

emwave[®] Desktop
stress relief system

Owner's Manual for PC and Mac

Welcome to the world of emWave Technology.

The patented emWave Technology is designed to help you transform stress, build resilience and increase performance in all areas of your life.

emWave Technology developed by Doc Childre, is a unique training system based on years of research on stress, emotions and performance. It objectively monitors your heart rhythms and confirms your physiological level of coherence. Coherence is a state of synchronization between your heart, brain and nervous system which has been proven to have numerous mental, emotional, physical and even spiritual benefits. Coherence is not just relaxation. Coherence is relaxation and revitalization at the same time. With practice you learn how to shift into coherence at will, and readily see and experience changes in your heart rhythm patterns as you practice the Quick Coherence technique or other HeartMath techniques.

Table of Contents

Basics	4
About this Manual.....	4
Package Contents.....	4
Installing the Software on a Mac.....	5
Installing the Software on a PC.....	7
Installing the Hardware.....	9
Start a Session	11
View The Data.....	13
View Your Coherence Ratio.....	15
Stopping and Saving a Session.....	18
Key Features	
Accumulated Coherence Score.....	19
Power Spectrum (advanced user).....	21
Running the Coherence Coach®.....	23
Playing a Game.....	25
Running the Emotion Visualizer™.....	27
Additional Help	28
Usage, Copyright, Patents, License and Warranty	29

Basics

About this Manual

This manual is a short guide for emWave Desktop. It is not intended to cover all the topics or the full functionality of emWave Desktop. For more extensive information access the Help menu and Quick Start Guide within the software or visit our online support center at:

<http://support.emwave.com>

Package Contents

emWave® Desktop software CD
USB module
Ear pulse sensor
Owner's Manual

Installing the Software on a Mac

To install and run the program you need the registration number located on the back of this Owner's Manual.

When you're ready to install the software, insert the emWave Desktop software CD into your CD-ROM drive.

Double Click emWave Desktop file

The first screen you will see includes the emWave Desktop Installer file.

Double Click emWave Desktop installer icon

Next you will see *Welcome to the emWave Desktop* Installer which will guide you through the Installation process.

Press Continue

Next read the License Agreement. When you press continue, a pop up will ask if you wish to Read the License, Disagree or Agree. Press Agree to Continue.

Installation Type is the next step. A Standard Install on “Macintosh HD” is the default Install Location. Click Install to continue.

The installer requires that you type your password and press OK to continue. Follow the on screen installation instructions.

emWave Desktop will now configure your installation and copy the files to your computer.

After installation is complete we suggest you review the Help files, especially the Quick Start Guide which will help you set up the hardware and start a session.

Note: after installation you may be prompted to download updates. In order to have the most current version of this application, it is strongly recommended that you download the updates.

Installing the Software on a PC

To install the program you need the Registration Number located on the back of this Owner's Manual.

When you're ready to install the software, insert the emWave PC software CD into your CD-ROM drive.

The installer does not automatically start.

Go to My Computer and double click the CD-Rom icon.

Double click on the emWave PC File

The install program for emWave PC will open. Click Next to begin the installation.

Read the License Agreement. To continue you must accept the terms by clicking on the accept button below the terms.

The installer is a simple application that will only take a few moments to install the program. Once installation is complete we suggest you review the Help files, especially the Quick Start Guide which will help you set up the hardware and start a session.

Note: after installation you may be prompted to download updates. In order to have the most current version of this application, it is strongly recommended that you download the updates.

Registering the Software

When you first open emWave Desktop, you will be prompted to register the software. Please register your software so that we can send you updates and other announcements.

To register via the Web:

- After installing emWave Desktop, make certain your computer is connected to the Internet.
- Go to the Help menu. Click the Register emWave Desktop link. The Online Product Registration page will open.
- Fill out the form and click the Create Account button at the bottom of the page.

