

Media contact: Gabriella Boehmer, Director of Public Relations  
831.338.8710 or [gboehmer@heartmath.com](mailto:gboehmer@heartmath.com)

**HeartMath® introduces new emWave2®:  
A mobile stress relief technology with computer interface**

Boulder Creek, CA - May 3, 2011 - A leader in [personal wellness](#) technology, HeartMath® LLC announced today the release of their newest product based on the science of emotions and human performance, the emWave2®. The emWave2 is an advanced heart rate monitor that displays your heart rhythm which reflects your emotional state. It helps you learn how to shift into a balanced and optimal state in stressful times.

The emWave2 is the second generation personal stress reliever from HeartMath. With additional features developed from continued research and customer feedback, the emWave2 is a handheld interactive device that provides a discreet and effective solution for reducing emotional stress anytime, anywhere.

Small enough to fit in a purse or pocket, the emWave2 is a portable and convenient way to reduce stress, balance emotions, and increase performance. Now with a computer interface, the emWave2 allows consumers to have portability of a handheld device and detailed tracking through a desktop application.

HeartMath's stress relieving products help people to not only identify stress triggers, but more importantly they help consumers learn how to deploy highly focused, specialized techniques designed to release emotional stress.

Using the [emWave2](#) is easy. The operator simply holds it in their hand with their thumb placed on the sensor button. The emWave2 takes a pulse reading from the user's thumb and instantly develops a breathing sequence based on heart rhythms and emotions.

The sensor detects the users pulse and converts it into real-time displays of coherence levels through colorful lights and/or audio cues. The emWave2 helps the operator to align their breathing and heart rhythms, and through changing one's emotional focus, shows the user how to change his/her physiology.

emWave2 includes an emotion-refocusing technique called Quick Coherence® to help increase coherence levels and sharpen one's ability to transform stress on-demand.

The computer interface gives the emWave2 added functionality to track progress through storing session information and providing a more detailed view of the operator's heart rhythms. It can be

used on the go, or by connecting to a computer to get the best of both worlds – untethered mobility, or detailed tracking and feedback through a cleanly designed desktop application.

Through a process known as coherence – a state that emWave technology helps the individual to attain – the heart, brain and nervous system operate in harmony and efficiency. As a result, individuals experience reduced stress, and increased focus, energy and resilience.

Features of the emWave2 include the option to store and review session information - to compare coherence levels over time - and to print session information to share with one's health professional.

emWave2 also includes several applications to help the user practice, including a game which turns from a black and white picture to a colorful landscape as the operator sustains coherence; a feature called "My Inspiration" that the operator can customize with their own photos and music; and a guided stress reduction activity called the Coherence Coach.

The emWave technology is presently in use with patients by more than 10,000 healthcare professionals across the United States. HeartMath's emWave technology provides measurable data that help individuals achieve the level of coherence necessary to reduce emotional stress.

The emWave technology is based on nearly 20 years of research into the critical link between emotions, heart rhythm function and cognitive performance. In addition to the emWave2, HeartMath also offers the award-winning emWave Desktop, a software-hardware program designed to help consumers de-stress and improve their emotional resilience.

Previous winner of the prestigious Last Gadget Standing People's Choice Award for the original emWave Personal Stress Reliever, the emWave products can be purchased on [www.amazon.com](http://www.amazon.com), or through the developer's online site [www.emwave.com](http://www.emwave.com).

The emWave products are just two of many components that comprise the HeartMath System of scientifically-validated stress and performance solutions. To learn more about HeartMath and emWave technology, go to [www.heartmath.com](http://www.heartmath.com). HeartMath also maintains social network pages on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).

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### ***About HeartMath:***

The HeartMath System was created by Doc Childre. HeartMath LLC, a cutting-edge performance company, provides a range of unique services, products and technologies to improve health and well-being, while dramatically reducing stress. HeartMath clinical studies have demonstrated the critical link between emotions, heart function and cognitive performance. HeartMath studies have been published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology* and *Journal of the American College of Cardiology*. Their organizational clients include *Stanford Business School*, *Blue Cross Blue Shield*, *Kaiser Permanente*, *Duke Medical Center*, *NASA*, and dozens of school systems and thousands of health professionals around the world. HeartMath's award-winning emWave technologies include the [emWave Personal Stress Reliever](#) and the [emWave Desktop](#). The emWave Personal Stress Reliever won the Last Gadget Standing People's Choice Award at the 2009 International Consumer Electronics Show, the Award for Distinction and Innovation from the American Institute of Stress, Mac World's Editor Choice award, and *Today's Caregiver* magazine's Caregiver Friendly Award.