



This guide is for iOS 10+ iPhone users.



AbiBird®

# How to

## Set Up or Modify AbiSensor Daily Routines

By setting daily routines you identify the room the AbiSensor is monitoring and tell the AbiSensor how much activity (movement) to expect, and when the activity starts and ends in the room.

### Part A: Setting up daily routines

To set up an AbiSensor's daily routine in the AbiBird app, you need to:

1. Access the *Location* page
2. Select AbiSensor's location
3. Select activity level
4. Set times
5. Confirm your selected routine

### Part B: Modifying daily routines

To modify an AbiSensor's daily routine in the AbiBird app, you need to:

1. Access the *Routine* page
2. Change, add, delete or reset times
  - a. Change times
  - b. Add times to those already set
  - c. Delete times
  - d. Reset a new routine



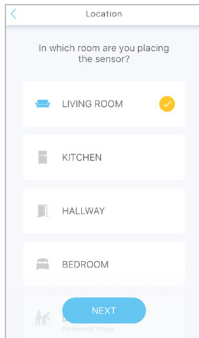
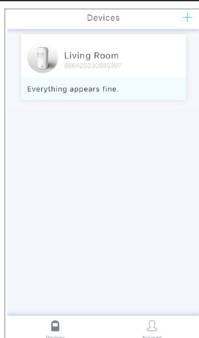
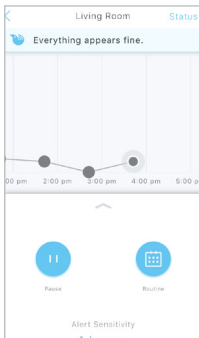
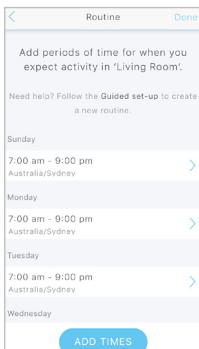
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## Part A: Setting up daily routines

### Step 1: Access *Location* page

The way you access the *Location* page will depend on whether you are setting up your AbiSensor for the first time or resetting routines you have already set.

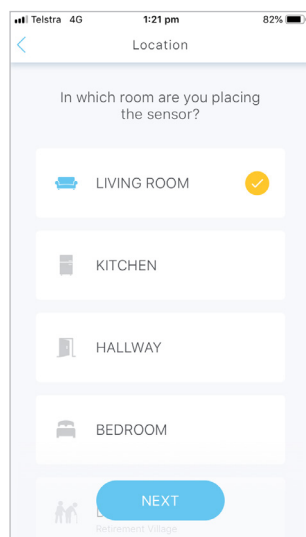
If...	Then...	
You are setting up your AbiSensor for the first time...	The <i>Location</i> page opens after you have named your AbiSensor. (See guide: <a href="#">How to Name and Place AbiSensor</a> ) [Go to Step 2]	
You have already set up your AbiSensor and want to replace the daily routine you have set with a whole new one...	<ul style="list-style-type: none"> <li>Login to the AbiBird app with your username (email) and password. The <i>Devices</i> page opens.</li> <li>Select the AbiSensor for which you want to modify routines. The AbiSensor's graph page will open.</li> </ul>	
	<ul style="list-style-type: none"> <li>From the panel at the bottom of the AbiSensor's graph page, select <b>Routine</b> icon. The <i>Routine</i> page will open.</li> </ul>	
	<ul style="list-style-type: none"> <li>On the <i>Routine</i> page, select <b>Guided set-up</b>. The <i>Location</i> page will open.</li> </ul> [Go to Step 2]	



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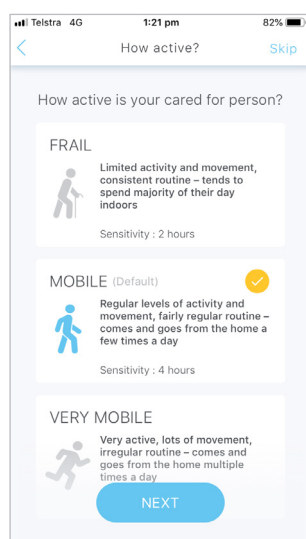
## Step 2: Select AbiSensor's location



On the *Location* page, the default is the **LIVING ROOM**. If your AbiSensor isn't in the living room, select a different option.

Select **NEXT** button. The *How Active?* page will open.

## Step 3: Select activity level



On the *How active?* page, the level of activity defaults to **MOBILE**. If this isn't appropriate for your cared-for person, select a different activity level.

### Activity level sets Alert Sensitivity

The activity level you choose automatically sets the alert sensitivity. Alert sensitivity is the number of hours your AbiSensor waits before marking activity as unusual and sending an alert.

