

# Tremora

## Movement and sleep information for discussion

**USER GUIDE**

Version 1.1.0 · iPhone, Apple Watch, and iPad

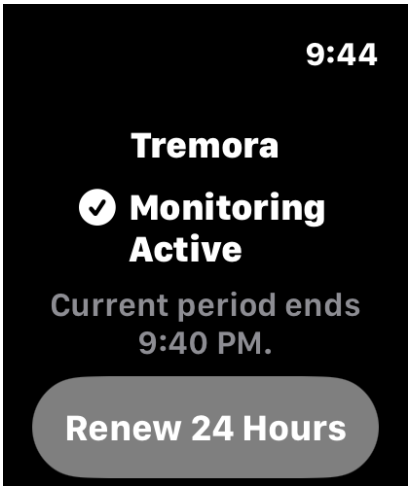
Tremora organizes movement measurements from Apple Watch, patient-entered events, and—when you permit it—sleep information from Apple Health. It helps you review patterns and prepare reports for personal use and conversations with a licensed clinician.

> 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.



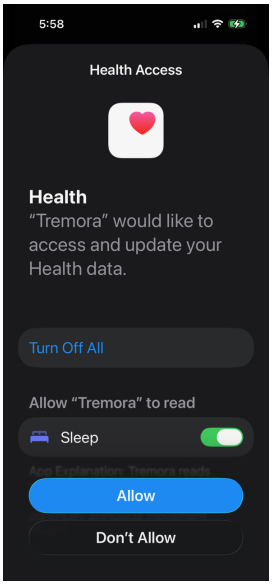

On Apple Watch:

- 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.

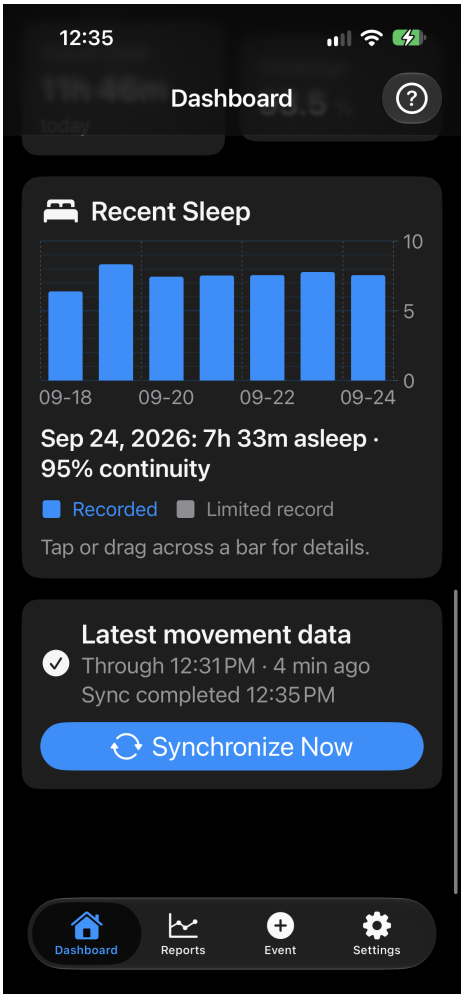
## Optional sleep access

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.



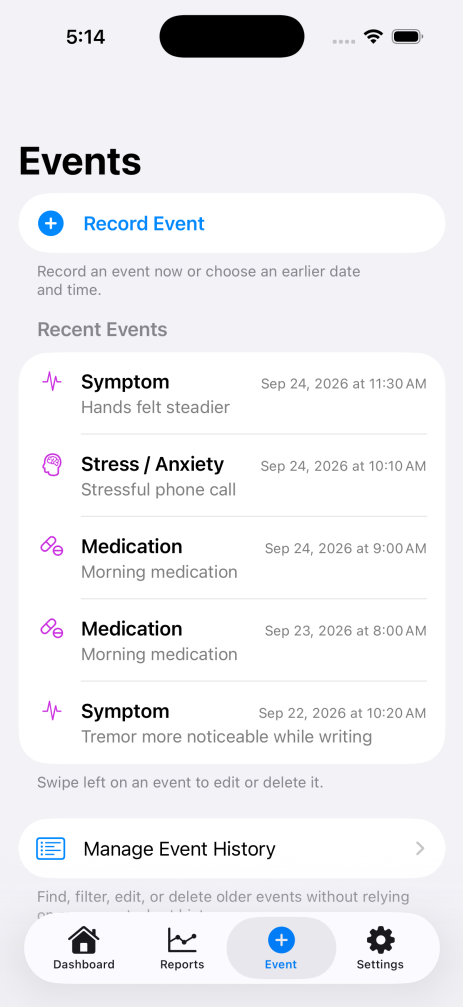

**Movement chart**
Touch and drag across the 24-hour chart to inspect an exact hour and value.

**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. Add and review events

Events add your own context to the movement timeline. Examples include a medication dose, prescription change, symptom, exercise, fall, meal, stress or anxiety, or a general note. Recording an event does not change or delete movement measurements.




