

emwave[®] pc
stress relief system

Owner's Manual

Disclaimer

Use emWave® PC 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 PC 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 PC successfully.



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Basics

About this Manual

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

<http://support.emwave.com>

Package Contents

emWave® PC 1.0.6 software CD
USB module
USB ear pulse sensor
Owner's Manual

Installing the Software

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 1.0 software CD into your CD-ROM drive.

The installer does not automatically start.

Go to My Computer and double-click the CD-ROM icon. Click the Setup.exe icon.

The InstallShield Wizard for emWave PC will open. Click Next to begin the installation.

Read the License Agreement. To continue you must accept the terms.

Click Next to continue.



The next screen that appears asks you for customer information along with the Registration Number located on the back of this manual.

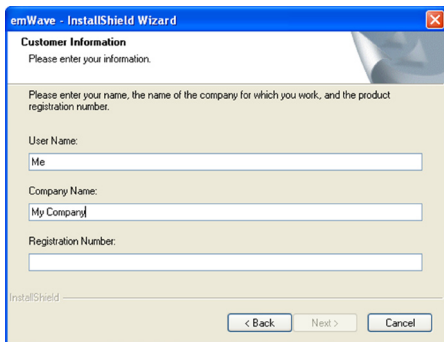
You must enter a User Name and the Registration Number to continue.

You can leave the Company Name blank if emWave PC is for personal use.

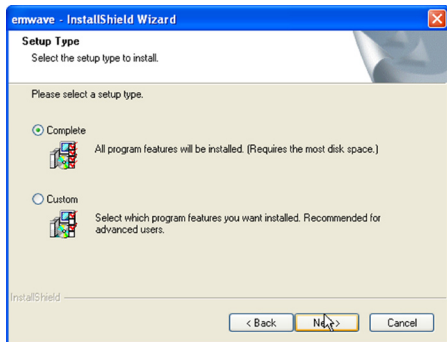
Click Next to continue.

Now select a Setup Type.

We recommend using the complete installation because it gives you all the features available in emWave PC.



The screenshot shows the 'emWave - InstallShield Wizard' window. The title bar is blue with the text 'emWave - InstallShield Wizard' and a close button. The main window has a light beige background. At the top, there's a section titled 'Customer Information' with the instruction 'Please enter your information.' Below this, a larger text area says 'Please enter your name, the name of the company for which you work, and the product registration number.' There are three text input fields: 'User Name:' with 'Me' entered, 'Company Name:' with 'My Company' entered, and 'Registration Number:' which is empty. At the bottom right, there are three buttons: '< Back', 'Next >', and 'Cancel'. The 'Next >' button is highlighted with a mouse cursor.

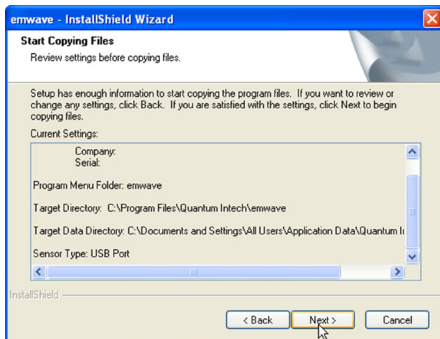


The screenshot shows the 'emWave - InstallShield Wizard' window. The title bar is blue with the text 'emWave - InstallShield Wizard' and a close button. The main window has a light beige background. At the top, there's a section titled 'Setup Type' with the instruction 'Select the setup type to install.' Below this, a larger text area says 'Please select a setup type.' There are two radio button options: 'Complete' (selected) and 'Custom'. The 'Complete' option has a description: 'All program features will be installed. (Requires the most disk space.)' and is accompanied by a small icon of a computer tower. The 'Custom' option has a description: 'Select which program features you want installed. Recommended for advanced users.' and is also accompanied by a small icon of a computer tower. At the bottom right, there are three buttons: '< Back', 'Next >', and 'Cancel'. The 'Next >' button is highlighted with a mouse cursor.

The next step will copy emWave PC files to your computer. You can review the information you have entered before copying the files.

