



# PULSENSE

EVERYTHING COUNTS

[www.epson.co.uk/pulsense](http://www.epson.co.uk/pulsense)

**EPSON**<sup>®</sup>  
EXCEED YOUR VISION

# START MAKING MOVES THAT MAKE A DIFFERENCE

Pulsense is the next generation heart rate and activity monitor. It measures heartbeat and activity 24 hours a day, tracking your steps, distance, calories, sleep quality, heart rate zones and more.



## EXERCISE

Assess the effectiveness of exercise and your progress towards your goals.



## STATE OF MIND TRACKING

Understand how your state of mind influences your heart rate.



## CALORIES TRACKING

Monitor calories burned at rest and during exercise so you can understand how much your exercise contributes to calories burned.



## STEPS MONITORING

Record your daily steps and calculate the distance you've travelled so you can make small changes to become more active.



## SLEEP TRACKING

Track the length and quality of your sleep by automatically monitoring body movements and heart rate.



## REAL-TIME

Monitor heart rate and exercise intensity in real-time.

## VIEW THE RANGE

Choose the Pulsense model that is right for you.

BUILT-IN HEART  
RATE SENSOR



**PULSENSE**  
**PS-100B\***



Width: Max. 22 mm  
Thickness: Max. 12.5 mm

BUILT-IN HEART  
RATE SENSOR



**PULSENSE**  
**PS-100T\***



Width: Max. 22 mm  
Thickness: Max. 12.5 mm

BUILT-IN HEART  
RATE SENSOR



**PULSENSE**  
**PS-500B**



Width: Max. 35 mm  
Thickness: Max. 14 mm

\*Available in two sizes (S/M) (M/L) - find our helpful sizing tool here:  
[www.epson.co.uk/pulsense-sizingtool](http://www.epson.co.uk/pulsense-sizingtool)



## BUILT-IN HEART RATE SENSOR

Epson's optical heart rate sensor is compact and energy-efficient, accurately reading heart rate from the back of your wrist, measuring the small changes in reflected light as blood passes through vessels in your skin.

## MONITOR YOUR HEART RATE AND ACTIVITY 24 HOURS A DAY

The addition of continuous heart rate monitoring opens up a whole new world of data, including how your state of mind affects your heart rate. Unlike some heart rate monitors, you can continue to record data, even while exercising. Pulsense will track heart rate while running at speeds of up to 15 kilometres per hour, measuring activity across five heart rate zones, simply displayed with LED lights.

## HEART RATE BASED CALORIE TRACKING

Pulsense calculates calories burned based upon body motion and heart rate. Your body burns more calories as you exercise. Your heart rate increases as your body demands more oxygen and fuel. This close relationship between heart rate and calories burned enables more detailed and accurate calorie calculations.

## FIND OUT HOW



## SET TARGETS AND REVIEW YOUR PROGRESS

Pulsense will automatically set targets based on the goals you want to achieve, helping you plan weight loss and fitness programmes. Bluetooth Smart connectivity and the free smartphone app make it easy to input calories and other data and monitor progress on your smart device.

The Pulsense View app is a great tool to help you interpret your data, allowing you to make small changes to your lifestyle that can make a big difference to your health and wellbeing.

See our website for how to download the app and for device compatibility.



## HEART RATE BASED SLEEP CYCLE TRACKING AND WAKE-UP ALARM

Pulsense monitors the quality of your sleep from body movements and heart rate. When the accelerometer is still and your heart rate falls below a certain level, Pulsense will automatically start to track your sleep patterns and quality. You can also use the sleep phase wake-up alarm to get you out of bed at the optimal time, so you can start your day the right way.



PULSESENSE FEATURES	PS-100	PS-500
24hr heart rate monitoring/zone training	●	●
Track exercise, steps, distance, calories burned, & real-time heart rate	●	●
Sleep monitoring & sleep phase wake-up alarm	●	●
Set goals & receive automatic daily target suggestions	●	●
Monitor & track progress with the free Epson app (iOS & Android)	●	●
Log weight, body fat percentage & calorie intake	●	●
Sync with Bluetooth Smart	●	& USB
Water resistant	3bar	3bar
Incoming call, e-mail & calendar notification	●	●
Display	LED indicator lights	LCD & LED indicator lights
Time & date	—	●
Internal storage	480hrs	480hrs
Battery life (with continuous heart rate monitoring)	36hrs	36hrs

For more information please contact:

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\* Local call rate.

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