**Record an event on iPhone**

1. Tap **Event** in the bottom bar. The Events screen keeps the five most recent events within easy reach.

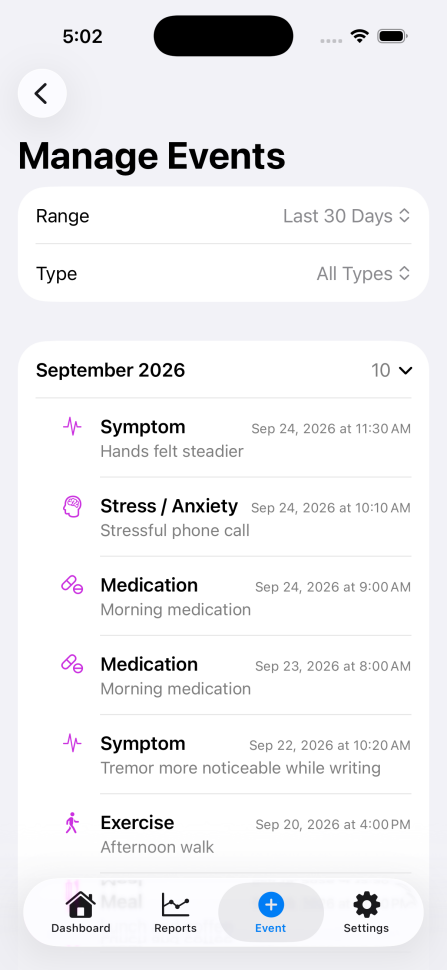
2. Tap **Record Event**, choose the event type, and add an optional note with the detail you will want later.

3. The timestamp starts at the current date and time. Tap the date or time to enter another value, or tap **Choose on Movement Chart** to find the time visually.

4. Tap **Save**. The event appears in Recent Events and as a purple marker on applicable Dashboard and Report charts.

**Tip:** Use a short, specific note such as “Morning dose” or “Stressful appointment.” Avoid adding information you would not want included in an export.

# Find, edit, and delete events




### Manage Event History

Tap **Manage Event History** below Recent Events when the event you need is older than the five shown on the main Events screen.

• Choose Last 30 Days, Last 90 Days, or All Events.

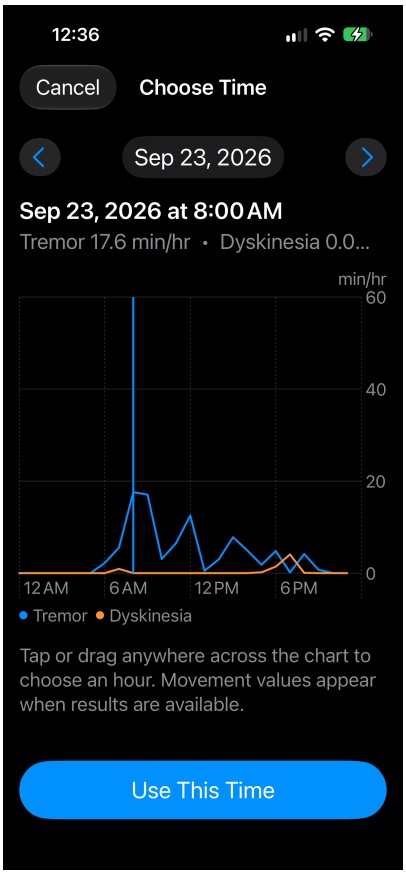
• Filter by event type or use Search to find words in event notes.

• Events are grouped by month. Tap a month heading to expand or collapse it.

• Tap an event to edit it. You can also **swipe left** on an event row to reveal Edit and Delete.

Deleting an event removes only that annotation. It never deletes Apple Watch movement samples.