Click Next when you are satisfied with your settings.

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



When configuration is complete a 'Read Me' file will open. Please read this document. This document gives you pertinent information and details about emWave PC.

If emWave PC has been successfully installed, an emWave PC icon will appear on your desktop.



Registering the Software

When you first open emWave PC, 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 PC, make certain your computer is connected to the Internet.
- Go to the Help menu. Click the Register emWave PC 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 PC 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 PC 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.

When you first connect the USB Module to a USB port, you should see a notification near the Windows System tray in the lower right hand corner of your screen.

This indicates that Windows has detected the module. After the connection is established, the green light on the USB Module is briefly illuminated 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.



An optional finger sensor may be plugged into the USB Module instead of the ear sensor. To obtain a finger sensor go to: www.heart-mathstore.com

Step 2: 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 an accurate pulse detection.

You are now ready to start using emWave® PC and run a session.



Navigating the Home Screen

The Home Screen is the starting point for easily and quickly navigating the emWave PC program.



Menu - Drop down menus to access function and features.

File Edit View Go Function Challenge Level Settings Help

From left to right:

File — Access to user and session functions.

Edit — Editing options.

View — Viewing options for the Heart Rhythm Display.

Go — Access to session data, Classic Games and
Emotion Visualizer.

Function — Controls for the Heart Rhythm Display.

Challenge Level — Set the Challenge Level.

Settings — Set Homepage, edit sounds and choose options.

Help — The support functions of emWave PC.

Toolbar - Graphical buttons to access functions and features.



From left to right:

Return to Home Screen — Displays Home Screen.

Previous Screen — Navigates back one page in history.

Next Screen — Navigates forward one page in history.

Refresh — Updates the current page.

Stop Load — Stops loading the current page.

View in Browser — View online pages in a web browser.

HRV Start — Opens the Heart Rhythm Display.

Open User — Select an existing user.

Play a Game — Opens the Games Homepage.

Visualizer — Opens the Emotion Visualizer Homepage.

Coach — Opens the Coherence Coach.

Review a Past Session — Select from a list of sessions.

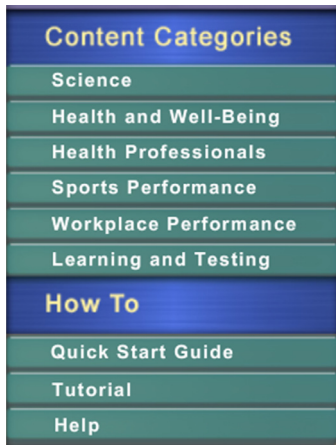
Edit Sound — Enable, disable and import new sounds.

Help — Activates the context help arrow.

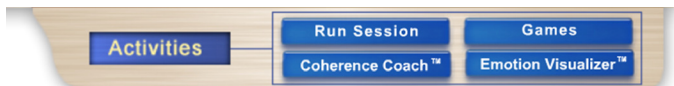
Content Categories — Buttons that open application specific sections that provide information about how to use emWave PC.

Clicking each of the green buttons opens that category's Homepage.

How To — Buttons that open the Quick Start Guide, Tutorial and Help Files.



Activities — Buttons that open the core features:
Run Session, Games, Emotion Visualizer™ and
Coherence Coach™.



Running a Session

To run a session:

Step 1: Go to the Toolbar and click the HRV Start button.

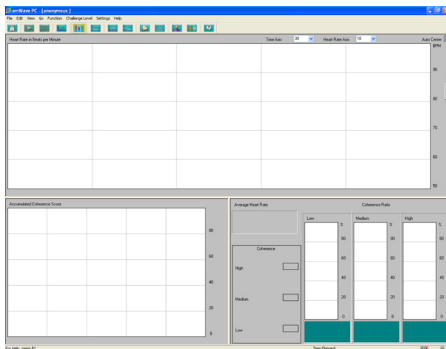


Or

Go to the Activities section and click the Run Session button.

Run Session

The main Heart Rhythm Display will open.



Step 2: You are now ready to attach 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.

Note: As you achieve low, medium, or high coherence during your session, the LED light on the USB Module will glow red, blue, or green according to your level of coherence.

