



**Guidebook to Master Class
on Using the Inner Balance™
Coherence Plus Sensor and
HeartMath App in Clinical
Practice
(with timestamps)**

User's Manual for "Master Class on Using the Inner Balance™ Coherence Plus Sensor and HeartMath App in Clinical Practice" (with timestamps)

[\(00:00:01\)](#): **OVERVIEW**

Welcome to this guide on using the Inner Balance™ Coherence plus sensor and the HeartMath app in clinical practice. Together we'll explore how these tools can support your work with patients in therapeutic and medical environments. We'll also walk through the science behind HRV Coherence, its benefits and how the app and sensor can be integrated into your practice for more effective patient care and improved patient outcomes. Now for simplicity, I'll use the terms client and patient interchangeably. Hi, I'm Barbara Hudak, RN, HeartMath, certified senior trainer and coach US Air Force veteran, licensed massage therapist, aroma therapist, and integrative wellness practitioner. I was introduced to the HeartMath system over 15 years ago as part of a pilot study on leadership resilience and agility at the Mayo Clinic in Phoenix, Arizona. And I still remember witnessing an HRV demonstration during class, and then I had my own aha moment with my sensor.

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Throughout my professional life as an ER and cardiac ICU nurse and nursing leader, there was suffering and trauma all around me. I learned to disconnect from feeling bad and I thought it was working, but my coherence scores gave me a very different perspective. I had blocked all my feelings; I was numb and just going through the emotions and didn't even recognize it. The device and the techniques were transformational for me, so I'm honored to support you. We all choose a caring profession because we want to help

others, and as we move through this information, please don't forget to care for yourself. As my self-awareness improved, I saw measurable shifts in my coherence and curiously, my sleep improved, and I had a lot more energy after work. And that's when I realized how much of these tools can benefit both us as practitioners and our clients.

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I use the Inner Balance sensor with almost all of my clients, and I'm honored to support healthcare providers, military veterans, and patients before surgery who want to optimize their recovery and anyone who is seeking preventive wellness as a way to uplevel their overall wellbeing, performance and vitality. And so today we'll explore how the HeartMath app and sensor can be a game changer in your clinical practice. Whether you're a healthcare provider or therapist, understanding HRV Coherence can help you improve your patient's emotional regulation, their resilience, reduce stress, and enhance overall health. So, let's get started. Let's take a look at what we'll be covering in our time today. Now please, this is a lot of information, so feel free to pause the video, take notes, refer back as needed. We'll begin with the foundation of this program and basically what is heart coherence? How does it work?

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Next, we'll look at the power of coherence measurement. How can we use that to our advantage in terms of presenting this to our patients and clients to help them build more awareness and then to frame it in a way that is interesting for them, motivating for them? How do we create that? Why for our patient, for our client? Next, what is the HeartMath app? How does it look? What are some features of the app and the sensor? Next, practitioner coherence in

self-care, it is so important to practice ourselves so that we can now begin to create best practices and stories that we can share with our clients in order to motivate them. Next, introducing the HeartMath system to our patients. We'll talk about how to do that including a three-minute protocol, which I found is really a best practice for introducing this to our patients so they can see what is different when they start to employ different techniques throughout this program.

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And lastly in the foundation portion is what clients need to use this at home. Next, we'll transition over to sustainability. So how to create a practice plan and manage expectations with your client. Engagement, follow up, accountability. How do we keep them committed to this program in a way that's fun, informational, and that can really make a long-lasting change for them? Best practices in incorporating coherence training in clinical practice benefits for different patient populations. Different people have different needs, and different motivators will look a little bit at how do we custom craft and curate a program just for them. Lastly, FAQ section. And then we'll have some final closing takeaways. So, if you are ready, let's begin. First things first with our foundation portion. The foundation of the Inner Balance app and the sensor is a core real-time, heart rate variability and heart coherence measurement.

[\(00:04:53\)](#): **Real Time Heart Rhythm Coherence: How Does It Work?**

And so, coherence, as you know, refers to a wave-like heart rate variability pattern that reflects the alignment of the heart, the brain, the emotions, and the nervous system. And you'll see on the left isn't incoherent tracing. This represents a misalignment or a lack of synchronization or coordination

within the nervous system. As we know from this study, this slide was actually the same person experiencing different emotions. And so, on the left, they were experiencing something that frustrated them and again, they were in a lab setting. They were not in a place of frustration; they were just asked to recall something that frustrated them. This is really important for teaching our clients is they can just be thinking about something, something from the past, something maybe in the future that they're worried about. And this is what is going to show up on their heart rate variability tracing.

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It's very important to remind them that the brain does not know the difference. It is really based on what we're feeling and the signals from the heart to the brain that are reflective in this type of tracing. So this on the left is an incoherent HRV tracing on the right is more smooth and more coordinated. There's more alignment or synchronization within the nervous system. And in this case, this is the same person as you may remember from your training or from your classes. This is the same person they were just instructed and invited in this case now to focus on something they appreciated. So simply by anchoring in and feeling that feeling of appreciation or gratitude or calm or patience, we can now create that shift within our variability patterns. This is a coherent tracing. Of course. The inner balance offers immediate feedback for our emotional state, and that is reflected in our coherence score.

[\(00:06:45\)](#): **The Power of Coherence Measurement**

This instant feedback is a powerful tool for enhancing self-awareness, which can drive long-lasting behavioral change. And so how do we leverage this in our practice? Well, taking

a look at these coherence scores, because oftentimes we might hear the question in our practice, what does coherence feel like? And we know it's different for each person, it's different in each situation, and coherence can be a little nebulous. And so, the app's real-time feedback offers immediate accurate snapshot of that state. It helps us to understand what coherence feels like in the moment. And so, for a lot of us, again, it might be a little nebulous. So, the coherence score that you'll see here on the slide can really give a great representation of what's happening in the nervous system in that moment. We know that that lower score, again, thinking back to that last slide, this is more of an incoherent tracing, a little jagged, right?

