

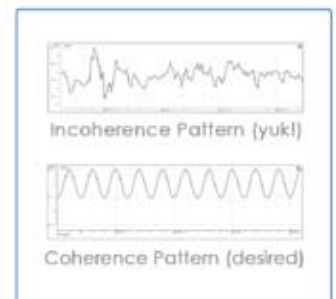


- De-Stress
- Rejuvenate
- Perform



emWave Desktop is a scientifically validated hardware/software system that teaches techniques to help you create an optimal state in which the heart, mind and emotions are operating in-sync and balanced. We call this state *coherence*.

emWave Desktop helps you achieve coherence through simple-to-learn exercises and feedback. Using a pulse sensor plugged into your USB port, emWave Desktop collects and translates HRV (heart rate variability) data into user-friendly graphics. Through coherence techniques, interactive exercises and game play, emWave Desktop helps you bring your heart and mind into a coherent state, building resilience, increasing energy, and promoting focus, mental clarity and emotional balance.



### Revitalize and Rejuvenate

- Quickly re-balance mind, body and emotions as you reduce stress.
- Build resilience through improved health, stamina and well-being.
- Avoid burnout in chaotic and changing environments.
- Maximize creativity and innovation.
- Boost performance and increase mental clarity and memory.
- Be less reactive, think more clearly, make better decisions- especially under pressure.





emwave®  
desktop



## Included

- Works on either Mac or PC systems
- USB module with pulse sensor that attaches to your ear
- Multiple views to watch your heart rhythms change as you move into a state of coherence and resilience
- Interactive games to build and sustain coherence
- Data storage showing coherence levels for session and history review
- Four challenge levels to help you raise your baseline coherence levels
- Coherence Coach tutorial

## Online and Personal Customer Care

- Free weekly training calls for the beginner and advanced user
- Lifetime customer support
- Free webinars on stress, anxiety and personal well-being
- One year limited warranty

## System Requirements

### Mac

- OS X v 10.4 (Tiger) or later
- 1.0GHz or faster G4, G5 or Intel processor
- CD or DVD Drive
- One available USB Port
- Internet Access Recommended

### PC

- Windows XP SP3 or newer Operating System
- 1.0 GHz or faster Processor
- 1 GB RAM
- CD or DVD Drive
- One available USB Port
- Internet Access Recommended

## Package Contents

- Software CD for Mac and PC
- USB module and pulse sensor
- Owner's Manual
- Practice Plan



a change of heart changes everything