

emWave[®] Pro Guide for Students





Before You Begin

What is the emWave Pro Technology?

- emWave Pro is a technology that measures your heart rhythms.
- It trains you to be more calm and in sync at school and at home.



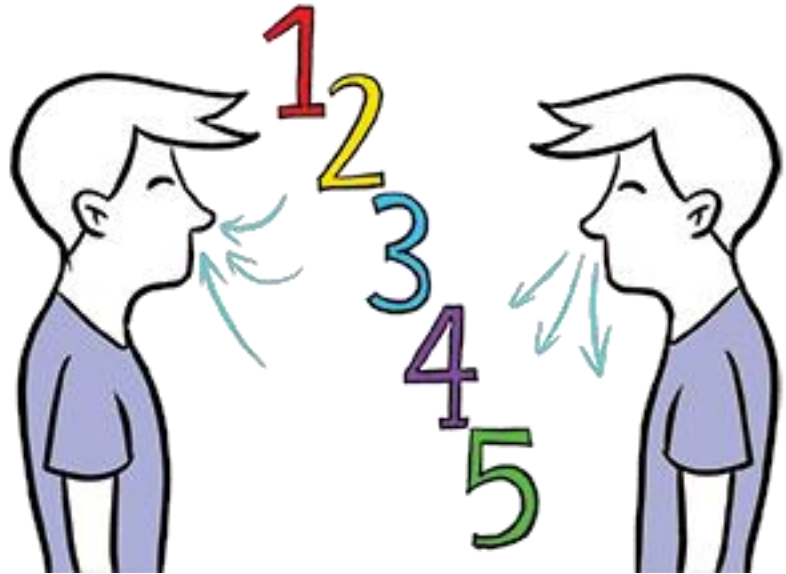
Begin with the end in mind.

Where do you need to get more in sync?

To help you get in sync, practice what the emWave teaches you when you are not using it.

Practice the 3 Steps of the Quick Coherence[®] Technique.

1. Heart Focus
2. Heart Breathing
3. Heart Feeling



Quick Coherence[®] Technique: 3 Steps

1. **Heart Focus:** Focus your attention on the area around your heart, in the center of your chest.
2. **Heart Breathing:** Breathe deeply, but normally, and imagine that your breath is coming in and going out through your heart area.
3. **Heart Feeling:** As you maintain your heart focus and heart breathing, think of a positive feeling. You can do this by recalling a time when you felt good inside, or thinking of someone you appreciate, and trying to re-experience the feeling.

Where in your life do you need to calm down?

Where can you practice Quick Coherence 2-3x per day?





Using the emWave Pro

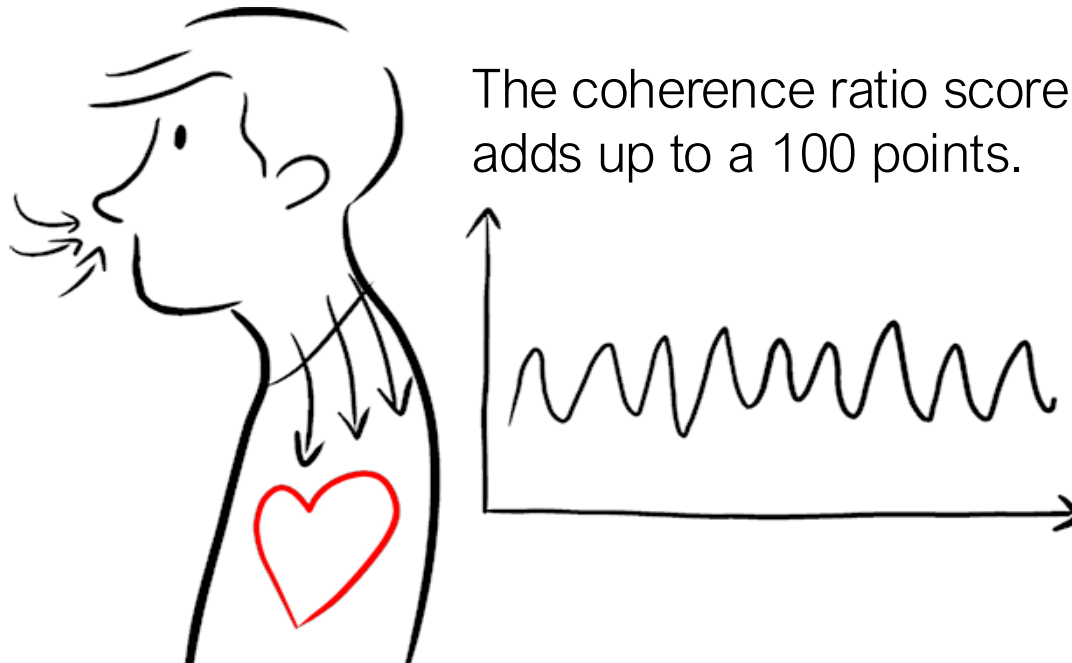
Let's get started!