To register via mail:

- Fill out the enclosed Registration card with your information.
- Affix one of the emWave Desktop registration number stickers to the Registration Card or print the number onto the card.
- Mail the Registration Card.

Note: If you already have an online store account with us, sign into that account to register your product.

Installing the Hardware

Make certain your computer is turned on, you have installed the emWave Desktop software, and you have the following hardware:

- USB Module
- USB Ear Sensor

Step 1: Connect the ear sensor cable to the USB module and plug it into an available USB port on your computer.

After the connection is established, the lights on the USB Module briefly illuminate while it performs a self test. After the self test is completed, the LED light on the USB Module goes off and remains off until you begin your session.

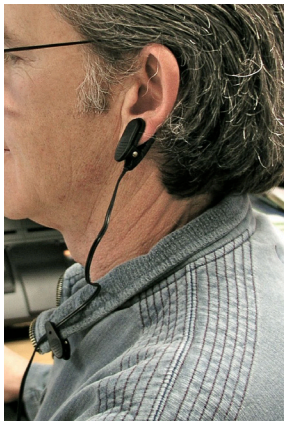


USB module

2. Connect the Ear Sensor

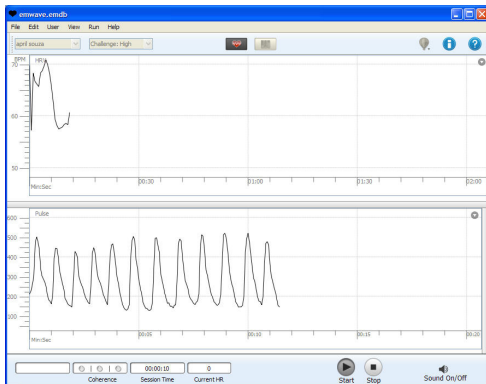
Clip the ear sensor to your earlobe and the lapel clip to your clothing. Slide the lapel clip along the wire to a comfortable position. You might have to reposition the sensor to get accurate pulse detection. The ear sensor should be attached directly to your earlobe. The ear sensor detects your pulse more easily if your ear is warm. You can warm your ear by briefly covering it with your hand before clipping on the sensor.

Note: You can also use the emWave finger pulse sensor instead of the ear sensor. Go to the HeartMath online store to see the available sensor devices. www.heartmathstore.com.



Start a Session

After properly connecting the ear sensor, click the Start button. While the sensor is calibrating, you will see the following screen:



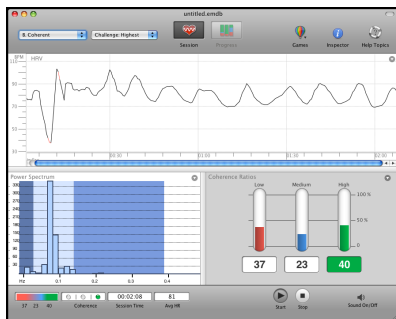
You will see the pulse wave at the bottom of your screen. Once the application is finished calibrating, the lower half of the screen will change and show your Accumulated Coherence Score and your Coherence Ratio

For best results getting a reading, please be still and quiet. Talking or moving reduces the accuracy of the sensor. Taking a few deep breaths before attaching the ear sensor may help you to relax and get a good reading.

Note: You may need to move the sensor to another part of your earlobe to get a good reading. After repositioning the ear sensor, it may take a few seconds to register your pulse. After the sensor has calibrated your pulse, the following screen shows emWave Desktop in Record Mode:



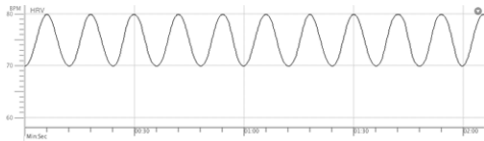
If you are seeing red lines (artifacts) in your heart rhythm pattern, adjust your sensor until your pulse wave data shows distinct, smooth wave forms.



