

Hello

emWave2®

Quick Start Guide



HeartMath.

Welcome to the emWave2®

Take charge of your emotional wellbeing.

Release Stress

Find Balance

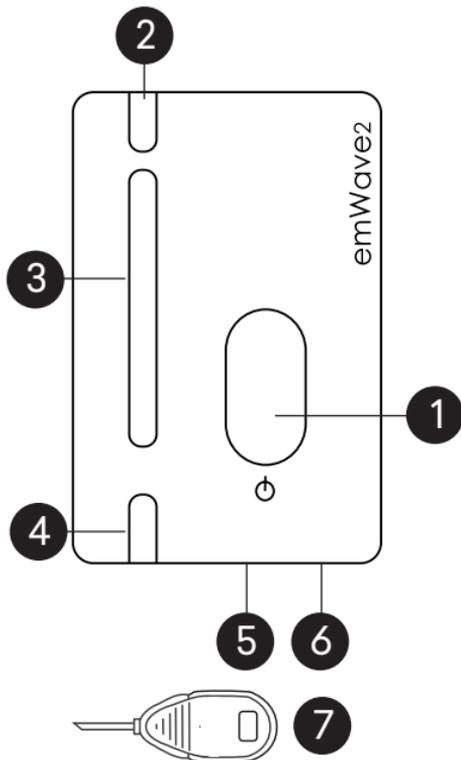
Build Resilience

The emWave2 helps you activate Coherence—an optimal physiological state where the heart, mind, and emotions align in cooperation and harmony.

Based on over 300 academic papers and recommended by health professionals worldwide, a few minutes of daily coherence practice has been shown to reduce stress, increase energy and resilience, and improve mental clarity and performance.

Get to know your emWave2

- 1 Start / Sensor Button
- 2 Coherence Light
- 3 Breath Pacer
- 4 Pulse Light
- 5 Computer Connect & Charging Port
- 6 Ear Sensor Jack
- 7 Ear Sensor



Quick Start Instructions

1. Plug the ear sensor **7** into the emWave2 port and attach the clip **7** to your ear. Or, if you prefer, gently place your thumb on the center of the start/sensor button **1** (detach the ear sensor if using the thumb sensor).
2. Press and hold bottom portion of the start/sensor button **1** for 3 seconds (lights will come on).
3. Confirm that pulse light **4** is blinking blue – if not, adjust your ear sensor.
4. Within a few seconds, the unit will have calibrated to you and lights will move along the breath pacer **3**.
6. Follow the breath pacer **3** and practice one of our research-based techniques (see next page).
7. Observe the Coherence light **2** changing from red to blue to green as you achieve coherence. Try to keep the light green for as long as you can.

The Quick Coherence® Technique

Step 1: Heart-Focused Breathing

Focus your attention in the area of your heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable). Putting your attention around the heart area helps you center and get coherent.

Step 2: Activate a Positive Feeling

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Notice how you feel before and after your first session.

Build a Healthy Habit

With just a few minutes of daily practice, you can build your resilience and the capacity to quickly reset your emotional state whenever you need to.

Consistency is the key. Over time, benefits of practice become more obvious, and you will start to permanently shift your baseline to experience more emotional wellbeing.

Share with a friend. Taking a friend or colleague through a session can also help to anchor your own practice.

“Heart coherence practices and technology can assist us in resetting our emotional energy and shifting into a balanced inner rhythm, so our spirit, heart, brain and nervous system operate in sync and with increased efficiency.”

Doc Childre
Founder, HeartMath

Explore the emWave2 Software & HeartCloud®

Follow the instructions in the emWave2 User Guide to download and install the emWave2 software onto your computer. Connect your device to watch your coherence level change through realtime graphs and charts, and play interactive games.

From the navigation bar of your emWave2 software, click on the cloud icon  to create an account on HeartCloud. Here you can back up session data, sync session data across multiple devices, access additional techniques, training, and charts that display usage patterns.

Additional information and online support for the emWave2 is available at <http://www.heartmath.com/support/>.



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