If...	Then...
Your cared-for person can move about, has a regular daily routine and tends to spend the majority of their day indoors...	Select <b>FRAIL</b> Alert sensitivity will be automatically set to 2 hours.
Your cared-for person is mobile, has a fairly regular routine and leaves the home a few times a day...	Select <b>MOBILE</b> Alert sensitivity will be automatically set to 4 hours.
Your cared-for person is active, has an irregular routine and leaves the home many times a day - often for many hours at a time	Select <b>VERY MOBILE</b> Alert sensitivity will be automatically set to 6 hours.

You can adjust alert sensitivity at any time, see guide; [How to Adjust AbiSensor Alert Sensitivity](#).

Select **NEXT** button. The *Set time* page will open.



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## Step 4: Set times

Set time

What time does your cared for person usually wake up?

Wake up time 7:00 am

What time does your cared for person usually go to bed?

Bed time 9:00 pm

NEXT

On the *Set time* page:

- Living room, Kitchen or Hallway AbiSensors default to wake up and bed times of 7am to 9pm.
- Bedroom AbiSensors default to bed and wake up times of 9pm to 7am.

To adjust these times, tap on each time and select a new time.

When you are happy with the times, select **NEXT** button. The *Confirmation* page will open.

## Step 5: Confirm your selected routine

Confirmation

You're almost done!  
Location: Living Room

Day-time activity is expected between:

START 7:00 am

END 9:00 pm

AbiBird is expecting movement between these times. AbiBird will notify you if there has been no activity for up to 4 consecutive hours.

DONE

On the *Confirmation* page, review your routine and select **DONE** button to save your changes, then select **OK** on the *All Done* pop-up.

All Done  
AbiBird is now ready!

OK

The *Devices* page will open with your AbiSensor listed.

[Go to **That's it!** at the end of this guide]

## Part B: Modifying daily routines

### Step 1: Access the *Routine* page

AbiBird

Login with your AbiBird account

Email  
enquiries@abibird.com.au

Password

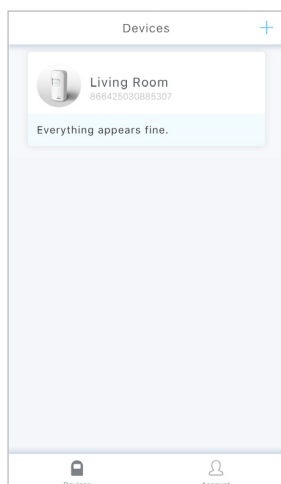
LOGIN

Forgot your password?

Login to the AbiBird app with your username (email) and password. The *Devices* page will open.

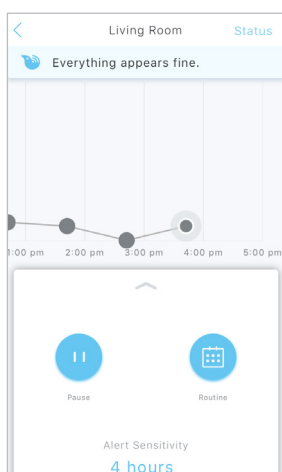


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On the *Devices* page, select the AbiSensor for which you want to modify routines.

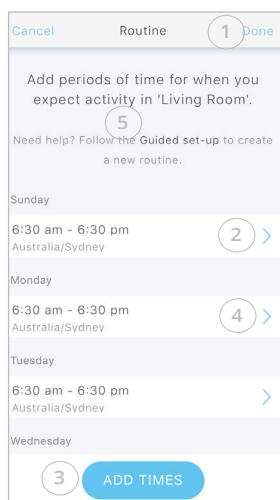
The AbiSensor's graph page will open.



From the panel at the bottom of the AbiSensor's graph page, select **Routine**.

The *Routine* page will open.

## Step 2: Change, add, delete or reset times



The *Routine* page has default settings for each day of the week. Living room, Kitchen or Hallway AbiSensor's default to wake up and bed times of 7am to 9pm. Bedroom AbiSensor's default to bed and wake up times of 9pm to 7am.