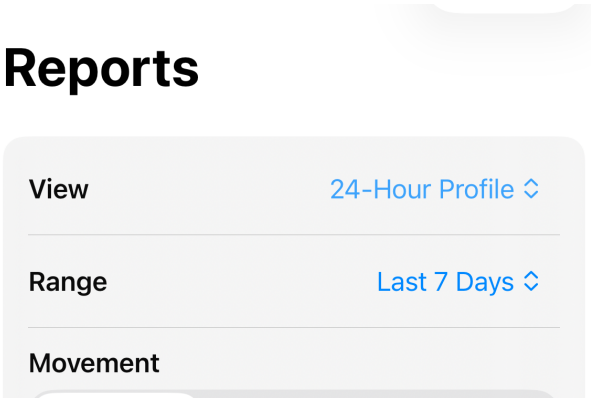
# Choose a chart time and inspect markers

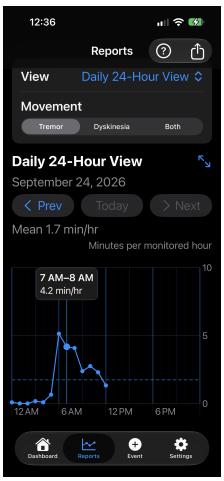



| | |
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| **Choose a past time** | In the event sheet, tap Choose on Movement Chart. Use Prev and Next to change the day, then tap or drag across the chart to choose an hour. Tap Use This Time to return. You can still fine-tune the date or time before saving. |
| **Read a marker** | Purple icons above a chart mark recorded events. Tap an icon or its dashed line to show the type, exact timestamp, note, and movement value when available. A numbered calendar icon means nearby events are grouped. |
| **Edit or delete** | On iPhone, tap an event in Recent Events or Manage Event History, or swipe left on its row. Change its type, note, or timestamp, or delete only that event. |
| **Use iPad** | Events are included when you copy report data from iPhone. iPad can display full details and include them in exports, but cannot add, edit, or delete events. |
| **Interpret carefully** | An event is a patient-entered annotation. Timing can support a discussion, but Tremora does not determine whether an event caused a movement change or whether a treatment worked. |

# 4. 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. Purple event markers provide patient-entered context; tap one to read its details.




## How to interpret the charts

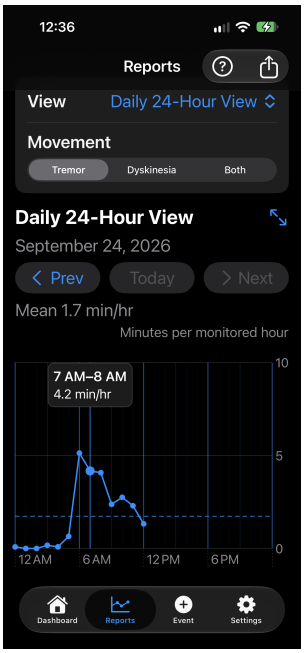
- Blue and green series identify the measurement and statistic shown in the legend.
- Gaps or sparse periods are missing information—not zero symptoms.
- Mean and median describe the measurements present; neither is a diagnosis.
- Coverage and monitored-day requirements provide context for trends.

# 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

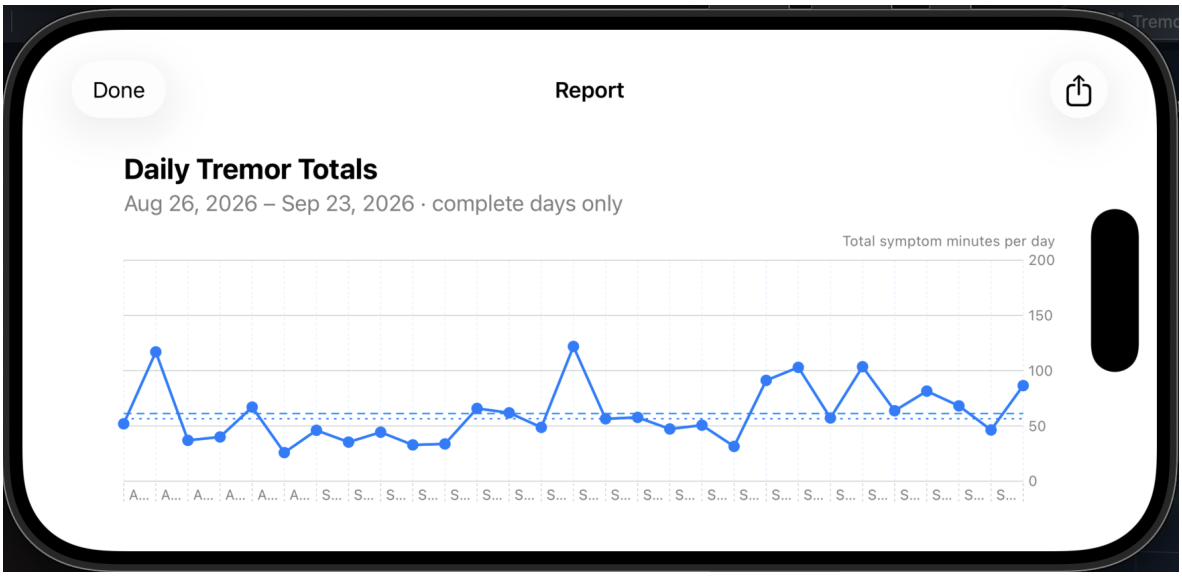
In Daily 24-Hour View, Prev and Next change the calendar day. On hourly charts, touching or dragging selects an hour; Prev and Next below the chart then move the selection one hour at a time. Tap the expand arrows to use the landscape full-screen chart. Its value panel stays near the upper-left so it 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.



