

Tremora

Movement and sleep information for discussion

USER GUIDE

Version 1.0.1 · iPhone, Apple Watch, and iPad

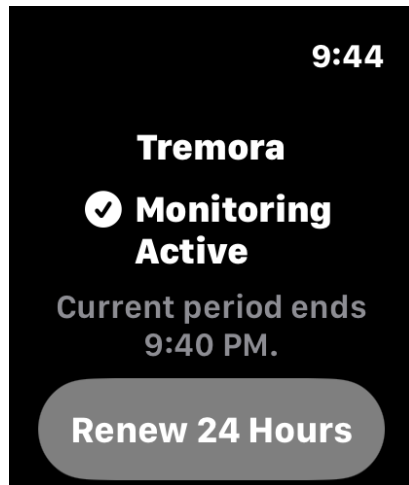
Tremora organizes movement measurements from Apple Watch and, when you permit it, sleep information from Apple Health. It helps you review patterns and prepare reports for personal use and conversations with a licensed clinician.

Important: Tremora does not diagnose a condition, explain a cause, predict health changes, recommend treatment, or replace professional medical advice. Do not use Tremora for urgent symptoms or medication decisions.

1. Set up Tremora

Movement monitoring

Install Tremora on the paired iPhone and Apple Watch. Open the Watch app and renew the monitoring period when prompted. Apple controls when Movement Disorder results become available, so the phone may show that information is still arriving.



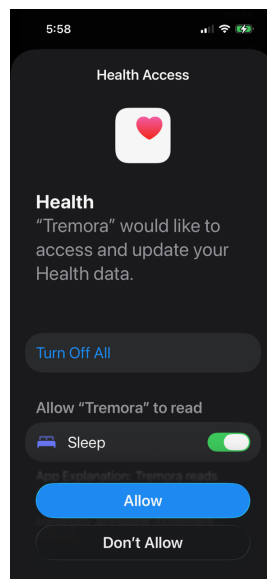
On Apple Watch:

- Confirm **Monitoring Active**.
- Use **Renew 24 Hours** to begin the next monitoring period.
- Wear the Watch normally and keep it charged.

Movement measurements remain subject to Apple's device compatibility, eligibility, and background timing.

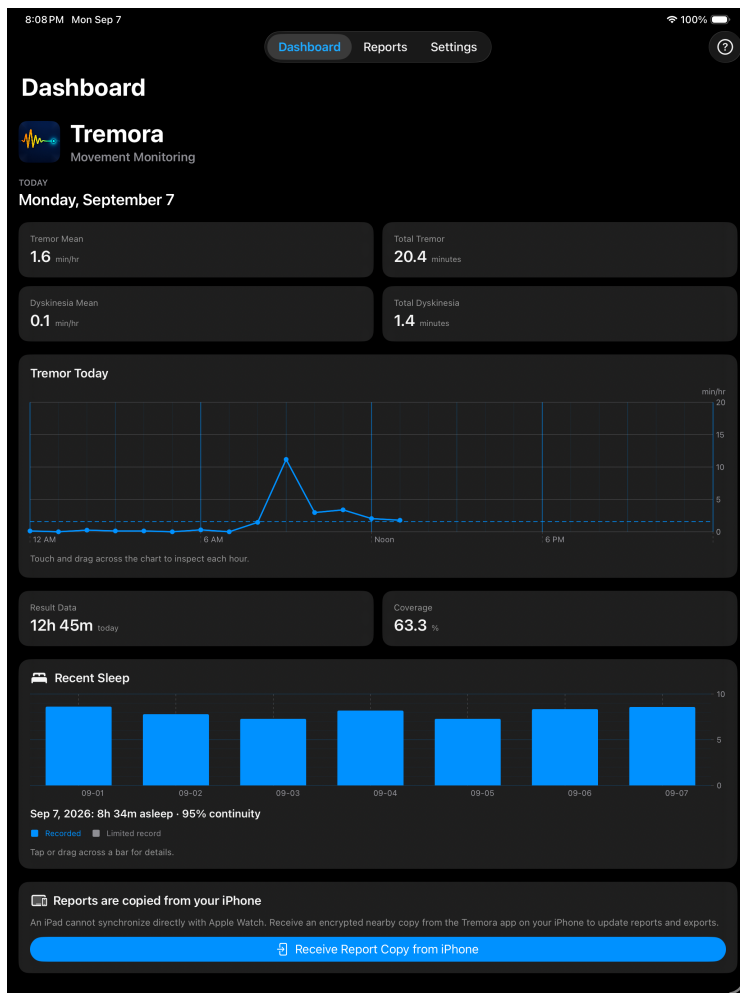
Optional sleep access

Sleep is read from Apple Health on iPhone. Tremora requests permission before reading it. Turn on Sleep and tap Allow. You can change this later in the Health app. Tremora does not create an Apple sleep score.