You now have a choice:

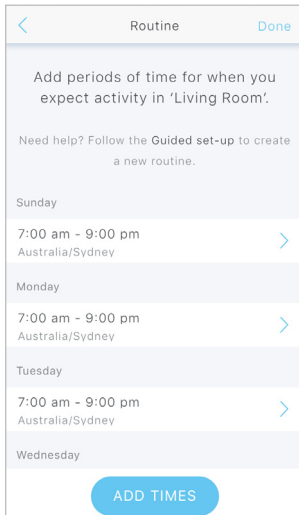
	If...	Then...
1.	You are happy with the time periods shown on the page	Select <b>Done</b> (top right) and go to <b>That's It!</b> at the end of this guide
2.	You want to change a time period	Select the time period and go to <b>Step 2a</b> .
3.	You want to add time period/s to those already set	Select <b>ADD TIMES</b> button and go to <b>Step 2b</b> .
4.	You want to delete a time period	Select the time period and go to <b>Step 2c</b> .
5.	You want to create a whole new routine	Select <b>Guided set-up</b> and go to <b>Step 2d</b> .



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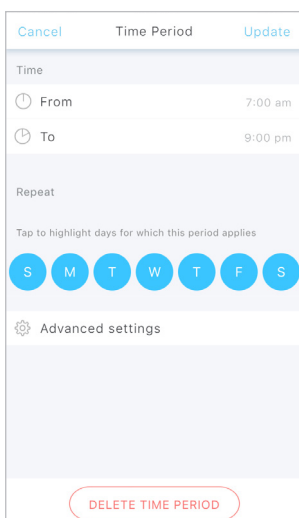
## Step 2a: Change times



On the *Routine* page, select the time period you want to change.

The *Time Period* page will open.

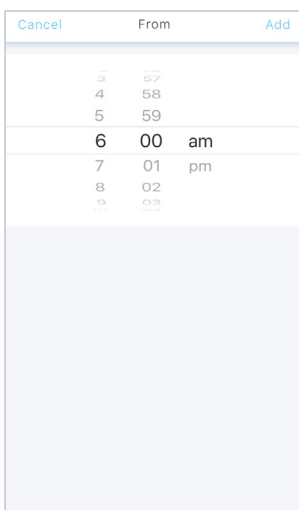
*The following example: Our cared-for person is up and about earlier than 7:00am every day.*



The *Time Period* page shows the currently set start (**From**) and end (**To**) times, and the days of the week to which the time period applies.

On the *Time Period* page, select the **From** or **To** times.

The *From or To* page will open.



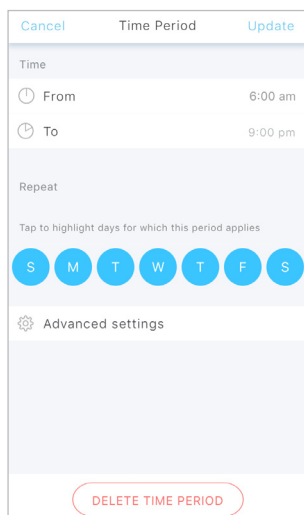
On the *From* or *To* page, scroll to adjust the time as required and select **Add** (top right)

The *Time Period* page will open showing the new time/s.

*The example shows the start time (From page) being modified.*



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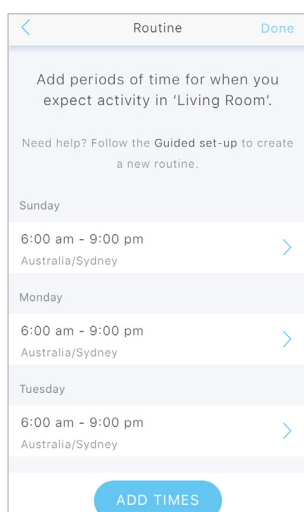


On the *Time Period* page, tap to highlight the day/s to which you want this time to apply.

Select **Update** (top right).

The *Routine* page will open.

*The example shows the time period being updated for every day of the week*

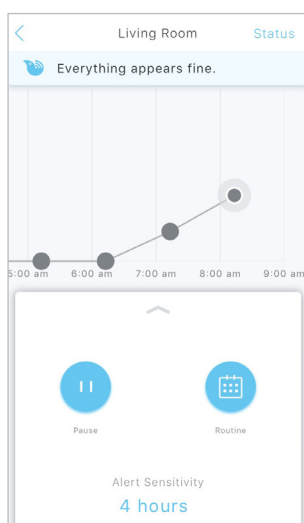


The *Routine* page shows the updated time period.

**NOTE:** If the time period included days you didn't want to change, you will need to add the time period for those days back again. (Go to *Step 2b*)

When you are happy with your changes, select **Done** (top right). Your settings will be saved, and the AbiSensor's graph page will open.

*The example shows the changed times for each day of the week.*



On the AbiSensor's graph page, page back (arrow < top left). The *Devices* page will open.