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It's not quite as smooth, and this is represented by a lower coherent score. Now, lower coherence does not mean bad. I certainly had to get over that myself was, oh, what's wrong with me? My numbers are low. Well, it just meant that in that moment I was out of sync. And the good news is we can very quickly use these techniques and technology begin to have more smoothness, more synchronization in that nervous system, which then is reflected by a higher coherent score. Again, this shows that in this moment we are more in sync. And why does that really matter? Because it really shows how quickly our thoughts, our emotions and our actions affect our stress level, and it allows us to make those adjustments in the moment. And this leads to better self-regulation and emotional resilience. And this empowers us to take control of our physiology.

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Now, this scoring system can also help with motivation. Once we start to see our numbers begin to increase and

improve, this can help us and our clients to stay more motivated, to stay engaged with that practice. And this gradually, as we know over time, is reflected in a higher coherence baseline. So, understanding your patient's motivation is key. Whether they're an athlete that is striving to have improved performance, maybe it's someone on a health journey that we might see in our office for an issue, maybe some type of diagnosis that they've just perceived, or maybe it's someone that's interested in spiritual self-regulation. This coherence tool can be tailored just for them to meet their needs and support their goals. And the following strategies can help you to connect with your patient by tapping into their why, and that's so important. Now, framing. This is the next thing we'll look at.

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So, we know that the nervous system is the foundation of health. When it's dysregulated due to stress or trauma, it can trigger a cascade of dysfunction in the body. And that leads to physical symptoms, which could be things like indigestion or anxiety, things that you may be seeing in your office. Coherence training helps to restore that balance to the nervous system. It addresses these issues, and it alleviates the downstream effects that you might see in terms of chronic pain or sleep or anxiety. So, it's important to really frame this practice and this system for your client's needs. So, first of all, looking at your client that may be experiencing health issues, presenting coherence is a tool to reduce stress and promote healing by addressing the root cause. This really is looking at what is the foundation of what they're experiencing. Again, stress exacerbates different symptoms, whether it's MS or anxiety or high blood pressure.

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Looking at nervous system dysregulation as a foundation can really help them to understand that getting to regulate that nervous system can decrease maybe or mitigate some of the symptoms that they're having. That can be a really good motivator for a lot of us. Number two, performance-oriented clients. Maybe those who are interested in performance optimization, they don't really have maybe an issue they don't have. They're really in good health. They want to get to the next level. They want to be healthier, more vibrant, and have more energy. For these folks, framing coherence training is a way to improve mental clarity. Performance and physical outcomes might really be appealing to them. And lastly, spiritually oriented clients. Explaining that coherence helps to clear energetic blockages. It helps to open that path to deeper wisdom. As we know, the heart can really send different signals up to the brain.

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Not only can coherence practice make us smarter, more creative, but it also supports intuition and connection with a deeper wisdom and that deeper insights that we all have. Sometimes when we're stressed, we can't access that. So perhaps this might be an incentive for these patients and these clients to have more inner peace, more self-healing, especially those that are dealing with trauma. Now, the core message for everyone is that coherence really builds brain function. When the nervous system is in a state of coherence, it improves emotional regulation, cognitive performance, and overall brain health. So an example might be to ask your client, Hey, have you ever said something that you didn't mean when you were upset? Of course, I would say most of us have. I know I certainly have. And the idea is it's not that we're wrong or bad or flawed, it's

because our brain is not functioning optimally when we're under pressure and coherence can help our brain work better.

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That might be one way of introducing this to a client. For performance oriented clients, it could be that positioning them again, that, Hey, if this is your performance starting line, you can want to become a better athlete. You want to maybe support healthier aging by keeping your nervous system in top condition. You might want to let them know that this system is used by Navy Seals. This is used by Olympic athlete's trauma therapists, and this has been demonstrated to credibly shift baselines and translates to motivation for patients and clients. Again, we have to meet people where they are and incentivize them. Now, next, let's take a look at the HeartMath app. So this is how the technology works. This is the newest HeartMath Inner Balance sensor. And again, this is a small device that clips to the ear measures your HRV 500 times per second.

[\(00:13:30\)](#): **HeartMath App & Sensor Overview**

This data is transmitted to the app, and this app is what you see on the screen. These are some of the screens that you will see on your new HeartMath app. Now this gives you, again, a real time coherent score in the moment. Now what you'll see here is there are several screens that you can utilize. First would be the video learning. So, if you're interested in guided techniques and looking at videos, audio books, heart-based living practices, that is one option. The next would be a multi-day journey. So, it could be something like a seven Day to Greater coherence. We'll talk a little bit more about that in a moment. If your clients or patients are interested in more of a guided practice. So, a

heart focused breathing quick coherence, a heart lock-in these are all there for those who would get maybe motivated by that would need a little guidance in these practices.

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And lastly, what I think you might really be interested in is the Ask the Scientist. So all those questions that you may have had, Dr. Roland McCrady is there. He's featured in this portion of the app in helping to answer those questions that you have. For example, the one you'll see here is why am I coherent but not feeling anything? So this will really help you. I think you'll really enjoy this app. There's so much in here. And so the HeartMath app again gives you real-time coherence training, that immediate feedback, the goal is to stay in the green zone, and this really indicates again, that higher state of coherence, higher synchronization, which promotes improved emotional regulation, reduced stress, and better health. Some other key features of the app include a breath pacer. So, you may be familiar with this already, but the Breath Pacer helps you to find the optimal breathing rhythm to facilitate coherence, and you can adjust the pacer speed in the settings to suit your needs because not everybody really adapts to a five seconds In-Out breathing pattern.