1. Start the emWave

1. Hook up the **ear sensor** to your ear (at the bottom of your ear lobe).
2. Click the **Start** button at the bottom of the screen.
3. When you see a **pulse wave**, you are connected.



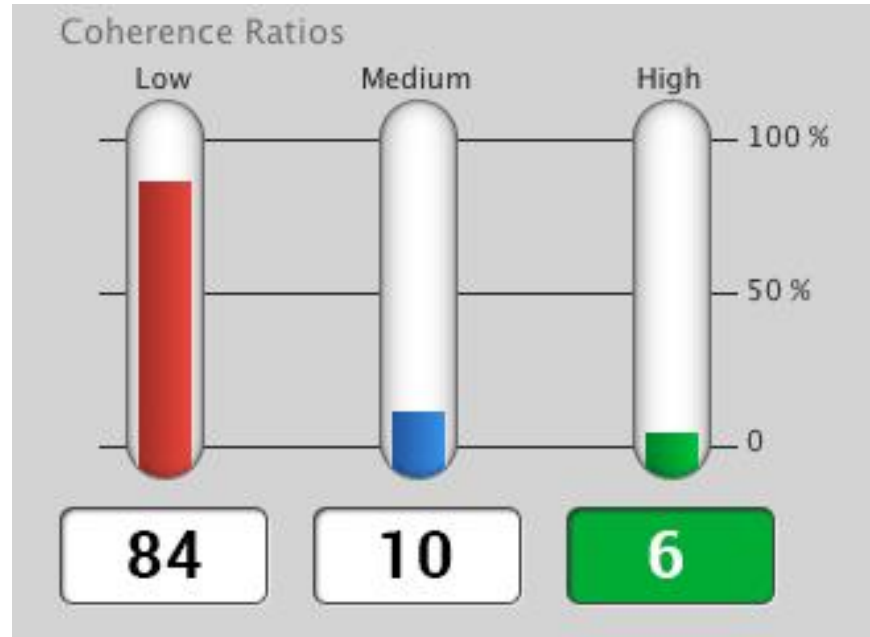
4. Practice the Quick Coherence steps to help make your heart rhythms become smoother and improve your coherence ratio scores.



Start the emWave

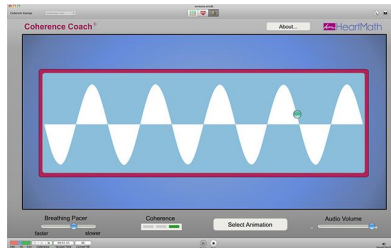
In the box, the red or low score is at 84%. You will not succeed in the simple games until you have at least a combined 50% blue and green score.