View the Data

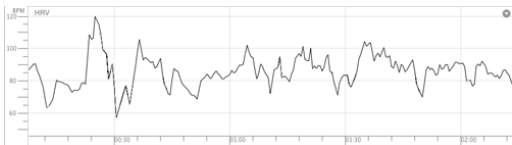
Viewing your heart rhythm pattern during a session will show you a great deal about your internal physiological states. It contains information about the constantly changing state of your autonomic nervous system. Ultimately, the heart rhythm pattern itself offers you even more information than your numerical Accumulated Coherence Score.

A close to ideal, smooth, coherent heart rhythm pattern looks similar to the image below.



Example 1: Nearly Ideal Smooth Coherent Heart Rhythm Pattern

In most situations, good physiological coherence will not result in quite such an ideal waveform. Starting out, it is likely to look more like this:



Example 2: Incoherent Heart Rhythm Pattern

As you practice the Quick Coherence technique and attempt to become coherent, the shape of the line will gradually change from a jagged incoherent line to a smooth coherent pattern.

View Your Coherence Ratio

The main session screen presents a continuously updated view of your physiological Coherence Ratio, Current Coherence Level and Current Heart Rate reading during a session.

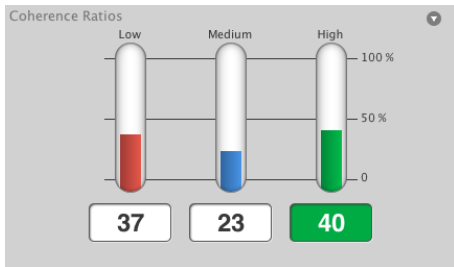
The information is updated every five seconds in correlation with your heart rhythm pattern. As the data is continuously added, the program averages the ratios and adjusts the levels throughout the session. During an active recording session the Coherence Ratio reflects the average levels of coherence over the entire length of the current session.

The Coherence Ratio bar chart is divided into three levels: Low, Medium and High coherence.

The total of the Low, Medium and High coherence scores will always equal 100 percent. The Coherence Ratio bar chart shows how much time you have spent in low, medium and high coherence levels during your session. The goal is to improve your high coherence ratio.

Practice with emWave Desktop allows you to learn to increase your time in higher levels of coherence.

Coherence Ratio:



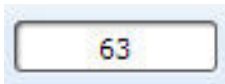
In the image above this person was in:

- Low Coherence 37% of the time
- Medium Coherence 23% of the time
- High Coherence 40% of the time.

The illuminated box shows the current state of coherence while running a session. Ideally you will want to be in High Coherence 100% of the time.

The Current Heart Rate display reflects the average heart rate for the most current five seconds of data recorded. So every five seconds em-Wave Desktop averages your heart rate and displays that average.

After ending a session it will show the average heart rate for the entire session.



The three Coherence lights shown below reflect your current coherence level.



Remember there is a little bit of lag time between when the data is recorded and when it is analyzed and viewable to you through the displays mentioned above.

Also, remember to improve your Coherence Ratio by practicing The Quick Coherence® technique.

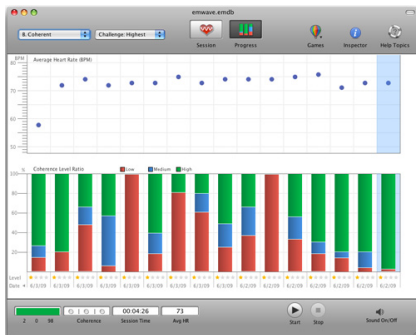
Stopping and Saving a Session

To stop the session simply click the Stop Button .



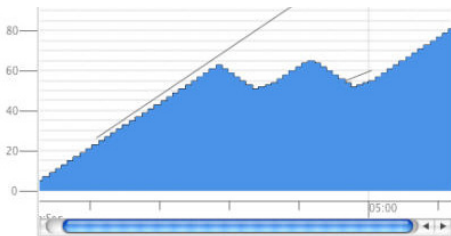
After stopping your session your data is automatically saved. A special feature of emWave Desktop is the ability to review any of your past sessions. Online help includes information on how to review a previously saved session.

emWave Desktop automatically saves the data from each session and allows you to review your progress. Multiple users can save their data to a personal file and there is no limit to the number of sessions that can be saved.



