

# Inner Balance<sup>™</sup> LIGHTNING

App and Sensor for iOS

Get your heart, mind and emotions in sync to improve well-being



This simple to use technology takes a pulse reading from your earlobe and translates the information from your heart rhythms into graphics on your iOS device.



Synchronizing your breathing with your heart rhythms while focusing on positive emotions has been shown to reduce the negative effects of stress, improve relaxation, and build resilience with just a few minutes of daily use.

## Inner Balance<sup>™</sup> Sensor for iOS

No other technology on the market today tracks HRV coherence at the refined level of the Inner Balance Sensor. Also included are immediate training, education and self-monitoring.

Gain insight into your shifting moods

Learn to focus on appreciation

Change your reaction to stress

Track your progress

Journal your accomplishments

Share and inspire others

Scientifically Validated Technology

## NEW! Now available with HeartCloud<sup>™</sup>



emWave2 now syncs with HeartCloud giving you the ability to track universally, earn rewards for your efforts and share with others.

HeartCloud can be conveniently accessed at any time from your iOS device or computer.

# How it Works

**Overview:** When launching Inner Balance for the first time, it will display a quick overview of the app's elements. Once you have swiped through the slide show you will be taken to the session screen where you can start training.



**Run a session:** Plug the **Inner Balance Sensor for iOS** onto your iPhone® and ear, press start, breathe along with the pacer and recall a moment when you felt a positive feeling.

**Get real-time coaching:** See your Heart Rate Variability and coherence level as you are gently coached through a session.

**Track your progress:** Inner Balance keeps a history of all your sessions and tracks how you are progressing over time.

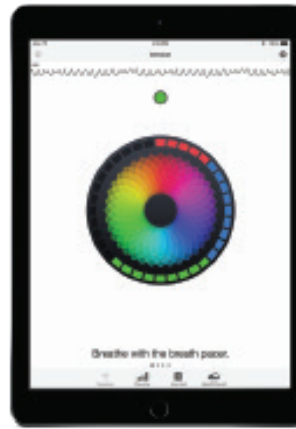
**Earn awards:** Receive fun, colorful awards for daily activity, coherence level building and life time achievement.

**Write about it:** Keep track of how you were feeling or what was going on in your world that may have caused you stress or relieved your anxiety in the Inner Balance Journal.

## Additional Features:

**Multiple breathing pacers including My Inspiration:** breathe along with your heart rhythms with one of the three breathing pacers. Two we have designed and My Inspiration you create yourself.

**Advanced screens:** Advanced screens and charts provide a more detailed view of the changing heart rhythms and amount of time in the “coherence zone”.



Device Compatibility: Works with iPhone 5 and newer, iPad 4th generation and newer, iPad mini with Retina display, iPad mini, iPod touch (5th generation)

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## SKU

6415 Lightning Sensor

## Sensor Specifications

### Lightning Sensor

Length 48in (121.92cm)

Weight 0.2oz (5.67g)

## Package Specifications

Box Size 5.5 x 7 x 1.5in  
(139.7 x 177.8 x 38mm)

Weight 5oz (141.75g)

For more information  
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[www.heartmath.com](http://www.heartmath.com).