5. To end the session, click the stop button at the bottom of the screen.



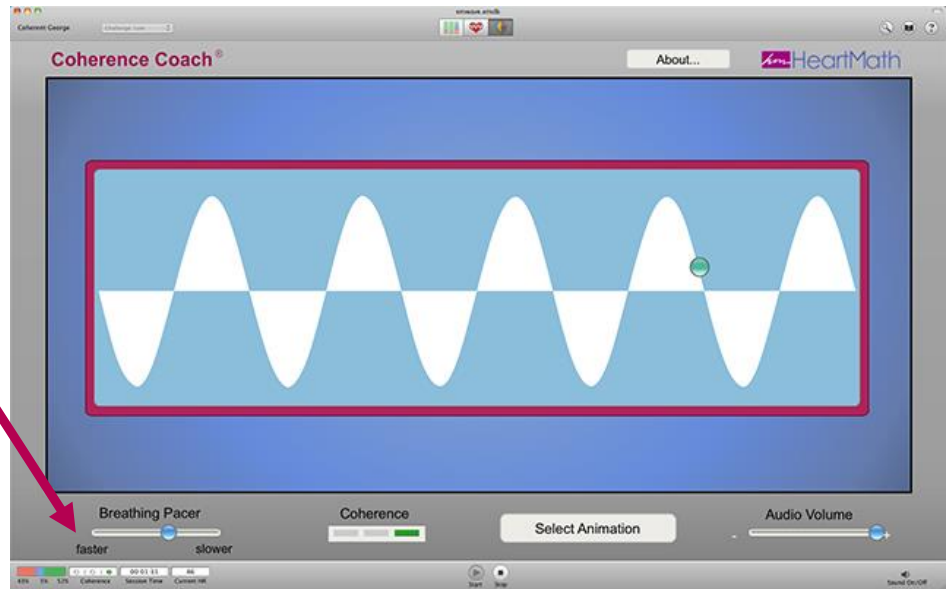
2. Using the Coherence Coach to get more in sync.

- From the top of the main screen, select the Games button and then select the Coherence Coach.

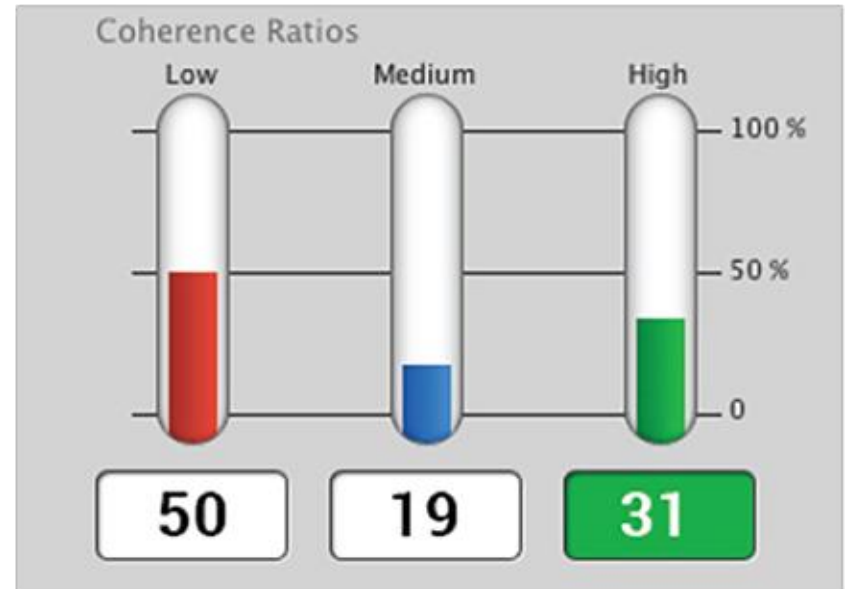
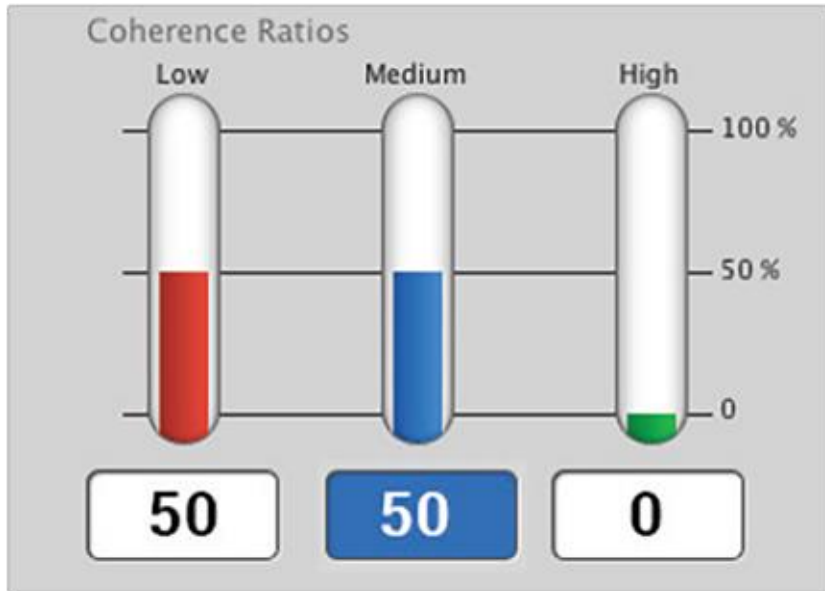