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Five seconds out Pacer the Breath Pacer helps you to really find what rhythm is good for you. Now, I mentioned the learning Center briefly. It has a lot of resources including short videos, audio programs, and multi-day courses to improve sleep, mental clarity, energy levels, and overall wellbeing. And of course there are session options. I mentioned the guided sessions, and they're also short

programs to help users develop their coherent skills and track their progress. The app is really easy to use and it serves as a comprehensive tool that you can share with your patients. Now as healthcare professionals, we can leverage the app's learning programs as tailored lesson plans so they can be aligned with a specific need. Maybe it's sleep, maybe it's more coherent. So it really just depends on what your client or your patient is looking for. Now, before we go further, let's talk about practitioner coherence and self-care.

[\(00:16:30\)](#): **Practitioner Coherence and Self-Care**

It's so important to practice coherence yourself. And as it says here, experiencing the benefits firsthand helps to improve your brain function, creativity and intuition. It also enhances how we show up. How do we support our clients? It comes up with maybe you come up with some great ideas, something you would never have thought of sharing with a client or a patient. All of a sudden it just drops in. The more coherent we are, the more effective we can be in our work. And so, let's just take a moment and practice what we teach. Let's practice the quick coherence technique. I'm going to invite you to do this with me and I'll walk you through the steps. So, step one, focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area. Breathing a little slower and deeper than usual, find an easy rhythm that's comfortable.

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And as you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Now, notice any changes, anything in your body, your mind, your emotions, what's different right now. And as I role model that, that is a way that you can introduce this to your

patients. Having them take that pause and notice, oh yeah, you know what? My heart rate did just slow down, or my thoughts stopped racing, or Wow, my shoulders just dropped. I didn't even realize I was so stressed. Something as simple as this. The more we practice this, the more we tune into our own shifts and changes. As we go through this quick coherence technique, we can now begin to share that with others, and it becomes very organic, very natural. We don't have to explain the heart coherence technique from HeartMath Institute.

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We just do it, and we facilitate it for them. And then just inquire, what was that like for you? What did you notice? And next, the idea is to think about when can this feeling, this attitude, this shift, when would that be helpful? So, I'm asking you, when would this change this state, this physiological shift that you just did? When would that be helpful for you? Sometimes we forget in our day-to-day, we get so busy sets aside some time, maybe first thing in the morning, last thing in the evening, maybe between your patients or your clients to do this quick coherence technique. Not only will that help you to reset but will also flood your body with 1400 biochemicals that will support you throughout your day. So again, it's really important to even just share this with your clients, but for yourself, take a moment, write it down and commit to practicing.

[\(00:19:49\)](#): **Introducing the HeartMath System to Patients**

And we don't want to forget to set a reminder because the other key is how will I help myself to remember? That is going to be part of our sustainability practice as well. But thank you for practicing the quick coherence technique with me. I share a lot of gratitude and appreciation for each and

every one of you for what you're doing to support coherence in the patients that you're serving. So I appreciate that. Now, another way to introduce this heart mass system to our patients. Again, it could just be as easy as sharing a technique that I just did for you or maybe showing a quick video. Maybe it's in your patient waiting area or in your maybe clinical practice webpage. This is a really great one that I'm going to suggest for you. Take a look at that. And when we think about introducing this evidence-based approach, again, it can be really casual, it can be experientially.

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So for example, during a recent Zoom session with a coaching client, she shared some struggles with sleep, with concentration fatigue. And I really asked her if she's open to try something new with me. And she said yes. And I invited her to recall her favorite activity. And she said, it's walking through a park when the autumn leaves are on the ground and it's just the park is close to her house. And as she talked about it, I could see that she was already starting to light up a little bit. And I invited her to recall a recent walk. I said, "Hey, take me through that." Notice the sights, who's there, the smells of all the leaves and who's walking with you? And I invited her to place a hand on her heart, and I walked her through the steps of the quick coherence technique. I didn't tell her what it was, I just invited her to follow the steps with me.

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And we did this for about a minute or so. And I said, what was that like for you? And she said, oh my gosh, I feel more alive, and I feel more laser focused than I have in a really long time. And then I explained, by the way, there is science

behind the technique that we just did. So, it can be something very, very casual in terms of conversation and introduction. And so, we talk now, she really found such benefit from this technique. She now starts every staff huddle with a quick coherence technique. She now has the emWave™ Pro software in her break room and the staff love it, and they report that they're actually feeling better. They're actually coming together as a team. Their productivity is increased. And there's this sense of community now. Who knew that something so simple, just a simple technique in an office visit might lead to something like that?

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Oftentimes we don't know what is on the horizon for our patients, for our clients. So, it's keeping it very casual rather than a fire hose approach, which I used to remember when I was teaching this at the hospital and I was so excited as a practitioner and just this was the biggest thing since slice bread for me, it transformed my life and I was so excited to share this with everybody. It was a little bit like drinking from a fire hose. It was a little too much. So, I learned to dial it down a little bit, keep it very casual and introduce this in an organic way. And that really has become one of my best practices is to keep it really casual even when the stakes are really, really high. So, I wanted to share that with you in terms of how else to share this with someone practicing this technique and saying maybe to your patient is, Hey, I really want to be present.