2. Read the Dashboard

The Dashboard summarizes the current movement day. It shows the available hourly chart, monitored result time, coverage, sync status, and—when Health sleep information is available—the seven most recent nights of sleep.



Movement chart

Touch and drag across the 24-hour chart to inspect an exact hour and value.

Result Data and Coverage

These show the available movement-result time and how much of the relevant period has qualifying data.

Recent Sleep

Each bar shows recorded sleep duration for one night. Tap or drag across the bars for the date, duration, and continuity. Blue represents a recorded night; gray marks a short or incomplete record and is not a poor-sleep rating. Continuity is not an Apple sleep score or diagnosis.

3. Explore Reports

Use Reports to choose a view, date range, and movement type. View changes the type of question the chart can help you discuss. Range changes the dates included when that report supports a range. Movement switches between tremor, dyskinesia, or both.

Reports

View

24-Hour Profile ↕

Range

Last 7 Days ↕

Movement



How to interpret the charts

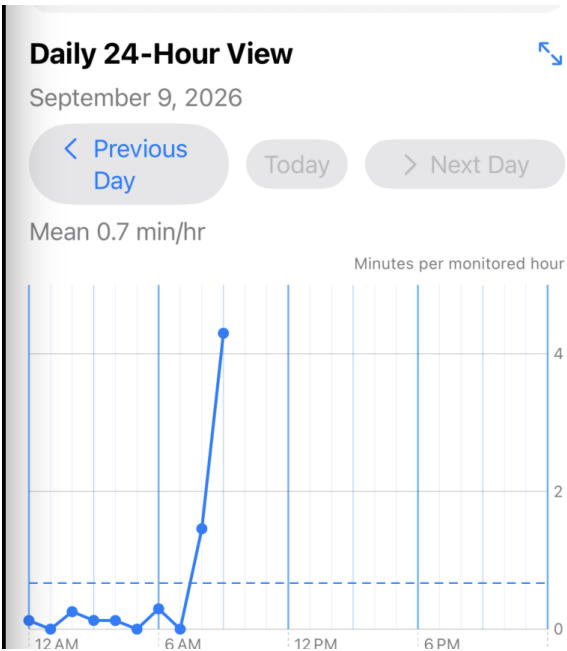
- Blue and green series identify the measurement and statistic shown in the legend.
- Gaps or sparse periods are missing information—not zero symptoms.
- Mean and median describe the measurements present; neither is a diagnosis.
- Coverage and monitored-day requirements provide context for trends.

Report types

24-Hour Profile	Shows the mean and median for each clock hour across the selected range. Use it to discuss whether movement measurements tend to be higher or lower at particular times of day.
Daily Trend	Shows measurements by complete calendar day and an overall direction when enough data is available. Use it to discuss change across days, while checking coverage and missing-data notes.
Daily 24-Hour View	Starts with today and shows the available hourly measurements for one calendar day. Use Prev, Today, and Next to browse other days without changing the report type.
Time-of-Day Pattern	Combines qualifying days to summarize typical higher and lower periods. The observations are factual descriptions of available data, not explanations or diagnoses.
Monthly 24-Hour Comparison	Compares the full-day hourly pattern for recent calendar months that contain sufficient monitored data. Use it for broader month-to-month context.