Accumulated Coherence Score

The Accumulated Coherence (AC) Score is a linear view of the AC Score. With this score you can measure your progress over an individual session and compare between separate sessions.



Interpreting Your Accumulated Coherence Score

The Accumulated Coherence Score value plotted in blue on this screen is linked to the amount of time you are in low, medium, or high coherence.

When you are in low coherence, the slope of the line goes down.
When you are in medium or high coherence the line goes up.

The numbers on the left side of the screen represent points. For every five seconds that you are in medium coherence you receive 1 point (+1). For every five seconds you are in high coherence you receive 2 points (+2). For every five seconds that you are in low coherence you lose 1 points (-1).

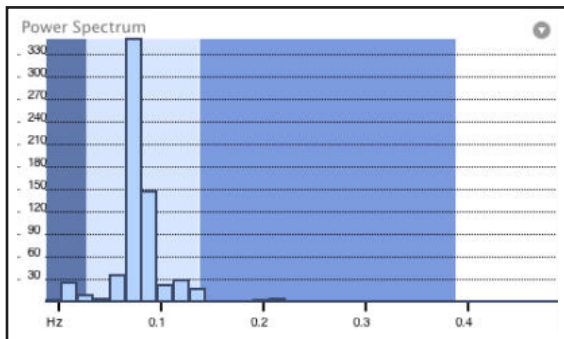
Increases and decreases in points are reflected in the upward and downward movement of the line.

After your score is greater than 5 you will see two lines on the graph sloping at an upward angle from left to right. These lines represent a target area called The Zone. Your goal is to accumulate points by staying in medium or high coherence, which will cause the blue line to move upward between the sloping lines into The Zone.

Using the Accumulated Coherence Score screen to view your relationship to The Zone can help you achieve and maintain higher levels of coherence.

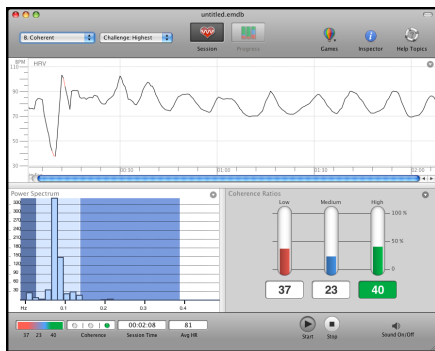
To learn more about the Accumulated Coherence Score go to the online support site at <http://support.emwave.com>.

Power Spectrum (advanced user)



The emWave Desktop power spectrum screen breaks the HRV wave into its frequency components. Each blue bar represents a sine wave at a particular frequency and amplitude. If you mathematically combined all of the sine waves represented by the blue bars you would get an approximation of the original HRV wave. The power spectrum is useful because researchers have found out that the blue bars in the three colored regions indicate different states of activity in the autonomic nervous system.

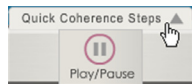
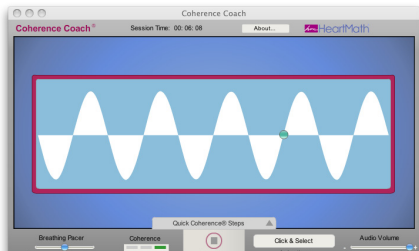
There are three colored regions—the VLF (very low frequency) dark-colored region on the left shows sympathetic activation. The LF (low frequency) region in the light-colored middle region is the “baroreceptor region” which reflects the blood pressure control mechanisms between the heart and the brain and when in a coherent state indicates a synchronization of the sympathetic and the parasympathetic branches of the autonomic nervous system. The HF (high frequency) third region indicates parasympathetic activity. As you shift towards high coherence, the bars will focus around 0.1 Hz in the second region. You can find more information about the power spectrum screen in the online help.



