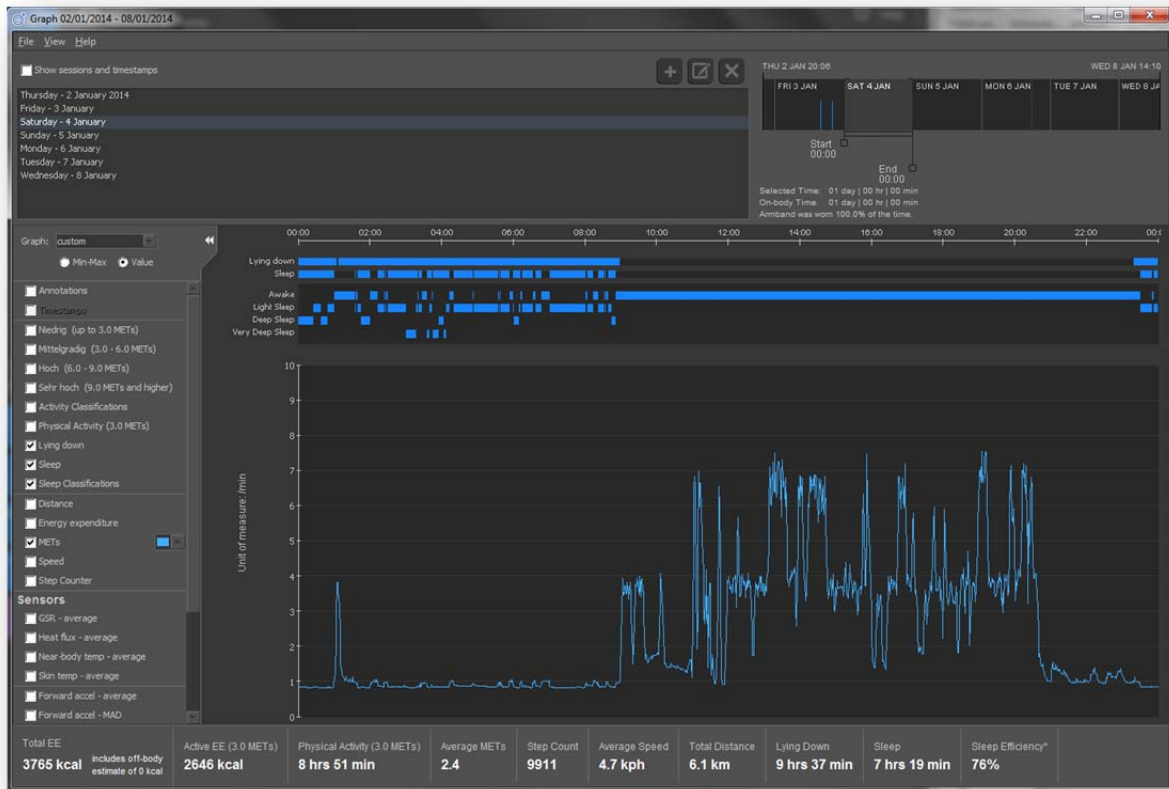


Fig.: SenseWear Professional – Graphing of Data with sleep traces

## Compatibility of SenseWear Versions

Below you will find tables specifying the compatibility of different SenseWear Armband, SenseWear Software, and Windows Versions.

### Important Note:

You can install and operate SenseWear Versions 6, 7, and 8 parallel on your PC. Nevertheless, please observe that swd armband data files stored in the Version 8 format cannot be opened in Version 7. Yet, you can download swd data from the armband using version 7 and save this data, subsequently open the data in Version 8, finally also save the data in the Version 8 format in a different folder. We recommend saving data originating from different versions in different folders.

## Overview of New Functions and Features

Functions	SenseWear Standard (w/o Key)	SenseWear Professional (with Key)	Features
New user interface	✓	✓	New: Data in bright colors for improved recognition
Physical Activity Level (PAL)	✓	✓	New: PAL derived from rest and activity data
Ambulatory distance	✓	✓	New: Total distance of user selectable periods
Automatic data export	✓	✓	New: In the Standard Software summary data, in SenseWear Professional (with License Key) all recorded data is exported

Functions	SenseWear Standard (w/o Key)	SenseWear Professional (with Key)	Features
Additional Activity level „Light“	x	✓	New: Allows up to five adjustable activity levels. Light level of 1.5-3.0 METs
Body Surface Area (BSA) and Resting Metabolic Rate (RMR) according to WHO	✓	✓	New: "My Data Properties" shows subject's BSA and WHO RMR
Heat Flux graphing	x	✓	Heat Flux can be graphed (back from older SenseWear versions)
Activity Classifications	x	✓	New: Added activity classifications for graphing of up to 10 different activities including Sleeping, Resting, Motoring, Walking, Running, Elliptical Training, Stationary Biking, Road Biking, and Resistance.
Distance and Speed Graphing	x	✓	New: Graphing of speed and distance
Improved Reports	✓	✓	New reports include BSA, RMR, PAL, and Sleep Efficiency.
Energy Expenditure algorithm update	✓	✓	More accurate prediction of energy expenditure with new algorithms
Extended and Searchable Annotation List	✓	✓	Now over 400 detailed activities for labeling data annotations
Improved support for metric units	✓	✓	Subject information in metric units now supports one decimal precision
Additional languages	✓	✓	BG, CZ, DK, NL, EST, F, D, GR, H, I, LT, LV, PL, RO, SK, SLO, E, S, TR

## Algorithm Improvements

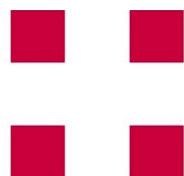
Improvements/Updates	Remarks
SenseWear armband can be worn on right or left arm	Validated with walk, run, bike, rest, elliptical, and stair mill.
Improved accuracy in children and adolescents (<18 years old)	Validated with doubly labeled water for children & teens (10 to 16 years old), adults (24 to 60 years old) and older adults (60 to 78 years old), plus obese class II and III (30 to 55 years old). All have mean error $\leq 10\%$ TEE.
Four new activities detected.	New activities detected include: cool down, elliptical trainer, and ambulatory (aerobic step, stair mill, walking incline).
Greatly reduced errors for road bike	More accurate calorie burn, particularly at higher METS values.
Sleep Energy Expenditure improved $\approx 10\%$ .	Energy Expenditure while sleeping has been improved using research from the University of Maastricht.
Reduced real time and session errors for many activities	Activities such as walking, running, & cool down now have reduced real time and session errors.
METs and "minutes of physical activity" increase and are more accurate.	Typically reports less minutes of moderate activity and more minutes of vigorous activity.
More activity-specific energy expenditure algorithms	Additional regressions for elliptical trainer and ambulatory activities. New mappings for sleep, motoring, and cool down.

## Armband Compatibility

Armband	SenseWear 7.0	SenseWear 8.1
SenseWear Pro 2	✓ unsupported	× Data files may be compatible, unsupported
SenseWear Pro 3	✓	✓ unsupported
SenseWear MF	✓	✓
Wireless communicator	✓	×

## Windows Compatibility

Windows Version	SenseWear 7.0	SenseWear 8.1
Windows XP (32 bit)	✓	✓
Windows Vista (32 bit)	✓	✓
Windows Vista (64 bit)	✓	✓
Windows 7 (32 bit)	✓	✓
Windows 7 (64 bit)	✓	✓
Windows 8 (64 bit)	×	✓



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