Step 3: Click the Start button



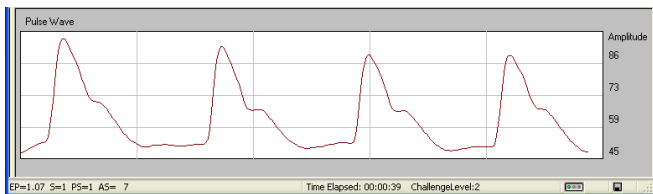
on the Toolbar. This will start your session.

Step 4: Click the View Pulse Wave button



on the Toolbar.

Adjust the finger sensor or the ear sensor until your pulse wave data shows distinct, smooth pulse spikes. When you see a pattern similar to the one on the next page, accurate data is being recorded.



Step 5: Click the View Coherence Ratios button  on the Toolbar.

This takes you back to the main Heart Rhythm Display. This screen displays your Coherence Ratio, Accumulated Coherence Score and your Heart Rhythm pattern.

You are now ready to practice the Quick Coherence® technique (found in the Tutorial and the Coherence Coach) to shift your heart rhythms and increase your coherence level.

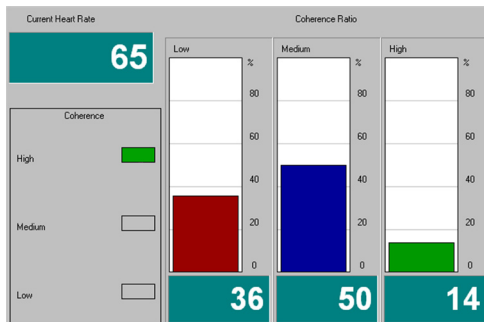
To end your session, click the Stop button  on the Toolbar.

Coherence Ratio Screen

During a session, the Coherence Ratio screen will continuously display an updated view of your physiological coherence ratio, your current coherence level and your current heart rate reading. The information will be updated and displayed every five seconds throughout your session.

(For further understanding of coherence, take a moment to read the Overview section in the Science category.)

The Coherence Ratio screen can be viewed from the main Heart Rhythm Display below the Heart Rhythm screen to the right of the Accumulated Coherence Score screen.



The Coherence Ratio Bar Chart is divided into three coherence levels: low, medium and high. The total of all three levels will always equal 100%. The Coherence Ratio Bar Chart displays what percentage of the time you have spent during your session in low, medium and high coherence.

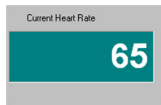
For example, in the image on the previous page the person was in:

- **Low Coherence** 36% of the time.
- **Medium Coherence** 50% of the time.
- **High Coherence** 14% of the time.

Your goal is to increase the amount of time you spend in high coherence. This is done through practice.

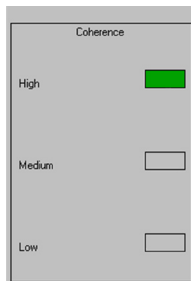
Your results will vary depending on the challenge level you select.

The Current Heart Rate display will show you your average heart rate. Every five seconds, emWave PC averages your heart rate and displays that average.



After you end a session, the Current Heart Rate display will show your average heart rate for the entire session.

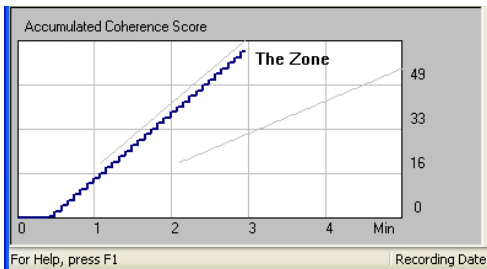
Every five seconds, the three coherence lights below the Current Heart Rate display reflect your coherence level. There is a short lag time from the time the data is recorded to when it is analyzed and viewable on this display.



Accumulated Coherence Score

The screen to the left of the Coherence Ratio screen is the Accumulated Coherence (AC) Score. It 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.

The AC Score can be viewed from the main Heart Rhythm Display. It can also be displayed on a larger screen by clicking the View Coherence Score button.