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I really want to hear you. I want to be in the best state of mind. So, would you mind doing this practice with me? It could be something where now you're inviting them to practice this. Yes, it's going to help you, but it also might be

a way to open the door into identifying, wow, that was really awesome. What was that? And now you now have opened the door for introducing this to them a little bit more fully. And so I think the common misperception is we only introduce this to patients when they're stressed because we know this is very, very helpful in those moments. But this is a silent epidemic. Stress. As I mentioned earlier, I had normalized stress. I didn't even realize that I was walking around really constricted and tight and that had become my baseline. And so, a lot of us are walking around, and our clients are too, with low grade anxiety or impatience, or it may show up as poor sleep.

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It may not be a big deal, but I think for most of us, your patients may not even express these concerns because maybe they've normalized them. They wouldn't even think to share that because that's life. And so, it's really important to understand that our liver systems can get dysregulated from normal life pressures. And stress, as you know, can accumulate over time. It can lead to physical or emotional symptoms if left unchecked. And so many patients don't even recognize how much stress affects them until they see their coherence scores. That was the case for me. And we as healthcare professionals need to model self-compassion, teach our patients how to regulate their systems and to recharge during the day rather than waiting until something happens waiting for that symptom to show up. And as I mentioned, just a few minutes of practicing one of these techniques like we just did, the quick coherence technique can trigger a cascade of over 1400 biochemicals that again can support us over hours just like stress accumulates in the system.

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So does coherence. Coherence builds the same way gradually over time. And again, remember, coherence is not just relaxation. It's really important to emphasize this for people who may not be into meditation or may not want a lower heart rate, maybe their adrenaline junkies or they need to do busy things, they have to have a high heart rate in their day-to-day, it's important to distinguish the difference between coherence because as you know, coherence, we can experience that with a low heart rate or we can experience coherence with a higher heart rate. So again, the low heart rate is often associated with relaxation, but that high heart rate is something that we need to accomplish our tasks. The key is to have a flexible nervous system that can recover quickly. For example, when I'm working with law enforcement or folks in high stress jobs, we need to be able to downregulate very quickly from high stress situations.

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We shift and reset. And coherence is again, not just rhythmic breathing. Breathing can be great in the short term for calming down, lowering that arousal rate, but it doesn't necessarily change those underlying emotional habits. And yes, patients with anxiety may feel relief, but everyone can benefit from the resilience gained through better nervous system regulation. And so, when can you introduce coherence training? Well, it could be at your first session, your first meetings with them, it's your first new patient visit. You can introduce coherence training in the first session or anytime it feels appropriate. Once you set the stage, you set the expectation. This is what we do in my practice, and this is exactly what I do. We start every session with heart focused breathing and/or quick coherence. And that becomes the

expectation. They're like, "I always feel so good when I'm with you", whether it's on Zoom, we're doing a virtual session or in my office.

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They know that that place when we first come together can be at the intersection, the transition from the busy world to having me fully present with them in that moment. And they really expressed how grateful they are for me listening and being present in their sessions. Next, with trauma recovery survivors, be mindful of timing. Introducing technology is not always recommended when they're in their acute trauma processing. Adding a device is just not really appropriate, so wait until the patient is ready. If you're not a mental health provider, we don't necessarily know what trauma a patient may have experienced. So, if a patient is in crisis, wait until they're more grounded to introduce the coherence training. It's vital to respect their readiness and their emotional state. And our Resilient Heart certification offers a lot of great tips for trauma sensitive care. It's a really great program!

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I learned so much in that program. If you've not taken it, I highly recommend it Chockfull of really great tips and understanding what really trauma is and how we can support those that are working through that. Another way to introduce this is through preemptive care for maybe an annual checkup or a general screening, consider coherence training as a preventive health measure, just like promoting healthy eating or promoting exercise, which you do in your daily practice. Studies also show that coherence improves hormonal balance and immune function. So, the goal is to incorporate it before again the health issue arises. And lastly, for patients and clients with symptoms like chronic

pain, digestive issues or insomnia, coherence training can help to regulate the nervous system and begin to help to alleviate these types of symptoms. So, I hope that's helpful. That gives you an idea of when and how to introduce these techniques. Next, I'm going to share with you a best practice. It's called the three-minute Protocol.

[\(00:29:31\)](#): **Demonstrating the App: The 3-Minute Protocol**

So, a live demonstration to me is worth a thousand words. Me seeing that HRV shift on my own sensor blew my mind. Literally, I had no idea that I was in a state of incoherence. Again, this was a normal type of state for me at that time. So, seeing is believing and during an office visit or a clinical session, begin by introducing the sensor and explaining how it measures. HRV provides real-time feedback and then walk them through the coherence training techniques in the app demonstrate how they can track their progress, and they can feel the difference in their body. And if feel isn't a word that your clients appreciate, maybe a word like notice or observe. I know there are some of us and some of the folks that I work with are reverse to the feeling word. So just choose another word. What do you notice?

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What do you observe? Now when first introducing the system to your clients, doing a live demo with them is really helpful. You're going to walk them through the process. You help them to set the breath pacer to a rhythm that feels natural for them. Again, the default setting is five seconds in, five seconds out. But if that doesn't feel quite right, let them know that they can adjust this to a much more comfortable pace. Now, one effective method that I'm sharing is a three-minute protocol. In the first minute, you just invite them to observe what they feel. Notice any emotions or tension. This

is not a pop quiz; this is just getting a baseline of what is happening in their nervous system. In the second minute, you are going to facilitate the heart focus breathing technique, and this will help them to shift into a more coherent state.