Use the Coherence Coach to improve your coherence ratio score.

- Practice the Quick Coherence[®] Technique. Choose the right speed of the breathing pacer. When done, review your coherence ratio score.



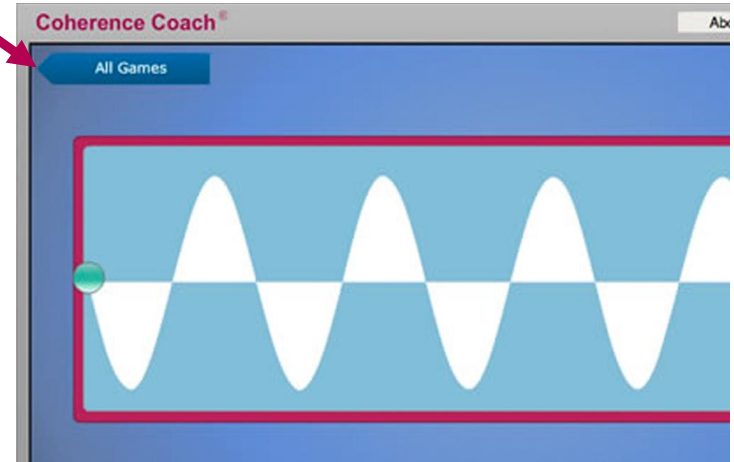
- When you have 50% or more in the blue/green coherence ratio boxes, you find success in the games.



3. Play the games.



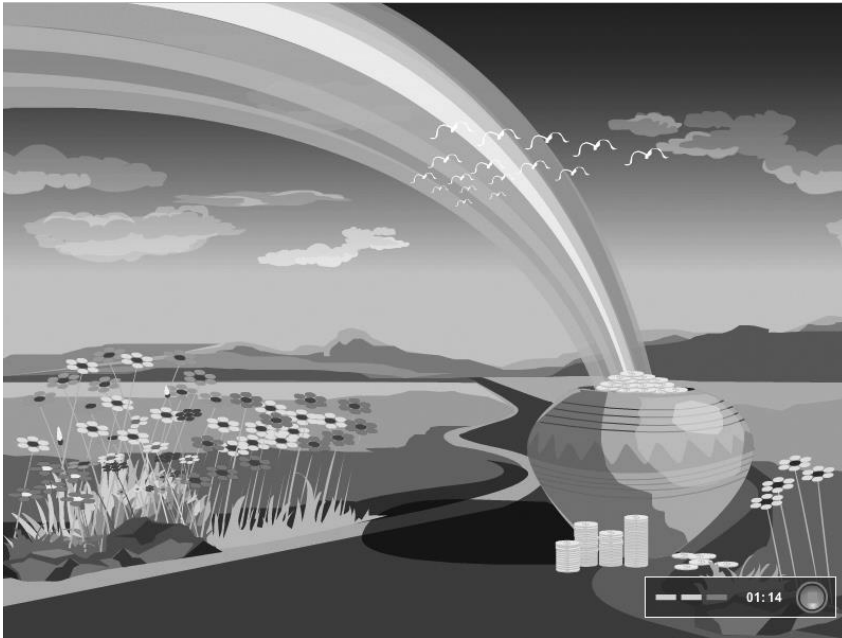
- Click on **All Games** to exit from the Coherence Coach.
- Then click the **Balloon** button.