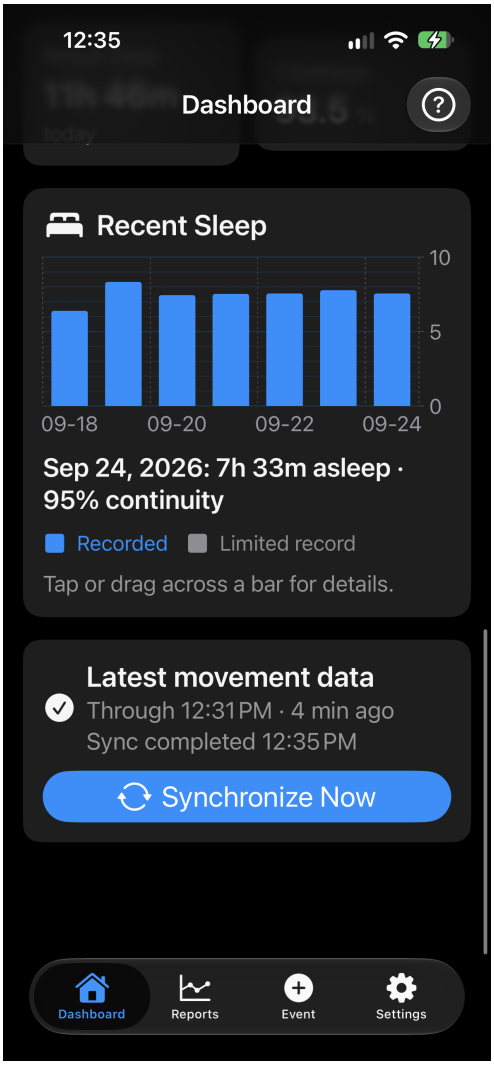




## Interactive and static versions

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.

# 5. Review Sleep

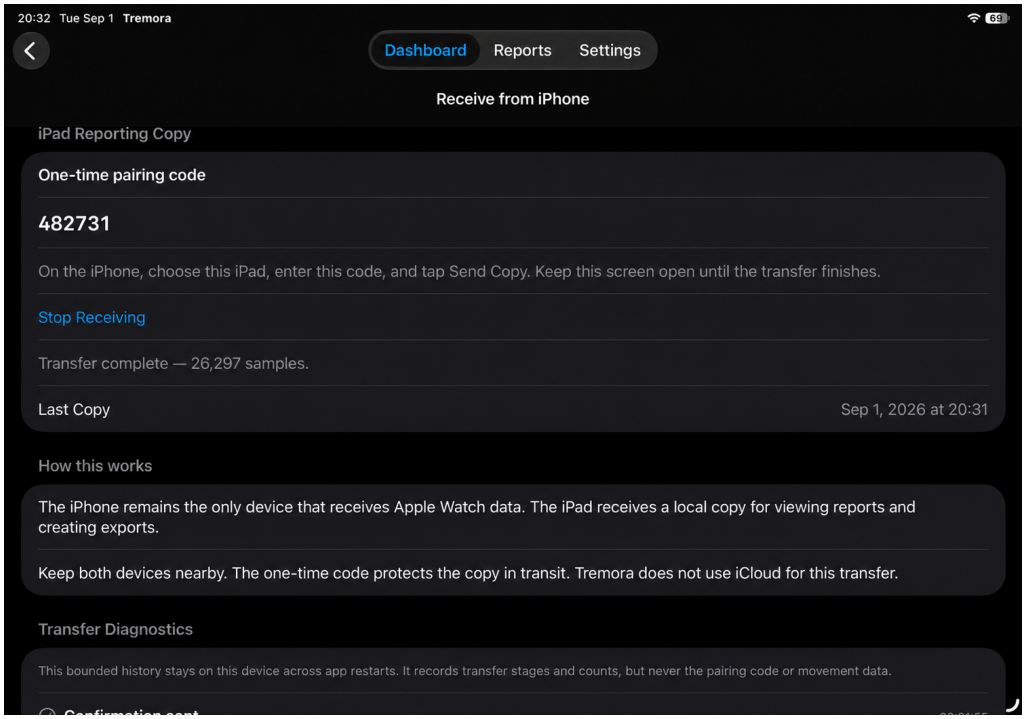
Sleep by Date places each main sleep session on the morning it ended. Bar height shows recorded hours asleep. Blue indicates a complete record; gray indicates a short or incomplete record and is not a poor-sleep rating. Touch a visible bar to show its date, duration, and continuity. Use the information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