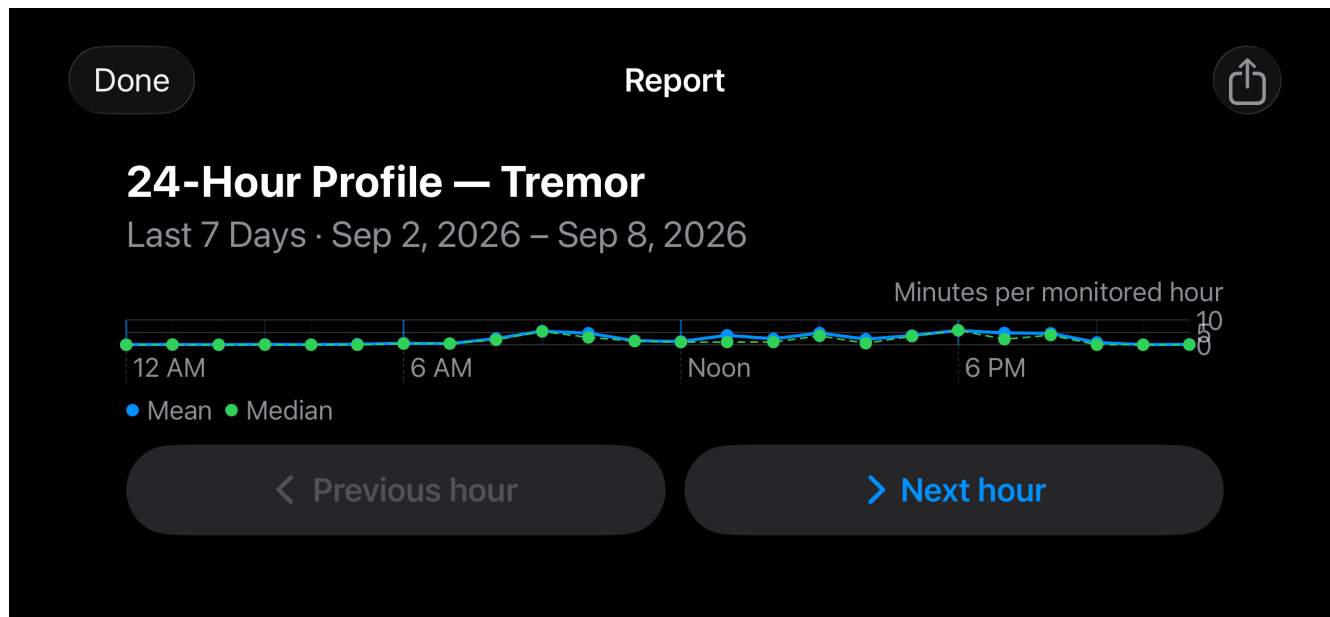
Daily browsing and full screen

In Daily 24-Hour View, Prev and Next change the calendar day. On hourly charts, touching or dragging selects an hour; Prev and Next below the chart then move the selection one hour at a time. Tap the expand arrows to use the landscape full-screen chart. Its value panel stays near the upper-left so it does not cover the selected point.



Full-screen chart controls

Full screen gives the plot more room and keeps the same data, date, and movement selection. Touch or drag on the chart to inspect a point. Use the left and right arrows in the top-right control to step through values; use Share to export the chart shown. Done returns to Reports.

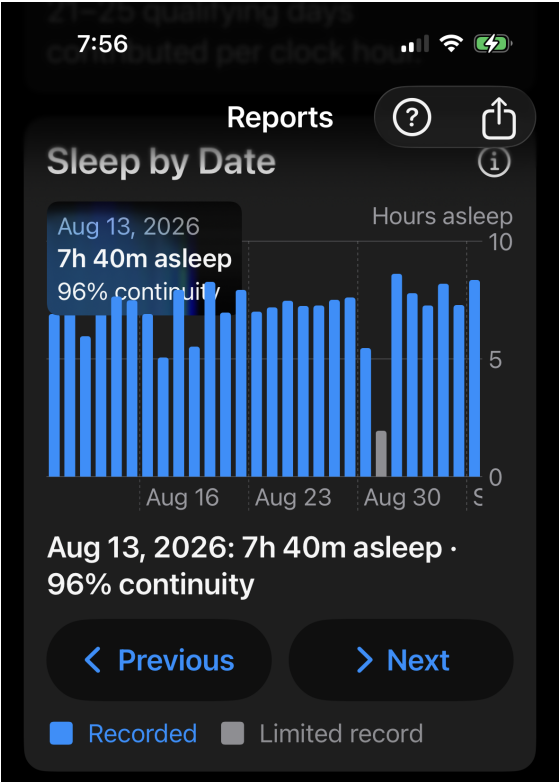


Interactive and static versions

The chart inside Tremora includes touch instructions, a selected-value panel, and navigation controls. A JPG or PDF is static, so Tremora removes the touch wording and navigation buttons from the exported image. This leaves more room for the chart and avoids instructions that cannot be used in a saved file.

