

**DOWNLOADING THE ACCUTRACKER II:**

1. Enter into the Accuwin program (Double click on the “Accuwin” icon on the Reviewer computer’s desktop).
2. Single-click on the “Download” icon in the upper-left corner of the main screen.
3. Turn on the Accutracker II by holding down the START button while at the same time turning the black switch on the side of the unit to the “On” position. The Accutracker II will read, “Hello! Press NEXT to proceed”. Press NEXT.
4. The Accutracker II will read, “AMU Contains data!” then, “Download BP data?” Push YES.
5. The Accutracker II will read, “Enter sleep time?” Push YES.
6. Use the INCR, DECR, and NEXT keys to adjust the sleep time according to the volunteer’s diary. If the volunteer didn’t enter his/her sleep times in the first page, use the diary text to guess the approximate sleep times. Push next when you are finished to advance to the next screen.
7. The Accutracker II will read, “Is the data cable inserted?” Insert the gray data cable into the back of the Accutracker II (it should be attached to the computer and hanging over the tower). Be careful with the delicate pins. After it is in place, push YES. The download should take place. The status of the download will appear on the screen.
8. When the download is complete, you will be prompted to enter the volunteer’s information. The ID# will already be entered; double check that it is correct, then hit ENTER to advance to the name field. Enter the volunteers name (LAST, FIRST) and hit ENTER again. The volunteer’s data graph will appear.
9. Accuwin automatically saves data as it is downloaded/entered. You can exit Accuwin by clicking on the “exit” icon.
10. There are rarely any problems in downloading the Accutracker II. If you have any problems, first try the whole thing again (sometimes this does the trick). Otherwise, refer to the Accuwin User’s Manual for troubleshooting suggestions.
11. The disks containing the Accuwin software are in the BP Study file drawer, in a file labeled PROTOCOLS. These can be used if the program needs to be reinstalled, or installed onto another computer. There is one more data cable, which is in Mae Hla’s possession.