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Now, this is where you can adjust that breath pacer in the settings icon. That way they can feel like it's not a rushed breath or it's a very long breath. We want them to feel comfortable and natural with this breath pacer, and that's where you get to help them out. In the third minute, you now combine heart-focused breathing with a feeling focused technique, adding gratitude or calm to really deepen that coherent state. And again, if you're preparing for a virtual session, you can prep your client and suggest that they download the app and follow the onboarding process. This will help them to understand the benefits or the basics of coherence. Help them to get familiar with using the sensor on their own. This is what I typically do for my clients. Most of my sessions are actually virtual now, so I make sure they have the app, they have the sensor, they get everything downloaded and then do a little bit of a baseline.

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When we come together, now we really get to fine tune and I have them share their screen with me so I can walk them through what they're seeing. It's really, really neat when they experienced that aha moment of wow, I did that. I was able to shift into a more coherent state simply by doing some heart focused breathing and then adding that emotion. And it's fun to be the facilitator or the guide on that journey with your client. And then you can answer any

questions co-create an action plan and you get to really support them in their journey. Now, you might want to track the HeartMath app client session results, like a coherent score in your client notes or in your electric medical record or EHR since the HeartMath app stores sessions in a single list, so you can really look at their whole history and you can now begin to fine tune and track their progress.

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Next, what do clients need to use this at home? Well, of course they need an inner balance sensor. And so, to use the app effectively, patients will need to purchase the Inner Balance sensor. They can purchase this@theheartmath.com. As certified professionals, we do get discounted rates. There are also affiliate opportunities as well as wholesale programs. These are all to sit here for you. Feel free to contact support@heartmath.com if you're interested in those wholesale programs. We also offer reasonable international shipping rates and a patient education page. If you click on this site here, your patient can get a 10% off coupon and free shipping. And so, a client can use the HeartMath app with the camera sensor. That question does come up well, if I have an option to use a camera sensor, is it accurate? Well, it's good for a quick check, but we always recommend the inner balance sensor because it's much more reliable and it's much more comfortable for the client.

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Imagine they've got their phone and they're perching their phone on their fingertip to get this camera sensor to actually pick up their rhythm. One, they're so focused on that, making sure that there's a connection point between the camera and their fingertip that they're in their heads. It's not going to be a really accurate reading of what their heart

rate variability is. So that alone, again, having that phone perched on their fingertip, that takes mental dexterity and focus, and it can be really challenging to focus on the heart. So, we always suggest having that inner balance sensor makes it a lot more reliable, much more credible, and much more comfortable for your client. Next, we're going to talk about sustainability strategies. How do we really create a practice that works for your client? Coherence training is a process. It's not a quick fix as we know.

[\(00:35:07\)](#): **Sustainability Strategies: Practice Plan & Managing Expectations**

And while some clients may experience immediate or very rapid improvements in sleep or in stress levels, lasting changes in coherence typically take time and consistent practice. Now, as a healthcare provider, it's really important to co-create a realistic practice plan with your clients. Focus on achievable goals and remember, consistency is much more important than intensity. So, here's a sample plan, maybe five to 10 minutes of practice day and when is a good time? We always suggest morning sessions and evening sessions, maybe just before bed. And the goal is to aim to spend 80% of practice time in the green zone. That is more of that higher synchronized state. The targeted practice plan could be something that you find in the app. So how do we get people motivated? For example, it could be your client may be having trouble with stress or with sleep, or they just want to have greater coherence.

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Well, there are different features in the app that are created just for that. So, for example, the Seven Days to Greater Coherence, there's a program named Five Days to Less Stress, four Days to Better Sleep. Really have them identify

where they would like to go with this plan, and you can always change. That's the beauty of it. Once they have the app, it's full-time access, lifetime access to this app. When they purchase the sensor. The important part about this app is it helps to manage their progress. It helps them to see, am I on target? Am I meeting my goals? And so, if they're in the green zone, we need to think about how do we manage expectations? How do we support those patients and those clients going through their paces? So, encouraging them if they're succeeding. So, if they're spending time in the green zone, green zone, it's important to expand their range, to challenge them further.

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We know there are different challenge levels. They can increase that with time. If they're in the green zone, we encourage them, we celebrate with them. If they're frustrated, what if they're not in the green zone? What if they're just frustrated and they're just not able to break out of that? We encourage them, we support them. We please remind them that compassion, self-compassion and celebrating small wins is really, really where it's at. Coherence takes time. We didn't get this way overnight. That's one of the biggest things that I share with my clients. I was frustrated at first too. I spent two weeks not being able to get into that green zone at all, and I thought, what is wrong with me? Well, life, life happened. And that is just that vulnerability, that authenticity, that transparency that we can share with our clients as we work with them to let them know that this does take practice, it does take time.

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We are there with them, we are supporting them, and that goes a long way. So, make sure to let them know that again,

they didn't fall into incoherence overnight and they cannot build sustained coherence overnight as well. It just takes time. And if they're frustrated, remember, this is not about perfection. This is not about achieving that consistently. The goal is long-term emotional resilience and nervous system regulations. One of my key things that I like to share with my clients is we practice techniques when we don't need them. Why would I practice coherence when I don't need it? I'm not stressed. Some people might say, well, when we wire those neural pathways, we create a new baseline. We can now access those techniques. We can self-regulate more quickly in the moment when we do need it. So, we practice it when we don't need it. Just like an athlete, you practice, you work out why the Olympics aren't for another year.

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Why would I practice? Well, we know that practice makes progress. And so again, whatever is relatable for your client, we can help them to identify that this does take consistent practice. Now, the timeframe. How quickly will this work? When will I get coherent? Some people really want that quick magic wand. Well, there is no magic wand. I wish there was. But setting expectations, managing motivation and preventing disappointment is really, really key. The research shows that it takes about six weeks of regular practice to see significant shifts in coherence. However, many clients will notice changes sooner. So, there are immediate moments. There are immediate benefits where we feel that heart rate slowdown in the moment and we celebrate that. And we know that when we don't have a habit, it's not part of us yet. It takes sometimes more practice, more time. What we want is a long-term benefit where we're now able to self-regulate much more quickly.