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

# 6. 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 includes movement, optional sleep, and recorded events for viewing reports and creating exports; it does not make the iPad a Watch receiver. Events are view-only on iPad.




## 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.

# 7. 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, including event notes, so review the dates, coverage, events, and optional sleep content before sending or saving them.

## Choose the right export

| | |
|---|---|
| **Appointment Report (PDF)** | A clinician-friendly packet with movement charts, optional sleep, a complete recorded-event timeline, and a movement summary. Best for a visit or concise record. |
| **PDF Report** | A portable snapshot of the selected report and range, followed by recorded events in that range. Best when the recipient should see the chart as laid out in Tremora. |
| **Excel Workbook** | Detailed tables and charts plus separate Sleep and Events sheets. Best for sorting, calculations, or deeper review on a computer. |
| **CSV Data** | A widely compatible data file with movement, optional sleep, and a Recorded Events section. Best for importing values into another 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. |

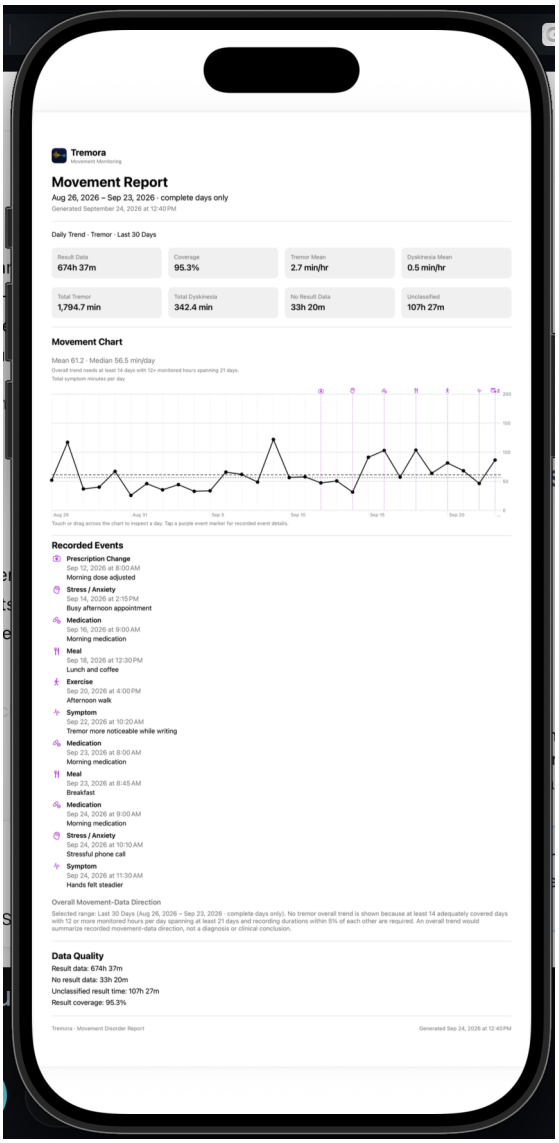
| PDF | XLSX | CSV | JPG |
|---|---|---|---|

## 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. | Review included sleep, events, and event notes. | 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.
- Review the included event notes and optional sleep information.
- Use the system share sheet to save, print, or send the file.

The illustrated report shows event markers above the chart and a complete Recorded Events list below it.

# 8. 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.