

emwave[®] pc

stress relief system

emWave[®] PC

- Relieve Stress
- Increase Energy
- Improve Mental and Emotional Clarity



emWave PC 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. 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 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 bars show 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 colorful games designed to help you transform stress into creative energy.
- The Emotion Visualizer - provides stunning colorful imagery that changes as you increase your coherence level.
- Extensive library of information including a tutorial and quick start guide included on the CD
- Data storage showing coherence levels and heart rate for session and history review
- Four challenge levels to help you raise your baseline coherence levels

Customer Care

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

Package Contents

- emWave PC software CD
- USB sensor pod & fingertip pulse sensor
- USB 6ft. extension cable
- Owner's Manual

System Requirements

- Pentium II compatible processor
- Microsoft Windows ME-2000-XP-Vista
- 800 x 600 16 bit color display or better
- 64 MB DirectX 9 compatible video card
- CD-Rom drive
- One available USB port

"It's beautiful software and a really great system, all of it. As I wrote in a recent review, emWave PC, 'is the gold standard of HRV biofeedback systems'"

— Marshall F. Gilula, M.D.

Item # 6005
emWave® PC
Suggested Retail Price \$299



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