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We can shift and reset back to that more coherent state. And that does take practice. Please let people know that it is, again, the magic wand thing. We want to prevent disappointment with our clients, don't we? And so, the immediate benefits, again, coherence training can provide quick relief. So, if there's a moment of panic, a moment of anxiety or stress where we're not even taking a slow deep breath, we're actually holding our breath. That moment or two of heart-focused breathing can make a huge noticeable difference. And if even without the sensor, if they have the sensor with them, they can see the shift without the sensor, we can feel that difference and that is massive. Now, the long-term benefits, again, after consistent practice, maybe six weeks or so, clients can see long lasting changes, their stress can be reduced, their sleep improves, and sometimes even that emotional regulation improves.

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And so how do we set expectations? We might if they ask, how long will it take? My answer depends. Depends on how long we've been in that state, how long we've been in a certain pattern, and how often we're practicing that can make a difference in our outcomes. And so, results do vary. Again, letting people know that sometimes you might feel better almost immediately, but lasting shifts require practice. Now for sleep or anxiety, when am I going to have a benefit? You may notice a difference within a few days. Some of my clients do after two or three days, they say, I am shocked this works. I slept through the night. I didn't wake up in the middle of the night and I woke up refreshed. That's awesome. Again, individual results may vary. And so, preventing disappointment, we don't want to over promise.

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Be realistic with your client, with your patient. Explain that improvement doesn't always happen linearly. Some people will see quicker results than others, and it's okay. We just normalize the process. Some days are harder than others, aren't they? Some days we can be really in a great mood, and we wake up and we have plenty of energy, and some days it's not always that easy. And so again, self-compassion, patience, and what matters most is consistency. The more they practice, the more progress they will see. And that is proven in the science. Consistency is key. Again, if they miss a day, if we miss a day, no big deal. Just keep doing it the next day. A lot of times when we fall off the horse, we think like, oh, it's over. I'm doomed. I messed up. Uh-uh not true. Encourage them to, if they happen to miss a day or they miss a practice, maybe in the morning, do it in the evening.

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As soon as we recognize that we've forgotten to do it, do it. Do it in that moment. And so that is the key, is keeping it casual yet holding them accountable. So again, before we go into that, let me share with you a daily coherence practice. Perhaps that might help. This is what I share with my clients. So quick coherence technique. When do we want to practice that? Building a daily practice maybe for three to five minutes at a time. Then building to three, two to three times a day. It could be in the morning, first thing in the morning, maybe midday if they need a little bit more energy or a boost rather than that cup of coffee. I found a lot of my clients have said, when I practice this technique, it gives me more energy. It's different each time I practice it.

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So just before sleep calms down that nervous system so they can get a good night's sleep first thing in the morning, gives them a dose of energy. It's amazing. It's really fun. Have your clients be their own scientist. See what works for them and encourage them and give them some ideas of how they can incorporate this. Now, use the Inner Balance Coherence plus sensor and the HeartMath app with each session for about a month. It's going to again, take some time and some practice to get this built in to become a habit. So encourage them for the first month to use that with each session. Again, practicing with eyes open or closed, whatever's comfortable for them, knowing that with practice, eyes open anytime, anywhere they can access these techniques and these self-regulation skills. Next, heart-focused and quick coherence techniques. Practice with and without the sensor, you don't necessarily need the sensor, but it will give you a really nice metric of that coherent score can give you an idea of the progress that you're making or maybe a gap where, wow, I really thought I was coherent and maybe I'm not.

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So, for me, it keeps me honest, honestly. Now, again, using these other techniques here periodically throughout your day for one to two minutes. It doesn't have to be an extended practice. We know that the more time we spend in a coherent state, the better. But one or two minutes simply can really help to refresh the nervous system rebalance and to give us a little bit different perspective. Great to start your day if there is a challenging situation. Another way to introduce this for your clients is to say, what is in your day that you know that is stressful? Nine times out of 10, if I'm in traffic or if I'm with a certain person or whatever they may

say, that's when I get stressed. That's when you can help them to use the techniques, help them to create an action plan. Anytime there is a pressure point, this is a great opportunity to incorporate these techniques.

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You can also after a stress response, so maybe we prepared and maybe I was in traffic, and I still got frustrated. Soon as I noticed that to go, I had a moment. We get to shift and reset. Use these techniques to self-regulate that mental, that emotional state back into a state of coherence. And again, we're wasting less energy when we're in a coherent state. So, we may end up like I did with more energy at the end of the day, even though the day is just as busy, I was able to self-regulate. So again, coming up with your stories, your things that maybe have worked for you or for other clients may help to incentivize or give, inspire your clients into ways that they can read this into their day-to-day or during a conversation, maybe there's conversations that are challenging that they're involved with. This can help to improve communication.

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It can improve even for us with our clients when we practice these techniques, we're more centered, we hear better, and the patient feels heard. And what a gift in today's world where we're always rushing and moving from one thing to another to have you as a practitioner be fully present in a coherent state. That's so awesome and it's one of the biggest gifts that we can give to our clients. And I hear this time and again, I feel like I have 150% of your attention, and that's true. So that is really, really cool. Lastly, at bedtime to improve sleep, quality, rest or recovery, what we notice is that the more we practice this before bed, we sleep more

soundly, and we wake up more refreshed. Those inner batteries become a little bit more charged when we use these techniques during the day. And then the last thing before bed, and again, just one to two minutes.