Running the Coherence Coach

To open the Coherence Coach, choose Run Coherence Coach or choose it from within the balloon icon.

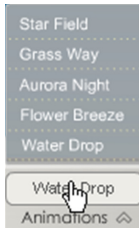
The Coherence Coach (shown below) opens.



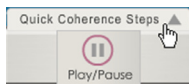
Now connect to the sensor and press the Play/Stop button to begin your Quick Coherence® technique training. The Heart Rhythm Display will run in conjunction with the Coherence Coach. The coherence icon to the left of the Play/Stop will show your coherence level.

After the sensor has been calibrated, use the slider on the right to adjust the volume and the slider on the left to adjust the Breathing Pacer. Then follow along with the Coach.

After the audio training is complete you can continue to use the Coherence Coach by choosing one of the Animations from the menu (shown right).



After the audio training is complete you can also go back over the steps by clicking the Quick Coherence Steps button on the bottom of the Coherence Coach (shown below).



To stop the session simply click the Stop Button on the session screen or the Stop Button in the Coach.

After you are finished with the Coach you can view your data in the session screen that has been running in the background. You can perform all the same functions as you could after stopping a regular session.

Playing a Game

You can choose a game from the emWave Menu or you may click the Games icon from the Session or Progress Windows. From the drop-down list, choose one of the three games:

Balloon Game



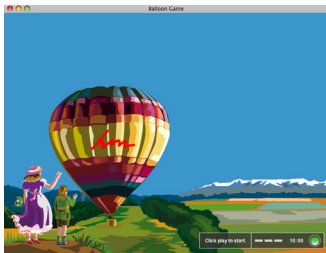
Rainbow Game



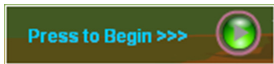
Garden Game



After clicking the game you want to play, the game opens up in a separate window. For example, the Balloon Game is selected and shown below.



To start the game, click the green Start button located in the lower-right corner of the screen.



You will see a message, emWave is calibrating for a few seconds.

The game has started once you see one of the coherence bar indicators light up. (shown in the picture below)



To stop the game, click the Stop button which has replaced the Start button and then Exit the game.

The games run in conjunction with the monitoring of your heart rhythm. After you have finished a game, you can immediately review your data on the Session Screen, or view it later from the Progress Screen.

Running the Emotion Visualizer

The Emotion Visualizer is a graphic display that changes as your coherence level changes. As you focus on positive emotions like care, appreciation or love, the visual images change to reflect your emotional coherence level. The dynamic visuals provide feedback to further build awareness of when you are increasing your coherence by self-generating positive emotions.

You can find the option to run the Emotion Visualizer under the Run menu or by clicking on the balloon icon.

Click on the start button located on the Emotion Visualizer to begin a session using the Emotion Visualizer.



Once data is being recorded and you are running a session, practice the Quick Coherence technique to enhance the visualization experience.

You can stop your session from the emWave Desktop view or from the Emotion Visualizer Toolbar. You can then review your recorded heart rhythm data through emWave Desktop.

Additional Help

Help Files

emWave Desktop is designed with extensive self-contained Help Files that cover a variety of detailed topics to assist in your use of the product. To access the Help Files click on the help icon. To find a topic you can manually search through the table of contents and topics by keyword or use the search function.



Online Support Center

The online support center provides extensive information to answer your questions.

To access the online support center go to the Help menu and click Support Online.

In the support site, use the knowledgebase or search function to find the answer to your question.

Note: Fill out the form at the bottom of the page if you want to submit any questions to the online support center.

Usage, Copyright, Patents, License and Warranty

The emWave Desktop system, including hardware, software and documentation is furnished under license and may only be used or copied in accordance with the terms of such license. The information in the documentation is furnished for informational use only, is subject to change without notice, and should not be construed as a commitment by Quantum Intech, Inc. (QI).