Interpreting Your Accumulated Coherence Score?

The blue line in the Accumulated Coherence Score 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 right 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 a point (-1).

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

After about one minute you will see two lines on the graph sloping at a downward angle from right to left. 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>**.

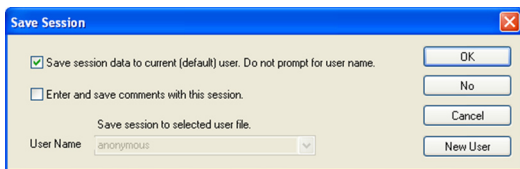
Saving Your Session

The Save Session feature is designed to make it possible for multiple users to save their data to their personal file. emWave PC has no limit to the number of sessions that can be saved; the amount of hard drive space on your computer determines this.

To save your data after running a session click the Save Session button.



The Save Session dialog box appears.



If you attempt to exit a session without saving it, the Save Session dialog box will appear. If you want to turn this feature off, or save sessions automatically, go to the Help menu for instructions.

To save session data to the current user without entering comments, click OK. The current default user is displayed above the Menu next to emWave PC page title.

To save session data to current (default) user and enter comments with the session, select the 'Enter and save comments with this session' checkbox. A Session Comment window will appear. Enter a title and any comments that correspond to the session.

To create a new user, if this is your first session on this computer, click the New User button. The Personal Information dialog box will appear. Enter your personal information and click OK.

If you already have a User Name and are not the current (default) user, you can save the session under your existing User Name by de-selecting the 'Save session data to current (default) user' checkbox. You can now find your User Name in the drop down menu.

If you decide not to save the session, click the No button.

Key Features

Utilizing the Content Categories

To enter into one of the Content Categories click a category button, which opens the Homepage of that category.



The **Learning and Testing** Homepage is shown to the right.



To view the How To, Results and Resources sections click the corresponding button.



How To



Results



Resources

How To — Provides instruction on how to use emWave PC for that specific application.

Results — Includes case studies and personal stories.

Resources — Provides additional resources and available services to help you get the most from your emWave PC system.



How To
example page

Note: The **Science Homepage** buttons are labeled Overview, Applications and Resources.

Learning with the Tutorial

The Tutorial includes four sections. To fully utilize and get the most out of your emWave PC study each of the four sections.

To open the Tutorial click the green Tutorial button in the How To section of the Home Screen.

Tutorial

The **Tutorial Homepage** will open.

To view the How To, Science, Getting Started or Quick Coherence section click the corresponding button.



How To



Science



Getting
Started



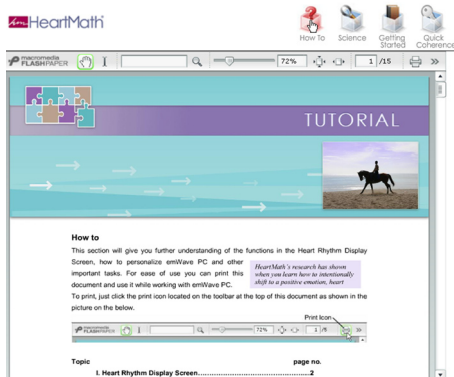
Quick
Coherence

How To — Outlines the functions of the Heart Rhythm Display and other core options.

Science — Short video clips explaining the science behind emWave PC and the HeartMath® system.

Getting Started — Walks you through the key features in emWave PC.

Quick Coherence — A video explaining the powerful Quick Coherence technique you will use to improve your coherence scores.



How To
example page

Using the Coherence Coach™

The Coherence Coach is an interactive feature that teaches HeartMath's Quick Coherence technique for relieving stress.

To open the Coherence Coach just click the Coach button on the Toolbar. Or click the Coherence Coach button in the Activities section on the Home Screen.

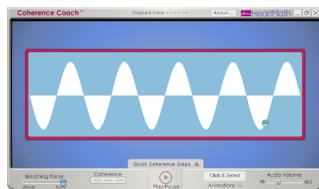


A blue rectangular button with the text "Coherence Coach™" in white.