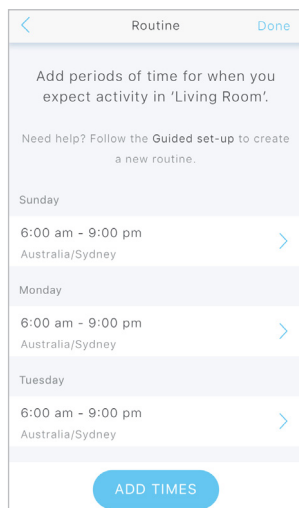
[Go to **That's it!** at the end of this guide]



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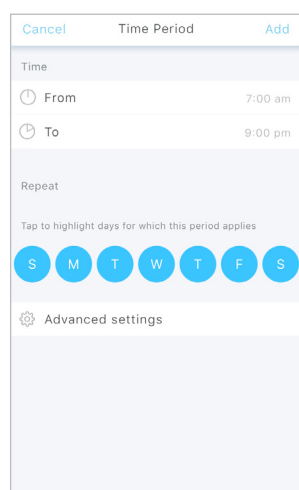
## Step 2b: Add times to those already set



On the *Routine* page, select **ADD TIMES** button.

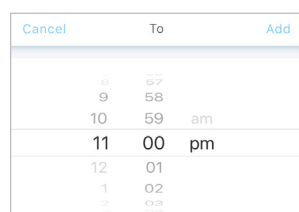
The *Time Period* page will open.

*The following example: Our cared-for person has started hosting a musical evening on Mondays and doesn't get to bed until about 11:00pm.*



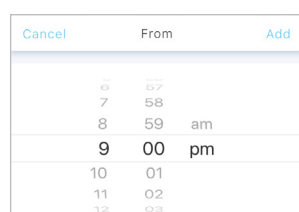
The *Time Period* page shows the default daily routine settings, ready for you to set for the time period you want to add.

On the *Time Period* page, select the **From** or **To** times. The *From* or *To* page will open.



On the *From* or *To* page, scroll to adjust the time as required and select **Add** (top right).

The *Time Period* page will open showing the new time/s.

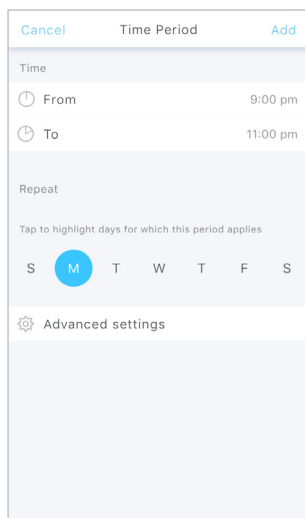


*The example shows the end (To) and start (From) times being set.*





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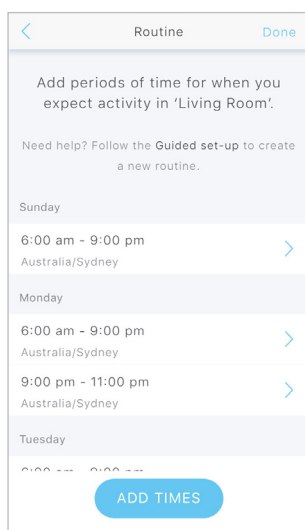


On the *Time Period* page, tap to highlight the days for which this new period applies.

Select **Add** (top right).

The *Routine* page will open.

*The example shows the additional time period being applied to Mondays only.*

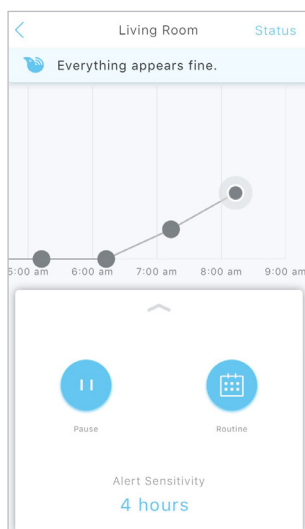


The *Routine* page now shows the additional time period you set.

Select **Done** (top right) to save your settings.

The AbiSensor's graph page will open.

*The example shows time period added to Mondays only.*



On the AbiSensor's graph page, page back (arrow < top left).  
The *Devices* page will open.