4. Review Sleep

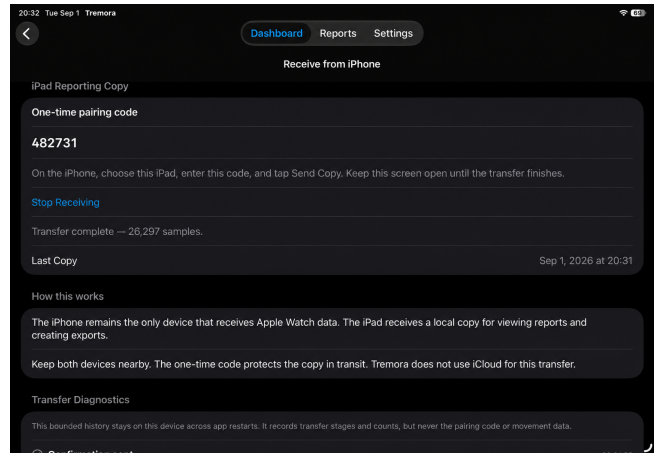
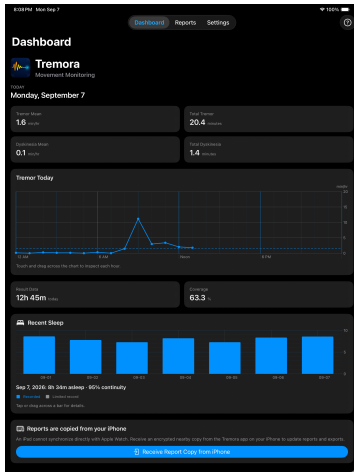
Sleep by Date places each main sleep session on the morning it ended. Bar height shows recorded hours asleep. Blue indicates a complete record; gray indicates a short or incomplete record and is not a poor-sleep rating. Touch a visible bar to show its date, duration, and continuity. Use the information button for definitions.



What it can support	What it cannot establish
• Recall recent sleep duration • Notice possible patterns over time • Add context to a clinician discussion	• A diagnosis • Sleep quality or restoration • A cause-and-effect relationship • An Apple sleep score

5. Use Tremora on iPad

Apple Watch pairs with iPhone, not iPad. Tremora therefore keeps the iPhone as the source device and lets you make a private reporting copy on a nearby iPad. The copy is for viewing reports and creating exports; it does not make the iPad a Watch receiver.



To copy report data

- On iPad, choose Receive Report Copy from iPhone.
- Keep the receive screen open and note the one-time six-digit code.
- On iPhone, select that iPad, enter the six-digit code, and send the copy.
- Keep both devices nearby until the transfer confirms completion.

The nearby transfer does not use iCloud. The one-time code protects the copy in transit. A reporting copy can contain health-related information; protect both devices and share exports deliberately.

6. Export and share

Tap Share on Reports or a full-screen chart to choose an export. Each format serves a different purpose. Exports can contain health-related information, so review the dates, coverage, and optional sleep content before sending or saving them.

Choose the right export

Appointment Report (PDF)	A multi-page, clinician-friendly packet with full-page movement charts, notable factual patterns, a movement summary, and optional Health sleep information. Best for a visit or a concise record.
PDF Report	A portable snapshot of the currently selected report, movement type, and date range. Best when the recipient should see the chart as laid out in Tremora.
Excel Workbook	A workbook with detailed tables and charts for the selected report. Best for sorting, calculations, or deeper review on a computer.
CSV Data	A simple, widely compatible data file without Tremora chart styling. Best for importing values into another spreadsheet or analysis program.
Chart JPG - Save to Files	A static image of the selected chart saved to a folder you choose. Best for attaching to a document or keeping with other files.
Chart JPG - Save to Photos	The same static chart image saved in Photos. Best for quick viewing or sharing from the Photos app.

PDF	XLSX	CSV	JPG
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What exported images contain

JPG and PDF chart exports preserve the title, date or range, legend, units, plot, and available data. They do not include interactive touch instructions, Previous or Next controls, or a temporary value callout. The Appointment Report adds explanatory notes and summaries appropriate to its multi-page format.

Export workflow

1. Choose	2. Review	3. Include	4. Share
Select the report view and date range.	Check coverage and missing-data notes.	Include optional sleep only when intended.	Create the file, review it, then use the system share sheet.

Before sharing

- Choose a date range appropriate for the discussion.
- Check coverage and missing-data notes before drawing conclusions.
- Confirm whether optional sleep information should be included.
- Use the system share sheet to save, print, or send the file.

7. Privacy, troubleshooting, and support

Privacy

Tremora does not require an account and does not use advertising or tracking. Movement and permitted sleep information stay on your devices unless you deliberately export, share, or copy them to your nearby iPad.

If information is not current

- Confirm the Watch is worn, charged, and shows Monitoring Active.
- Open Tremora on iPhone and use Synchronize Now.
- Keep iPhone and Watch nearby; queued delivery can complete when they reconnect.
- For sleep, confirm Sleep remains allowed in Health access and that Apple Health contains a recent sleep session.
- Remember that Apple schedules background work and results can arrive later.

Support

Email: **support@calmseas.ca**

Include the device type, OS version, Tremora version, what you expected, and what happened. Do not email exported health data unless you intend to share it.

Tremora is a review and reporting tool for available data. For new, worsening, or urgent symptoms, contact an appropriate healthcare professional or emergency service.