Except as permitted by such license, no part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, recording, or otherwise, without the prior written permission of QI.

Please remember that existing artwork or images may be protected under copyright law. The unauthorized incorporation of such artwork or images could be a violation of rights of the author(s). Please be sure to obtain any permission required from such authors.

emWave, Personal Stress Reliever, Coherence Coach and Emotion Visualizer are registered trademarks of QI. HeartMath is a registered trademark of Institute of HeartMath. Quick Coherence is a registered trademark of Doc Childre. Pentium is a registered trademark of Intel, Inc. All other products or name brands are trademarks of their respective holders. Written and designed by Quantum Intech, Inc., 14700 West Park Avenue, Boulder Creek, CA 95006, phone: 831-338-8700; <http://www.quantumintech.com>; info@quantumintech.com.

For defense agencies: Restricted Rights Legend. Use, reproduction or disclosure is subject to restrictions set forth in subparagraph (c)(1)(ii) of the Rights in Technical Data and Computer Software clause at 252.227-7013. For civilian agencies: Restricted Rights Legend. Use reproduction or disclosure is subject to restrictions set forth in subparagraph (a) through (d) of the commercial Computer Software Restricted Rights clause at 52.227-19 and the limitations set forth in Quantum Intech's standard commercial agreement for this software. Unpublished rights reserved under the copyright laws of the United States.

EmWave Desktop SOFTWARE LICENSE AGREEMENT

YOU MAY NOT LOAD OR USE THE SOFTWARE WITHOUT THE CONSENT OF THE SOFTWARE OWNER WHO DOES NOT CONSENT UNLESS YOU ACCEPT THE TERMS AND CONDITIONS IN THIS AGREEMENT. BY INSTALLING OR OTHERWISE USING THE SOFTWARE, YOU ACCEPT ALL THE TERMS AND CONDITIONS OF THIS AGREEMENT.

This is a legal agreement (the Agreement) between you (either an individual or an entity), the end user, and Quantum Intech, Inc. (QI). Use of the enclosed software including the accompanying hardware (collectively, the SOFTWARE) indicates your acceptance of these terms and conditions. If you do not agree to the terms of this Agreement, promptly return the SOFTWARE package and the accompanying hardware and other accompanying materials to the place you obtained them for a full refund.

1. **GRANT OF LICENSE.** By this Agreement, QI grants you the following rights with respect to your use of the SOFTWARE:

(a) License. If you are an individual, QI grants a license to you to install the SOFTWARE and use it for your personal use on any computer that you own or lease. In the case of a leased computer, you agree to remove the SOFTWARE from that computer should you cease leasing it. If you are an entity, QI grants a license to you to install the SOFTWARE on a computer at your place of business for use as a self-directed training program.

Authorized resellers of the SOFTWARE may use the SOFTWARE to give demonstrations of the product to multiple individuals and may instruct individuals on how to use the SOFTWARE, but may not charge customers for the demonstration sessions. Health Practitioners may use the SOFTWARE as a tool in the normal course of their delivery of health services. Hospitals, clinics, companies, schools and other organizations may make the SOFTWARE available on a public computer for demonstration purposes, as long as fees are not charged for this use.

QI does not grant you a license to use the trademarked terms Quick Coherence®, Freeze-Framer® Emotional Management Enhancer, emWave®, nor any other trademarked terms of QI, the Institute of HeartMath or HeartMath LLC in advertising or marketing.

