



HeartMath®

# INNER BALANCE™

Bluetooth® sensor for Android and iPhone

An unparalleled window into your emotional wellbeing



## Live Life with Heart

This biometric wellness technology responds to your emotional state to help you improve overall wellbeing, health and happiness. Using the Inner Balance™ technology trains you to release stress producing thoughts and emotions - then real-time heart rhythm coherence feedback confirms the positive lift you feel. Instead of waiting for outer circumstances to change, the Inner Balance trainer helps you learn to create positive change from the inside out.

### EXPERIENCE THE BENEFITS

- Release and prevent overwhelm
- Shift stress-producing emotional states
- Experience inner stillness
- Enhance mental clarity
- Access intuition for making better choices
- Improve performance
- Increase energy and resilience
- Sleep better



For more information on any of our products please visit [www.heartmath.com](http://www.heartmath.com).



**Decades of HRV coherence research**



**Independent peer-reviewed studies**



**Recommended by thousands of health professionals**



**Over 100 countries**

## The Science Behind Inner Balance



The Inner Balance technology analyzes and displays our heart rhythm, measured by Heart Rate Variability (HRV), which indicates how emotional states are affecting our nervous system. HRV offers a unique window into the quality of communication between the heart and brain, which directly impacts how we feel and perform.

The Inner Balance technology trains us to self-generate a highly efficient physiological state called HRV coherence, which helps us increase emotional composure and clearer reasoning. Recommended by health professionals worldwide, HRV coherence training has been associated with many health and performance benefits. A few minutes of daily coherence practice has been shown to reduce and prevent the negative effects of stress, such as overwhelm, fatigue and exhaustion, sleep disruption, anxiety and burnout.

HeartMath® has been a pioneer in HRV research and self-regulation training for over 25 years. Over 250 independent peer-reviewed studies have been published on HeartMath technologies and methodologies.

Our thoughts and emotions influence everything we say and do – they even affect our heart's rhythms.

“ I, my staff, and my family use the Inner Balance. Many people do not know how to intentionally create the emotional states they want. The Inner Balance Trainer is ideal for easily and effortlessly accomplishing this.

Jack Canfield, co-creator of the *Chicken Soup for the Soul*® series, co-author of *The Success Principles*™



## EXPERIENCE THE DIFFERENCE

Frustration

Appreciation



Changing Heart Rhythms – Changes Feelings

Our heart rhythm patterns are the best reflection of our inner state. We can use the Inner Balance technology to see what's going on inside of us and learn how to shift into a state of balance, self-reliance and renewing feelings, such as appreciation and compassion.

“ In my practice, many patients have been meditating for years but still have abnormal nervous system and adrenal function. Once they add in the Inner Balance technology with coherence techniques, things shift. Coherence practice makes meditation easier. The heart rhythm feedback helps people be more efficient; even I will find myself drifting unless I'm monitoring my heart rhythms!

Wendy Warner, MD, American Board of Integrative Holistic Medicine.



“ As a former Navy SEAL, I work with elite performers including NFL teams, Fortune 500 execs and Navy Seals using the Inner Balance. They learn to self-regulate their emotions, resulting in significant performance improvements.

Curt Cronin, former CDR (SEAL), HeartMath Certified Trainer



“ The Inner Balance technology can take people quickly to where they try to get to through years of meditation.

John Gray, author *Men are from Mars, Women are from Venus*



# Inner Balance Features



## Real-time HRV feedback

Measure your heart rate variability and coherence level during live sessions.



## Learn a valuable stress relief technique

Audio leads you through the quick and effective Quick Coherence® Technique.



## Real-time coaching tips

Encouraging on-screen prompts guide your practice and help you increase coherence points.



## Advanced options

Four challenge levels, customizable settings and screens.



## Online platform for users provides many extras

Track progress over time, keep journal notes, earn awards, use the daily practice plan and additional use tips. Get access to advanced training and get updates and notifications.



## TECHNICAL SPECS



SKU  
6450

**BLUETOOTH COMPATIBILITY**  
Requires Bluetooth 4.0 or higher

**ANDROID**  
This product is designed for use with Android v5 and newer

**IOS**  
This product is designed for use on Apple iOS v9 and newer

**PACKAGING**  
Box Size 5-1/2 x 7 x 1-1/2 inch  
(139.7 x 177.8 x 38 mm)  
Box Weight 5.1 oz (144.6g)

**SENSOR SPECIFICATIONS**  
Sensor Weight .9 oz (25.5g)  
Ear Clip Size  
1-5/8 x 3/4 x 5/8 inch  
(41.3 x 19 x 15.9 mm)

**Cable Length**  
14 in (35.6cm)

**Pod Size**  
2-5/8 x 1-1/4 inch

For specifications on Inner Balance Lightning sensor please go to [heartmath.com](http://heartmath.com).

Download the Inner Balance App



For more information on any of our products please visit [www.heartmath.com](http://www.heartmath.com).

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