[\(00:47:34\)](#): **Engagement, Follow-Up, and Accountability**

So again, it doesn't have to be this huge practice. A lot of us have patients who are busy and we're busy and we just want to let them know that just one to two minutes helps to neutralize the stressful feeling, rebalance your system and clarify your perspective. And who doesn't have a minute or two? We have to breathe anyway, so why not breathe with intention? Why not breathe coherently? It's just we make it very, very easy. And so, the next thing I want to share with you is engagement, homework and accountability. And so, as I've mentioned before, consistency is the key to establish a habit. Remind clients that coherence training is like any other health practice. It only works when you do it consistently. Sometimes people ask me, what's your favorite tool? Or what's the best technique? The best technique is the one you use, far none.

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So really, really important to let our clients know that as well. And if you expect that you're going to get results from having your inner balance sensor under your pillow and you're not using it, no, no, explain that. It's not just about owning the device but actually using it to train your nervous system and give them homework. Just like I shared earlier, the ideas of best practices of the ways that they can use this in their day-to-day. Give them some homework that's easy to integrate and use the app for learning - there's so much in there. And you'll see if you haven't already gone into your HeartMath app, there's so much information in there. There

are audio books and videos. There's so much information there, but make sure they practice this at home regularly. So, when can they use this before bedtime? I suggest heart. Heart-focused breathing.

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So again, regular use every night before bed. What does that look like? Nine o'clock or whatever time they choose or that they agree to nine o'clock, 10 o'clock, practicing one to two to three minutes of heart-focused breathing or quick coherence. This becomes a habit. And how do I help to remind myself? Well, I set a timer until it becomes ingrained, it becomes a habit for me. That is what I actually use to remind myself to practice. Otherwise, life gets in the way. Old habits get in the way, and before several days have gone by and I've not practiced any hard coherence. So, it's really, really important to help them to set the stage for what really works for them. The other thing is to, in moments of stress, helping them to identify what does that feel like when I'm overwhelmed, what does it feel like when I'm anxious?

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And helping them to really identify as quickly as possible, again, while I'm having a moment that quick reset. Using these techniques can really help to feel better in the moment. Another way that I like to encourage regular use is to link it to something you already do. What does that look like? Well, every day I'm going to shower. Every day I'm going to have my cup of coffee, and I usually have about two or three minutes while the coffee's brewing to practice coherence. I had post-it notes everywhere. They were on my mirror, they were in my car, they were on my coffee pot until I really got this to be a familiar habit for myself. It could even be for your clients or your patients who watch tv. Every

commercial break. Remember, practice heart, heart-focused breathing while they're going to the restroom, while they're commuting, while you're logging into your laptop, have a reminder.

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Have a post-it note on your iPhone. Maybe a reminder, a chime or something like an Apple Watch or something. There's so many different ways to be creative with your client to help them to come up with ways to integrate this into their day-to-day role play. I wanted to share with you an example. So, if a client asks, how long is it going to take for me to really have results? You could walk them through a role play. So, it could be something like this. Well, client, it depends, but let's practice right now by taking a few slow deep breaths right now. And notice what happens. And then once you walk them through the practice, they'll say, yeah, I do feel more calm. Well, guess what? This is that quick. Now when you want more of this, it's going to take you figuring out when to practice this.

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So again, linking it to how quickly you can do it to ways to integrate that into their daily day, into their day-to-day practice. So that is the engagement and the homework, making them really, really actionable. Operational type. When can I deploy this technique? Anytime, anywhere. They get to figure out what that looks like for them, because me giving them a curriculum or an itinerary of what is best for me doesn't necessarily translate to what's best for them. We always want to have agreement and consensus where now they have said, yes, I'm willing to practice it in this way. And next we hold them accountable. So, at the next check-in, you would say, so how'd it go? What did you notice? How

was your practice? How often did you practice this week? And this encourages them to stay committed and it helps them to stay on track with their coherence practice.

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Again, this is a motivational tool. So, you might get a client that says, well, I didn't practice, and they fess up, and I always say, thank you for your honesty and what got in the way? Well, I didn't have time, or I didn't have my sensor, or I forgot on it. Honoring that. I think it's so important to stay nonjudgmental because we know this works. We know this can help them, but it's normal to encounter bumps along the way. We work together to adjust our plans. What might be another way that you can incorporate this in your day? Or hey, what might be something that you can think of? Really, we want to put the onus on them. And I say this to my clients a lot, if I'm working harder than you are towards your coherence, it's going to be your problem. You're the only one that can facilitate this for yourself.

[\(00:53:50\)](#): **Best Practices: Coherence in Clinical Practice**

And so, we want to encourage, we want to help them to stay committed. And again, what challenges did you experience? What got in the way? And what do you think is another way that you can incorporate this into your day-to-day. It really is a great time to answer any questions that they might have. Maybe they have concerns, maybe we just never know what's going on in a patient's life. And so, offering guidance, helping them to stay motivated and move forward is really, really key. So that is this section of engagement following up again, really, really important. Don't assume anything and then keeping them accountable. So next, let's take a look at some best practices that we've seen of incorporating this into clinical

practice. So, number one, lead by example. There's nothing more powerful I think, than a coherent provider or provider that practices what they teach, practices what they preach.

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Practice coherence yourself. And when you're in a coherent state, when that client comes in, you'll be more equipped to handle their questions, handle those interactions, and to manage any stress and to educate them more efficiently. Oftentimes, we think, I've had this happen frequently, and maybe you have as well, knowing our own experiences with this practice. I share very vulnerably that I was so, such an angry, irritated person that people now would say, there's no way because you seem so calm and so together. Yeah, well, it's been 15 years of practice and there's still days where I need everything that I have within me to get coherent. But we lead by example. We share. And when people identify and say, wow, you're so calm. Yes, it took me months of practice, truly. And once I really activated this and created a very different baseline, people did notice, what are you doing?