(b) Transfer. You may transfer the SOFTWARE licensed under this Agreement to another computer as often as you like. If you are an individual, you may have the SOFTWARE installed on multiple computers simultaneously provided that all said computers are owned or leased by you. If you are an entity, you may have the SOFTWARE installed on a single computer only at one time for use by a single individual, unless you have signed a site license agreement which supersedes this agreement. You may not distribute the SOFTWARE or accompanying materials with other products without QI's prior written permission. You may not rent or lease the SOFTWARE, but you may transfer your rights under this Agreement on a permanent basis, provided that you transfer this SOFTWARE License Card, all copies of the SOFTWARE and all accompanying materials and the recipient agrees to the terms of this Agreement. Any transfer of the SOFTWARE must include the most recent update and all prior versions of the SOFTWARE and accompanying materials.

(c) Copying. QI grants you the right to install and use exact copies of the SOFTWARE PRODUCT on your computers. You may also make copies of the SOFTWARE PRODUCT as may be necessary for backup and archival purposes.

(d) Notice to Users. You shall inform all users of the SOFTWARE of the terms and conditions of this Agreement.

For purposes of this Agreement, use means loading the SOFTWARE into computer memory of any kind, including RAM and installation on a hard disk or other storage device. You may gain access to the SOFTWARE from a hard disk, over a network, or any other method you choose so long as you otherwise comply with this Agreement.

2. COPYRIGHT. The SOFTWARE is owned by QI and is protected by United States copyright laws and international treaty provisions. Therefore, you must treat the SOFTWARE like any other copyrighted material (e.g., a book or musical recording), except that you may transfer and make copies of the SOFTWARE in accordance with this Agreement.

3. **PATENTS.** No right or license is granted, either express or implied, under any patent wholly or partially owned licensed to or controlled by QI, except that a license is granted under any such patent to use the SOFTWARE in accordance with this Agreement.

4. **OTHER RESTRICTIONS.** This SOFTWARE License is proof of your rights to use the SOFTWARE. You may not reverse engineer, decompile, or disassemble the SOFTWARE, except as permitted by applicable law. This Agreement is governed by the laws of the State of California, U.S.A., without regard to the conflicts of laws and principles thereof.

EMWAVE DESKTOP SOFTWARE LIMITED WARRANTY.

QI warrants that the SOFTWARE will perform substantially in accordance with the accompanying printed materials for a period of one year from the date of purchase (the Limited Warranty). Any implied warranties on the SOFTWARE are limited to one year.

SOME STATES/PROVINCES/COUNTRIES DO NOT ALLOW LIMITATIONS ON DURATION OF IMPLIED WARRANTIES, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. IN THE UNITED KINGDOM: NOTHING IN THIS LIMITED WARRANTY WILL AFFECT YOUR STATUTORY RIGHTS, INCLUDING YOUR RIGHTS, IF ANY, AGAINST QI.

CUSTOMER REMEDIES. QI's entire liability and your exclusive remedy in respect of this Limited Warranty, shall be, at QI's option, either (a) return of the price paid or (b) repair or replacement of the SOFTWARE that does not meet this Limited Warranty, and that is returned to QI with proof of purchase (i.e., a copy of your receipt). This Limited Warranty is void if failure of the SOFTWARE has resulted from accident, abuse, or misapplication. Any replacement SOFTWARE will be warranted for the remainder of the original warranty period or thirty (30) days, whichever is longer.

IN THE U.S. & CANADA: NO OTHER WARRANTIES. To the maximum extent permitted by applicable law, QI disclaims all other warranties, either express or implied, including, but not limited to, implied warranties of merchantability and fitness for a particular purpose, with respect to the SOFTWARE and the accompanying materials. This Limited Warranty gives you specific legal rights and you may also have other rights which may vary from state to state, province to province or country to country.

NO LIABILITY FOR CONSEQUENTIAL DAMAGES. To the maximum extent permitted by applicable law, in no event shall QI or their respective suppliers be liable for any damages whatsoever, including, without limitation, damages for loss of business profits, business interruption, loss of business information or other pecuniary loss arising out of the use or inability to use the SOFTWARE, computer failure or malfunction, or any and all other commercial damages or losses, even if QI or any of such suppliers has been advised of the possibility of such damages. In such case, QI and their respective suppliers' entire liability shall be limited to the amount paid by you for the SOFTWARE. Because some states/provinces/countries do not allow the exclusion or limitation of liability for consequential or incidental damages, the above limitation may not apply to you.

