

Media contact: Gabriella Boehmer, Director of Public Relations
831.338.8710 or gboehmer@heartmath.com

Resetting Rhythms for Restful Sleep with HeartMath's® emWave2®

BOULDER CREEK, CA – January 10, 2012 – With the emWave2® more people are enjoying increased energy, resilience and better sleep by simply learning how to reset their inner rhythms. 50 to 70 million American adults have sleep problems of some kind and according to a global [survey](#), 49% of Americans reported not getting enough Z's because they're too stressed out. The emWave2, created by HeartMath's®, is helping to *reset* our restless world.

Behavioral psychologist and HeartMath CEO Deborah Rozman, Ph.D said, "Many people lie awake and are restless at night because of all the stress they felt during the day. They can't stop their mind from turning over that last conversation or their anxiety about what might happen tomorrow. It's well known that one of the first symptoms of stress overload is disrupted sleep."

Resetting inner rhythms can help better prepare the body for sleep and the [emWave2](#) helps users learn how to shift their emotional state and heart rhythms into an optimal pattern so the body is ready for sleep once it's time for bed.

Rozman described that ongoing feelings of frustration, irritation, worry or blame can throw the inner rhythms out-of-sync and have a negative *carryover* effect on hormonal and nervous systems. "It's easy to see how stressful attitudes and emotions affect our ability to sleep, because they create a herky-jerky and incoherent heart rhythm pattern that is associated with sleep rhythm disruption as well as lack of mental ease," she said.

Rozman said the good news is that emWave2 can help the user reset their emotions and shift into a balanced inner rhythm that the rest of the body will harmonize to, allowing for more ease and peace.

With the emWave2 users also learn to better manage daily stress reactions and create a state of ease and flow known as coherence. This state occurs when the heart, brain and nervous system operate more in sync and with increased efficiency during the day. As a result, a positive *carryover* effect of better sleep at night can be experienced.

"Coherence is when the body is operating optimally," said Rozman. "In fact, research shows that as you practice techniques to increase your coherence with your emWave2, you experience more mental clarity, creativity and focus during the day."

According to Rozman this carryover effect helps the user become more conscious and intuitive at choice points during the day. "You get to choose your actions and reactions rather than mechanically responding in the same old stress-producing behavior patterns," she said.

Rozman said that as users practice before bed with the emWave2 to get into a smooth coherent rhythm, most will find they fall asleep quicker and have a much higher quality sleep and wake up more refreshed.

With millions suffering from sleeplessness, more and more people are trying non-prescriptive alternatives for improved sleep such as meditation or other self-help techniques. HeartMath representatives say the inner rhythm and state of coherence is what the sleep deprived are trying to achieve with these techniques. The emWave2 is popular among meditators because it helps to quickly achieve a meditative state and provides feedback. And, should the user lose focus, it will signal them again as soon as they return to the coherent state.

Operating the *emWave2* is easy: the user places a thumb on the pulse sensor and the *emWave2* provides a breathing sequence guiding the user in shifting into a more beneficial, balanced state which calms the nervous system. Then emWave2 techniques help the user in shifting to a positive emotional state to achieve and sustain a coherent inner rhythm. emWave2 indicates coherence levels with colorful lights and audio cues.

The emWave2 comes with a simple-to-use and highly effective emotion-refocusing technique called Quick Coherence® that is designed to quickly release stress and anxiety. This technique can help the user quickly increase coherence and reset their physiological response to stress.

The emWave2 connects to a PC or Mac computer and its hardware/software bundle allows for playing coherence-building games, downloading sessions and seeing live coherence readings on one's computer screen.

While the emWave2 is considered a lifestyle device the technology is also used by Olympians, professional athletes, Fortune 500 companies, schools, hospitals and health clinics, over 10,000 health professionals, as well as the U.S. Military and NASA – to help boost optimal performance and resilience and reduce the impact of stress.

For many, the emWave2 has been a short cut to a calm and balanced state that may have otherwise taken years to achieve. emWave2 is one 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. HeartMath also engages a large community on their [Facebook](#), [Twitter](#) and [YouTube](#) pages.

For more information visit www.emWave.com or visit table A45 during ShowStoppers. HeartMath is also releasing a new sleep app that is available for both Android and iPhone. You can text HeartMath at 58885 to get more information on the app and on solving sleeplessness.

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About HeartMath:

The HeartMath LLC Company provides unique services, products and technologies to improve well-being and reduce emotional stress. Organizational clients include *Blue Cross Blue Shield* and *NASA*. HeartMath studies demonstrating a critical link between emotions, heart function and cognitive performance are published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology* and *Journal of the American College of Cardiology*. HeartMath's award-winning emWave PSR won the 2009 Last Gadget Standing People's Choice Award at CES. Doc Childre is the creator of the emWave technology and the HeartMath System.