

# ADEX Training Resources for LENA SP Users

The original ADEX training video, User Guide, and Reference Codes document remain the best references for learning the basics of ADEX prior to meeting with a LENA team member to discuss your data needs.

## Training Videos

The playlist below explains exporting data, the LENA algorithms, and data results (ITS, Interpreted Time Segment) files. The videos reference our legacy product, LENA Pro, but they present background information that is **critical** to understanding how to use ADEX, including:

- filename conventions
- segmentation and speaker identification
- processing steps
- ITS file structure and contents

Although many concepts are explained within the framework of LENA Pro and refer to the recording device as a "DLP," most of the basics have not changed for LENA SP.


Please access the notes from here: [LENA Data, Segmentation, and ADEX Training Notes](#).

## User Guide

The original ADEX User Guide PDF remains the most complete overview of the software.

Access the **User Guide** from within the ADEX program, under Help, or download it from here:

<https://shop.lena.org/pages/download-center>

 Note that for ITS files from LENA Online, you **must** [edit the default ADEX setting so that it will show all clock times in UTC](#) and not in the local time zone.

The rest of the User Guide applies to ITS files from LENA Online.

## Reference Codes

Understanding the contents of this document is *critical* to understanding how to mine the ITS file with ADEX.

Access the **Reference Codes** document from the Help menu within the ADEX program.