INQUIRIES. Should you have any questions concerning this Agreement or the Limited Warranty, or if you desire to contact QI for any other reason, please contact our subsidiary: HeartMath LLC, 14700 West Park Avenue, Boulder Creek, CA 95006 or call 831-338-8700.

EMWAVE USB MODULE AND PULSE SENSOR LIMITED WARRANTY The Basic Coverage: The module and pulse sensor are warranted to the original owner for a period of ONE YEAR from the date of original purchase against defects in manufacturing by Quantum Intech (QI)-not by the dealer from whom the equipment was purchased. What QI Will Do: If the module or sensor develops such a defect within the one year period, the item will be repaired or replaced with a new or thoroughly reconditioned and inspected item, provided defective items are returned with a US \$5.00 check or money order to cover costs of postage, handling, and service (this is not a repair charge). Additionally, this warranty requires that you enclose proof of purchase and date of purchase.

This Limited Warranty Does Not Cover:

QI will not repair defects under the limited warranty related to servicing not performed by QI. 2) QI will not provide any warranty service if your pulse sensor shows evidence that it has been tampered with, misused, or altered; for example: moisture damage sufficient to affect the proper function of the sensor; damage to the case; or visible damage to the wire or connector. 3) QI IS NOT LIABLE FOR INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGES.

Some states/provinces/countries do not allow the exclusion or limitation of incidental, special, or consequential damages, so the above exclusion or limitation may not apply to you. Your Rights Under Implied Warranties and State/Province Law: THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER EXPRESS WARRANTIES, OBLIGATIONS OR LIABILITIES. QI LIMITS THE DURATION OF ANY WARRANTY IMPLIED BY STATE/PROVINCE LAW, INCLUDING BUT NOT LIMITED TO, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, TO ONE YEAR FROM THE DATE OF ORIGINAL PURCHASE.

Some states/provinces/countries do not allow limitations on how long implied warranties last, so the above limitation may not apply to you. This limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state, province to province or country to country. emWave is a registered trademark of Quantum Intech, Inc. in the U.S. and other countries. © 2007 Quantum Intech, Inc. All rights reserved.

This device complies with FCC part 15 class B and CE EN 55.02 and 55.04.
Tested to comply with FCC standards for home or office use.

Manufactured under US Patent Nos.: 6,358,201; 7,117,032 and 7,163,512. Australia Patent No. 770323. EU Patent No. 1156851. China Patent No. ZL00807109.8. Hong Kong Patent No. HK1042056. Korea Patent No. 10-0616370. Canadian Patent No. 2,364,032.

Disclaimer

Use emWave® Desktop and the exercises contained in the software as tools for individual balance, optimal performance and growth. Although this instrument and exercises are believed to be very safe and have potentially great benefit, no medical benefits or cures are expressed or implied. These programs and exercises are not to be used as, or used in lieu of, any course of medical or psychological treatment.

Please note that emWave Desktop is designed to be a training and entertainment product. None of the feedback, summary data, or logging data provided in the software is to be interpreted as medically diagnostic.

Finally, heart rate variability patterns differ widely from one person to another. There are no “right” or “wrong” patterns. The coherence scores in the program and games are especially useful for comparing your own progress in increasing your ability to maintain a physiologically coherent state as you practice; they should not be compared between one individual and another.

Individuals with heart irregularities such as atrial fibrillation or flutter or intense clusters of premature ventricular contractions (PVC’s), or children who are unable to sit still, may be unable to use the emWave Desktop successfully.



14700 West Park Ave
Boulder Creek, CA 95006
www.heartmath.com

© copyright Quantum Intech, Inc. 2010