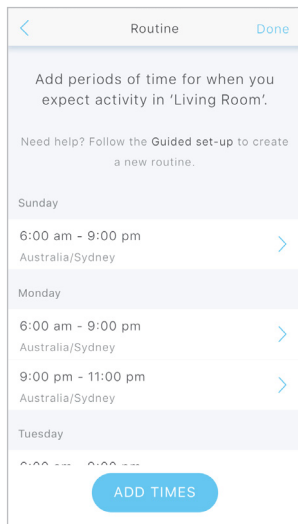
[Go to **That's it!** at the end of this guide]



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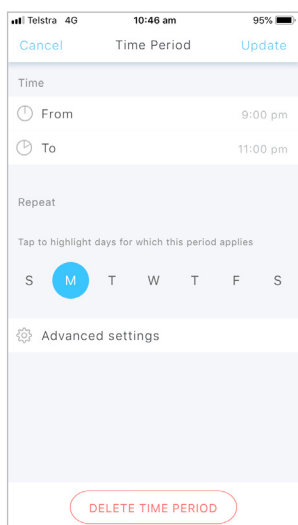


## Step 2c: Delete times



On the *Routine* page, select the time period you want to delete.  
The *Time Period* page will open.

*The following example: It's now winter. Our cared-for person has given up the Monday musical evenings and goes to bed around 9:00pm.*

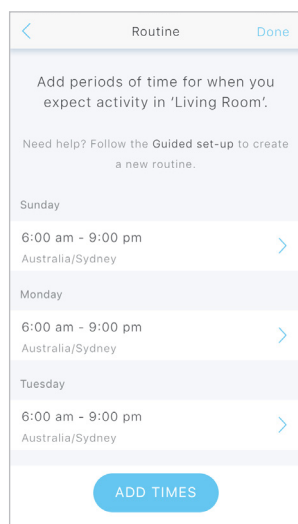


The *Time Period* page shows the start (**From**) and end (**To**) times of the time period you selected, as well as the days of the week to which the time period applies.

Select **DELETE TIME PERIOD** button.

The *Routine* page will open.

*The example shows the Monday time period of 9:00pm to 11:00pm being deleted.*



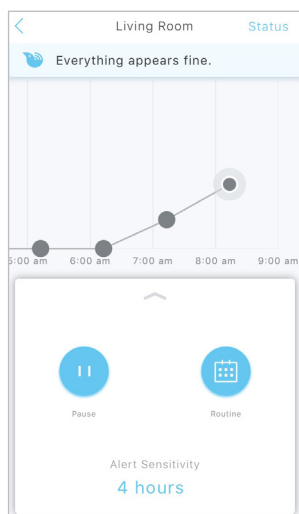
The *Routine* page shows the time period has been deleted.

**NOTE:** If the time period included days you didn't want to delete, you will need to add the time period for those days back again. [Go to *Step 2b*]

When you are happy with your changes, select **Done** (top right). Your settings will be saved, and the *AbiSensor's* graph page will open.



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On the AbiSensor's graph page, page back (arrow < top left).  
The *Devices* page will open.

[Go to **That's it!** at the end of this guide]

## Step 2d: Reset a new routine

On the *Routine* page, select **Guided set-up** (in the sentence under the heading).

The *Location* page will open.

*The example: Our cared-for person has become a volunteer and the whole daily routine has changed.*

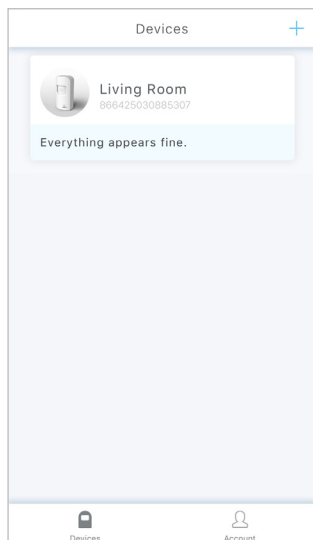
Now follow the steps in *Part A: Setting up daily routines* of this guide to replace the existing routine with a whole new one.



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## That's it



Daily routines have been set for the AbiSensor. If you are setting your AbiSensor up for the first time, the AbiSensor will show as 'inactive' until AbiBird updates the AbiSensor's status on the app, which will take about an hour.

Working in the app, you have setup or modified daily routines for the AbiSensor by doing one or more of the following:

- ☒ Setting up daily routines
- ☒ Changing times
- ☒ Adding times
- ☒ Deleting times
- ☒ Resetting daily routines

**NOTE:** You can also adjust the AbiSensor's alert sensitivity to increase or decrease the time AbiBird waits before marking activity as unusual (not matching the daily routine you have set). See the guide: [How to Adjust AbiSensor Alert Sensitivity](#).

### NOTE

If you have more than one AbiSensor, you will need to set routines as detailed above for each AbiSensor.

## Next Step

Your next step is to set your notification preferences.

See the guide: [How to Set or Change AbiBird Notification Preferences](#).

## Related Guides

[How to Name and Place AbiSensor](#)

[How to Set or Change AbiBird Notification Preferences](#)

[How to Adjust AbiSensor Alert Sensitivity](#)