

emWave® Personal Stress Reliever



emWave Personal Stress Reliever provides advanced mobile technology that will help you reduce the negative effects of stress, allowing you to experience greater health, more energy, and improved emotional and mental clarity.

Developed from the Institute of HeartMath's 15 years of research on the relationship between the heart, brain, stress and emotions, emWave PSR is both innovative and practical. It enhances your life through its scientifically validated technology, helping you reduce stress and gain a new sense of inner control any time...any where. The emWave PSR is an ideal travelling companion that you can use to prepare for daily stress triggers like meetings, deadlines, phone calls, travel, family interactions and unexpected changes.

How does emWave PSR work?

emWave PSR shows the effects of stress on your body by measuring the subtle changes in your heart rhythms through a patented Heart Rate Variability measurement and coherence scoring process. The analysis of HRV is recognized as a powerful measure that reflects heart-brain interactions and autonomic nervous system dynamics, which are particularly sensitive to changes in emotional state.

emWave reduces stress by training you to create more coherence. Ordered and harmonious heart rhythms are an indicator of your coherence level. Coherence is a highly efficient physiological state in which the nervous system, cardiovascular, hormonal and immune systems are working efficiently and harmoniously. High coherence is a state associated with positive emotional attitudes which send signals to the brain that reduce stress, improve brain function, hormonal balance, immune response, coordination and reaction times.

emWave Personal Stress Reliever determines the degree of coherence found in your heart rhythm patterns and displays changes in real-time on a large tri-coloured LED--the Coherence Level Indicator.

- A red light indicates low coherence which would be normal.
- A blue light indicates medium coherence which shows good improvement.
- A green light indicates high coherence the optimal high performance, stress-free state.

The goal in using emWave PSR is to reduce stress and improve your meditation and healing techniques by achieving and sustaining High Coherence (green). The Coherence Coach CD (included) provides instruction on how to do the Quick Coherence™ Technique to improve your coherence scores.

How to use emWave PSR?

emWave is easy to use. Simply place your thumb on the sensor or attach the ear sensor (not included in the package). After your pulse is detected a breathing pacer which synchronizes to your heart rhythms begins. As you practice the Quick Coherence Technique, breathing with the pacer while at the same time activating a positive feeling, your coherence level will begin to change from red to blue to green.

emWave offers four challenge levels to help you sharpen your coherence building skills. You can change the brightness of the LED displays and the audio feedback level (different sounds are emitted depending on your coherence level so you can learn how to recognize them and practice eyes closed). Additionally, it incorporates an advanced user mode and an accumulated coherence scoring display so you can track your progress during a session.

You will receive a free adaptor plug when you purchase your emWave personal stress reliever.

Package Contents:

- emWave Personal Stress Reliever Unit
- Ear Sensor
- Carrying Case
- Battery Re-charger
- Coherence Coach CD
- emWave Owners Manual
- Quick Start Guide
- Jump Start Card

emWave Unit Specifications:

- Size: 85mm x 55mm x 14mm.
- Weight: 2.2 ounces
- Internal Re-chargeable Lithium Ion battery
- Superbright LED light bar and display indicators
- Finger sensor and two-way finger operated control button

emWave Package Contents Specifications:

- Size: 5-5/8" Wide x 3-1/2" High
- Weight: 1 pound
- Standard AC adapter for 110/220v outlets.
- Durable black leather carrying case with belt clip and display cutouts.
- Ear sensor with 5 foot white cable.

Safety Information

As with any physiological training tool that can effectively help you improve your health, you may find you need less medication, if you are taking medications for stress, anxiety, pain, high blood pressure, diabetes or other stress related disorders. It would be wise to discuss any changes in your needs with your prescribing doctor.

Available Options:

Colour: Silver, Metallic Blue

emWave® Mac Stress Relief System



Relieve Stress

Increase Energy

Improve Mental and Emotional Clarity

emWave Mac is an easy-to-use software program and patented heart rhythm monitor designed to prevent, manage and reverse the negative effects of stress, anxiety, fatigue, depression and more. The system is an innovative approach to stress relief based on learning to change the heart rhythm pattern and create physiological coherence in the body. Coherence is a highly efficient state where all the systems of the body work together in harmony. The analysis of Heart Rate Variability (HRV), or heart rhythms, is recognized as a powerful, non-invasive measure that reflects heart-brain interactions and autonomic nervous system dynamics, which are particularly sensitive to changes in the emotional state.

emWave Mac collects pulse data through a finger or ear sensor which plugs into your computer. The program translates the information from your heart rhythms into user friendly graphics displayed on your computer screen.