- Start with the 3 minute Garden Game.



- Then move onto the 5 minute **Rainbow Game**.



- Then the 10 minute **Balloon Game**.



Review your scores and your goals.

- The higher your coherence score, the better you do on the games.
- Are you improving over time?
- Use the **emWave[®] Pro Self-Rating Checklist** to check your progress.

emWave[®] Pro Self-Rating Checklist

Download the pdf at www.xxxx.

Read each statement and fill in the circle that best applies to you.

- How well do you understand how the emWave Pro works?
- How well are you applying what you learned from the emWave Pro?
- How successful were you in using the Quick Coherence Technique?

The image shows a screenshot of the emWave Pro Self-Rating Checklist form. At the top, it says 'emWave Pro Self-Rating Checklist' and has fields for 'Student:' and 'Date:'. Below that, the title 'emWave Pro Self-Rating Checklist' is repeated. The instructions state: 'Read each statement below and fill in the circle that best applies to you.' There are three sections of questions, each with a rating scale from 'Poor' to 'Excellent'.

| How well do you understand how the emWave Pro works? | Poor | Fair | Good | Excellent |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Starting and ending a session. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Reviewing previous sessions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Using Coherence Coach. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Playing the games. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| How well are you applying what you learned from the emWave Pro? | Poor | Fair | Good | Excellent |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 5. How well do you know the steps of the Quick Coherence Technique? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Choose a short-term goal for times when you can apply the Quick Coherence Technique. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. How successful were you in reaching your goal? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| How successful were you in using the Quick Coherence Technique? | Poor Never | Fair 1x per week | Good 1x daily | Excellent 2x-3x daily |
|---|-----------------------|------------------------|-----------------------|-----------------------------|
| 8. How often did you practice the Quick Coherence Technique? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

© 2017 HeartMath Institute

emWave[®] Pro Self-Rating Checklist

Go to [xxxx](#)
to download the pdf.

emWave[®] Pro Self-Rating Checklist

Student: _____
Date: _____

emWave[®] Pro Self-Rating Checklist

Instructions: Read each statement below and fill in the circle that best applies to you.

How well do you understand how the emWave Pro works?

| | Poor | Fair | Good | Excellent |
|-----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Starting and ending a session. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Reviewing previous sessions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Using Coherence Coach. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Playing the games. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

How well are you applying what you learned from the emWave Pro?

| | Poor | Fair | Good | Excellent |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 5. How well do you know the steps of the Quick Coherence Technique? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Choose a short-term goal for times when you can apply the Quick Coherence Technique. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. How successful were you in reaching your goal? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

How successful were you in using the Quick Coherence Technique?

| | Poor Never | Fair 1x per week | Good 1x daily | Excellent 2x - 3x daily |
|--|-----------------------|------------------------|-----------------------|-------------------------------|
| 8. How often did you practice the Quick Coherence Technique? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

© 2017 HeartMath Institute 3

HeartMath[®] Institute

expanding heart connections

www.heartmath.org