Before opening the Coherence Coach you should have your hardware set up and be ready to start a session.

After clicking the Coach button, the Coherence Coach will open.

When you are ready to begin, click the Play button.

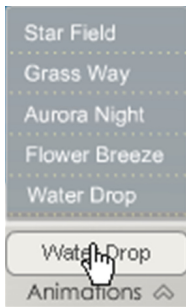
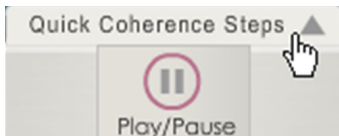


After clicking the Play button the Coherence Coach will teach you the Quick Coherence technique. The Heart Rhythm Display will open in the background and begin accumulating data.


The Coherence Coach and the Heart Rhythm Display run separately. When you pause the Coherence Coach, the Heart Rhythm Display keeps running, and vice versa.

After the Coach has instructed you on the Quick Coherence technique you can choose one of the Animations from the menu shown to the right.

You can also go back over the steps by clicking the Quick Coherence Steps button shown below.



To close the Coherence Coach click the X in the upper right corner of the application window.

To stop your running session you must go to the Heart Rhythm Display and click the Stop button  on the Toolbar.

After you are finished with the Coach you can view your data in the Heart Rhythm Display, which has been running in the background.

Playing the Games

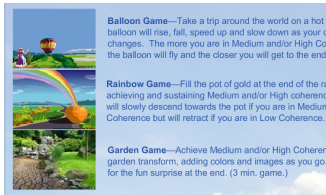
emWave PC includes games designed to support you in practicing the Quick Coherence technique.

To play the games, click the Games button  on the Toolbar. Or click the Games button in the Activities section on the Home Screen.

The **Games Homepage** will open.

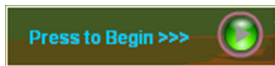
Notice in the middle of the screen the three game images with descriptions.

To open one of the games, click one of the three game images.



After clicking the game you want to play, the game opens up in a separate window.

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



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 green Stop button which has replaced the Start button.

The games run in conjunction with the monitoring of your heart rhythm. After you have finished a game, you can review your data in the Heart Rhythm Display, which has been running in the background.

Running the Emotion Visualizer™

The Emotion Visualizer is a graphic display that changes as your coherence level changes. What we mean by Emotion Visualizer is this: As you organize your emotional intentions to send out love, care or appreciation, the visual images change to reflect your emotional coherence level. The visual images provide feedback so you can get the feel of when you are increasing your coherence by self-generating positive emotions.

To open the Emotion Visualizer click the Visualizer button  on the Toolbar. Or click the Emotion Visualizer button in the Activities section on the Home Screen. The **Emotion Visualizer Homepage** will open.

Notice in the middle of the screen the four visualizer images and their descriptions.

To open the Emotion Visualizer click one of these four images. The Emotion Visualizer opens in a separate window.



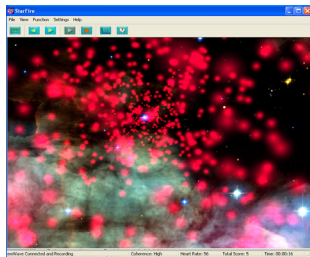
Click the Start Session button on the Emotion Visualizer Toolbar to begin.

From left to right:



- Switch to emWave PC** — Displays the Heart Rhythm Display
- Previous/Next Setting** — Toggles between the visualizations.
- Start Session** — Starts a session.
- Stop Session** — Stops a session.
- Show Graph** — Displays a window of your Heart Rhythm pattern, Coherence Level, and AC Score.
- Help** — Opens the Help System.

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 Heart Rhythm Display or from the Emotion Visualizer Toolbar. You can then review your recorded heart rhythm data.

Additional Help

Help Files

emWave PC 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 go to the Help menu and click Help Topics. 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 Online Support.

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

Note: Register an account if you want to submit any questions to the online support center.

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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.

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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, D554226. Austria Patent No. 115685, Australia Patent No. 770323 EU Patent No. 1156851. China Patent Nos. 00807109.8, HK 1042056, Canada Patent No. 2,364,032