emWave Benefits

- Transform the physiological response to stress and quickly re-balance mind, body and emotions.
- Be less reactive, think clearly and make good decisions, especially under pressure.
- Improve health, stamina and well-being; maintain personal balance and avoid stress and burnout in chaotic and changing environments.
- Maximize creativity and innovation.
- Boost performance and increase mental clarity.

emWave Features

- 5 different views to watch your heart rhythms change as you move out of stress and into a state of higher performance.
- 3 color visual shows your coherence ratio as you shift into feeling positive emotions and your coherence increases.
- Coherence Coach - audio instruction, visual imagery and an adjustable breathing pacer for learning and applying HeartMath's Quick Coherence technique.
- Interactive games – three colourful games designed to help you transform stress into creative energy.
- Extensive library of information including a tutorial and quick start guide

- Data storage showing coherence levels and heart rate for session and history review
- Four challenge levels to help you raise your baseline coherence

Online and Personal Customer Care

- Free user training to get you started
- Lifetime customer support
- Free webinars (online seminar) focusing on stress, anxiety, personal well-being and empowerment
- One year limited warranty

Package Contents

- emWave Mac software CD
- USB pulse sensor that attaches to ear
- Owner's Manual

System Requirements

- Mac OS X v10.4 or later
- 1.0GHz or faster G4, G5 or Intel processor
- CD drive
- Internet Access Recommended
- One available USB Port

emWave® PC Stress Relief System



Formerly known as Freeze-Framer, the emWave PC Stress Relief System with Patented Heart Rhythm Monitor will help you transform stress and anxiety into vibrant energy. Much more than a heart monitor this revolutionary technology guides you on how to achieve higher, more creative energy levels, less stress, and optimal health.

HeartMath research has shown that emotions are reflected in our heart rhythm patterns. The analysis of Heart Rate Variability (HRV), or heart rhythms, is recognized as a powerful, non-invasive measure that reflects heart-brain interactions and autonomic nervous system dynamics, which are particularly sensitive to changes in the emotional state.

emWave PC is a software and hardware program which collects pulse data through a finger or ear sensor which plugs into your computer. The program translates the information from your heart rhythms into user friendly graphics displayed on your computer screen.

- Watch your heart rhythms in real time.
- See how emotions affect your heart rhythms.
- Discover which emotions you can activate to more effectively manage stress and boost vitality.

With emWave PC, you learn to build a buffer against stress by accessing a high performance state called "coherence." Coherence is a mental and emotional state that people experience when they are "in-sync" or in the "zone"--when the heart, brain and nervous system are working in harmony. Simply stated, more coherence equals more energy and less wear and tear from stress.

Revitalize yourself with emWave PC

- Easy-to-use software, patented heart rhythm monitor designed to prevent, manage and reverse the negative effects of stress, anxiety, fatigue, depression and more.
- Achieve new levels of health, performance and well-being.
- Learn how to intentionally shift to a positive emotional state and see how shifts in your heart rhythms create physiological responses.

- Benefit by gaining clarity, calmness and control. The effects are both immediate and long lasting.

Some of the new features and enhancements include:

- Categorized content sections with well over a 100 pages of reference information. Applications include Health and Well-Being, Health Professional, Sports Performance, Workplace Performance, and Testing and Learning.
- The Coherence Coach™ an entertaining software application that teaches HeartMath's Quick Coherence® technique. The Coherence Coach gives you the training to increase coherence levels while using your emWave PC system.
- Emotion Visualizer™ provides four stunning colourful images which vary according to your emotional state and coherence level.
- Three new beautiful and colourful interactive games designed to help you transform stress into creative energy while building your coherence scores.
- An integrated music player and improved audio feedback functionality.
- Integrated web access to online forums, troubleshooter and knowledgebase.
- Advanced data logging for pulse, inter-beat-intervals, power spectrum and more.
- New and improved tutorial and a fully updated help system.
- and much more... like our integrated live news and update notification window.

Package Includes:

- emWave® PC 1.0 software CD
- In-depth computer-based tutorial
- Ear sensor pod

System Requirements:

- Pentium® II compatible processor or faster
- Microsoft® Windows® Me, 2000 SP2, XP SP2 or Windows Vista™
- 256 MB of RAM (512 MB or more on Windows 2000, XP and Vista)
- 300 MB available disk space
- 32 MB of Video RAM (required for use of Emotion Visualizer™)
- CD-ROM drive (for installation)
- One available USB port (USB 1.x or 2.0)
- Internet compatible (Ethernet or WiFi LAN card)

Safety Information

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