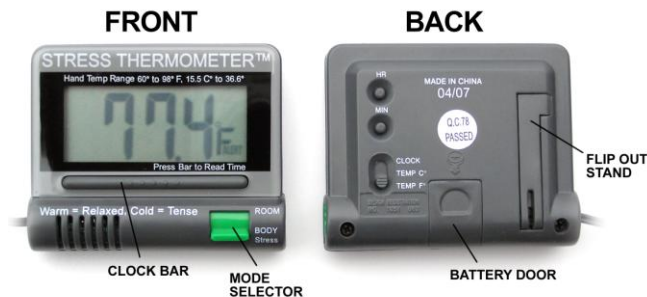


# Stress Thermometer

## Model SC911

The Stress Thermometer shows precisely how your thoughts and feelings affect your body by measuring skin surface temperature. Within seconds, your hand temperature can rise or plummet, reflecting your psychological changes. You can watch how anger, fear, worry, sadness, taxes, divorce, job loss, joy and other factors affect your body. Stress test yourself and friends.

You can use the Stress Thermometer to learn to increase your hand temperature. As your temperature increases, your thoughts and feelings shift to being calmer and more peaceful. Master your body and you will master your mind.



## Operating Instructions

### To start:

1. Remove the battery door.
2. Install battery flat (+) side up.
3. Replace door.

### To set clock: (switches on back of case)

1. Set slide switch to CLOCK position.
2. Press and hold the HR button to advance numbers rapidly. Each press advances the number once.
3. In similar fashion, set minutes by pressing MIN.
4. Move slide bar switch to TEMP position.

### To read time:

Press CLOCK bar on the front panel to display time.

### To read stress level:

1. Flip out stand on back of thermometer case. Make sure that the slide on the back of the thermometer is switched to TEMP position. Select either Fahrenheit or Celsius.
2. Set the ROOM/BODY switch on front panel to BODY position to display body temperature.
3. Carefully uncoil the thermistor lead wire. The lead wire is approximately 10 feet long. Uncoil only as much as you will need and tie/tape together the unused portion.
4. Carefully attach to thermistor lead wire to the fingerprint side of your finger tip. If you use tape, carefully tape at least 1/8" below the blue bead tip.

We suggest a piece of Velcro™ (may be purchased at most stores) formed into a ring just large enough to slip over your finger tip and leave about 1/2" between the top edge of the Velcro™ and the tip of your fingernail. The Velcro™ ring should be just loose enough to permit the thermistor lead to be pushed under it. Carefully slip the thermistor lead wire between the fingerprint side of your finger and the Velcro™. Push the lead wire through until the blue tip just appears on the outside of the Velcro™.

**Note: Do not tape over the blue bead top and do not pull on the lead wire or you may break it.**

Wait 20 seconds to 1 minute for the temperature to reach your current finger temperature (commonly known as 'baseline'). Hand temperature ranges from 60 to 100 degrees Fahrenheit or 15.5 to 37.2 degrees Celsius. You can measure temperature on any body surface area by carefully attaching the thermistor lead as described.

Under stress, hands and feet cool. To warm your hands, close your eyes and slowly relax your body part by part, starting with your feet. Recall a happy experience or feeling. Check your temperature. 95+ degrees F is considered deep relaxation. Check your stress level throughout the day. Keep written records so that you can compare what you feel and think with your temperature.

## Stress and Temperature

The Stress Thermometer will let you see to 1/10 of one degree the stress you experience in different situations. Changes in hand/foot temperature are a reflection of blood flow – a measure of the stress response. For example, while talking about an upsetting incident involving your parents, an employer/employee, or friend, your temperature may drop 5 to 20 degrees. In contrast, when recalling a minor misunderstanding, your temperature may only drop one degree. And yet, when you recall the warm sun on a recent vacation, your temperature may increase a full 10 degrees. What is most surprising is how quickly temperature changes occur.

The basic rule for interpreting temperature change is simple: "Warmer hands/feet indicate relaxation, while colder hands/feet reflect tension." When the body's fight/flight system is activated, the muscles tense, heart rate and the vital organs speed up and as a result, blood flow is shunted from the extremities and directed to the vital organs to support the increased level of arousal. As a result, changes of 5, 10, or 15 degrees can occur within minutes.

The amount of temperature change depends on the stressor or problem and how you react to stress. You need to observe your temperature over a week in different settings to see that your temperature range is. 72 degrees may be your significant other's coldest temperature, while 85 degrees may be your best.

## Long Term Goals

1. To consistently raise your temperature to 95 degrees F or higher; to hold that temperature throughout the length of your training session.
2. To develop sensitivity in order to recognize subtle changes in hand temperature throughout the day without the aid of the Stress Thermometer.
3. To develop the skill to increase hand temperature in the midst of stressful situations.

## Where should I practice?

It would be best to train while sitting in a comfortable chair. Sit with your spine rather straight, with your hands in your lap. Cross your legs, or place your feet flat on the floor. Wear loose clothing, remove contact lenses, turn off the phone and take care of anything that might disturb your rest and relaxed attention.

The following suggestions can help you learn to relax:

- Practice in a quiet environment.
- Practice an hour after eating.
- Try to practice at about the same time each day so your body will develop a rest habit.
- After about the tenth session, try relaxing in a more realistic, active setting. Do this test after every 10 sessions to see how well you can relax in the midst of noise and disturbances.

## Understanding Temperature

There is no 'normal' temperature, but a range over which temperature fluctuates and changes.

High tension	below 79 degrees
Slight tension	79 – 84 degrees
Mild/calm	84 – 90 degrees
Quietly relaxed	90 – 95 degrees
Deeply relaxed	over 95 degrees

## Temperature Variables

The first and most obvious is to avoid touching the thermometer to the cold table top or laying it against a warm leg. Secondly, steroids, tranquilizers, alcohol, hypertensive medication and other drugs in the body will tend to elevate extremity temperature. Third, in the summer, hand temperatures tend to be warmer because the blood vessels are nearer the surface of the skin.

Are your hands always cold? Everyone can train to increase their hand and foot temperature and maintain a higher average temperature.

Your diet – coffee, soda pop, sugary food, lack of eating, eating a big meal before relaxing – can influence your temperature.

Expectations and Performance Anxiety – Your thoughts influence your temperature. If you think “Oh, I just can't learn to relax!” guess what?! You will have a heck of a time working against that thought.

Worry – This is the hardest factor to overcome. Don't fight worry. Feel the sensation of your breathing. Exhale worry with each breath.

Seek proper medical treatment from professionals. Training described herein should not be undertaken without advice from your health professional. Use of the Stress Thermometer and the training materials is solely the choice of the reader.

## Troubleshooting

- If no display appears, replace the battery.
- If 'HI', 'LO', or three bars appear in display, the thermistor has been damaged; dispose of the unit (see warranty), it is not repairable.

## Specifications

- Display: LCD, ¾" high
- Range: -58 degrees to 150 degrees F
- Accuracy: +/- 1.8 degree F
- Battery: 1.5v Eveready 357, Maxwell LR44 or equivalent. 1 year life.

## Warranty

30 days limited parts and labor due to defective workmanship (excluding battery). Removal of date tag on back and permanent markings on the unit will void the warranty. Warranty is limited to exchange. Unit is not repairable. If broken or damaged, discard.

Batteries are given as 'freebies' and are not warranted. If you are having trouble, please refer to the troubleshooting area of these instructions

\*Velcro™ is a registered trademark of Velcro Industries B.V.

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