

Best Practices - How to take a measurement

This article describes the best practices for taking a measurement
Wait 3 minutes between measurements to avoid device overheating

rPPG - Face scan

To get accurate readings, follow the guidelines below:

Device

- Ensure the battery level is above 20% and not in power-save mode.
- Ensure your camera lenses are clean and unscratched.
- Place the device on a stand about 30 cm away from your face.
- Position the device with the selfie camera at eye level and parallel to the face. Use a stand to reduce shaking and movements of the device.

Subject

- Sit still during the measurement.
- Ensure your feet are placed flat on the floor and your legs are uncrossed.
- Make sure your face is fully exposed, ensuring it is not covered by hair or accessories (i.e., mask, sunglasses, hat).
- Avoid moving or talking throughout the measurement and remain focused on the screen until the measurement is complete.

Environmental Conditions

- Ensure your face is evenly illuminated
- Avoid measuring in locations with multiple light sources (preferably a single light source directed towards the face).
- Settle into a position where no light sources are directed toward the camera (e.g., by sitting against a wall).
- Ensure neither the camera nor the area in the frame is exposed to direct sunlight.
- Avoid movement of other persons behind or within your vicinity.
- Avoid highly reflective objects in the surrounding area, including mirrors, glass windows, tables, etc.

- Ensure the level of the light illuminating your face is a minimum of 400 lux.
- It is recommended that you use a cold light (>4500K) and not a monochromatic light source.

External Sensor Devices

Currently, our SDK supports the Polar Verity Sense device.

Mobile Device

1. Ensure that your mobile device is not in power-saving mode.
2. Stay within the Bluetooth® range of your smartphone throughout the measurement to avoid connection or signal disruptions.

Polar Verity Sense Sensor

1. Ensure that your Polar Verity Sense™ battery is sufficiently charged.
2. Turn on your Polar Verity Sense™ by pressing the silver button located on the side of the sensor.
3. Verify that there is a green light visible on the back of the sensor.
4. Pair your Polar Verity Sense™ with your smartphone via Bluetooth®.
5. Wear the Polar Verity Sense™ snugly over clean skin on the outer-center part of your non-dominant upper arm and fasten the band securely.
6. Ensure the sensor is in direct contact with your skin (underneath clothing). Avoid placing it over tattoos or adjusting it during the measurements.
7. When putting on the armband, ensure that the device's power button is facing upwards and the "POLAR" label on the device is not upside down. This ensures that the sensor is positioned properly on your skin.



Subject

1. Act naturally during the measurement. Avoid unnecessary movements or adjustments to the sensor on your skin.