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I want what you have. And that becomes really an impetus and a way to really support each other in this coherence practice. So, practice, practice yourself. It also helps you to get more confidence about guiding clients and patients through this process. Another thing is to start and end your visits with the coherence practice. As I mentioned earlier, every single client session that I do begins with heart-focused breathing, whether they're doing it with me or not, I'm still doing it. And at the very beginning, yes, there's some eye rolls and here we go again, we're going to do this. And nine

times out of 10, those patients that I work with are really grateful because they're seeing that this is something that isn't non-negotiable with me, and they feel better they can center themselves. You might also want to add into your sessions, incorporate the depletion to renewal grid.

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Teach them the phrase frame technique. Teach them some other techniques that you've learned to help them to build self-awareness and to build self-regulation. And again, ending with a practice reinforces that habit. Kind of creates a nice bookend for your session and it helps to build consistency. It sends them off into the world within a more coherent state, and that's a huge gift for them. Next, you might want to involve your team. So, in your office practice, in your clinical practice, you probably have staff, you probably have administrative staff and others who are on your team. What we found is really important to teach your staff, your administrators, your nurses, your teammates to practice these techniques with you. Not only does it help you, it helps the individuals of course, but we know that a coherent team can positively impact the overall environment. You create a more coherent field environment that is palpable and that patients sense and not only helps you individually, helps your team as a collective, but also helps the patients who are coming into your practice.

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Try it again. Be your own scientist. And notice we've seen this time and again for offices and teams that are using these practices, it makes a huge difference in patients report on that, which is really, really great. Next focus on emotional regulation, not performance. Again, this is not a perfect score. We know there is a scoring system. It's not about

perfection. You'll hear this over and over again, but it's about improving emotional self-regulation. It's not even about comparing self with another person because sometimes that comes into play. If you have clients or patients who maybe are using this within the family and they're saying, well, so-and-so is more coherent. And I'm not about competition. It's about looking at your own scores and noticing any trends and improvements. So please, if that does come up, one person's coherence is not another person's coherence. We don't want to compare and contrast it is looking at your own scores and your own patient scores compared to their own information and their own sessions that they'll be looking at.

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Again, it's about self-awareness, not competition. And so often we are so performance driven. That is not the key. That is not the key at all. Next support through virtual and telehealth sessions. So, these coherence tools, as I shared with you earlier, can be used in a virtual setting. The only thing that patients would need would be to have their own sensor. And you can certainly incorporate this even into a patient support group. So, I do work with a couple of wellness centers that have clients maybe who are going through, I don't know, maybe grief support or clients who are going through a diabetic journey. So, they work together, they come together and they practice coherence techniques. They know each other, they know each other's journeys, and they can support each other by incorporating more heart coherence. So be creative anywhere that one or more gather, you can certainly add these techniques as a group type of support practice.

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Again, consistency over perfection. They will not always be in the green zone, and that's okay. It's like building a muscle. You wouldn't go into a gym and expect to lift a hundred pounds of weight. I still cannot do that clearly, but it's about incremental. It's building that muscle. We know that with practice, with consistency, it starts to yield results. And that's really, really key. I've said this over and over, but it's so important in our instant world, we want instantaneous results. It doesn't work that way. And just to offset any disappointment, we remind patients over and over about that fact. And lastly here, you can frame this as an add-on. So, there may be already, your clients may be using other practices, maybe they're meditating, maybe there's yoga, maybe they're exercising. Whatever that is, you can build this and frame this as an add-on. So while you're walking practice coherence techniques while they're doing meditation, focusing on the heart, adding that extra biochemical benefit that we get from being in a heart coherent state can add value to what they're already doing.

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So, we really want to make sure that this is not something that feel they need to perfect, or this should take the place of something they're already doing. Help them to find a way to weave this together. And then notice what happens to their coherence scores as they start adding more of these practices into their day-to-day. Now, these best practices will help to create a supportive environment for your clients. It boosts motivation, encourages them to stay on track and really kind of gives them their incentive or their why. Really, really key. Next, let's shift gears in how we can use this HeartMath practice with different patient populations. And

so, when we think about it, we'll go through these one by one. And so, in terms of stress and anxiety management, clients can use these techniques before a stressful event.

[\(01:02:06\)](#): **Practice Benefits for Different Patient Populations**

It could be a meeting, it could be a difficult conversation, or maybe some things that they've identified that are particularly stressful. They can enter those situations in a more balanced, more composed state. So that might be one way for your patients that are experiencing that. Ways to operationalize using these techniques before a situation. Next, sleep improvement. So stress accumulates throughout the day. We know this and it impacts our sleep. Having one or two or three stressful situations throughout the day. We know that there's cortisol released and other biochemicals that boost our energy because we are in a stressful environment. Well, we know that cortisol does not disappear in one moment. It actually does accumulate in our system. And what we know is that yes, self-regulation techniques during the day can improve our sleep quality at night. Encouraging clients to practice this in the evening may be part of a bedtime ritual where they shut down all their electrical devices, they have that sleep hygiene, adding heart focused breathing or quick coherence before bedtime can really help to calm their nervous system to improve sleep quality.

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So that's another way of incorporating this for people that might need that emotional self-regulation. So, for clients dealing with overwhelming emotions, maybe anger or frustration or sadness or guilt or whatever that might be, it could be grief, coherence techniques can really quickly

bring their nervous system back to a state of balance, and it helps them to manage those emotions that they're processing in real time. It doesn't mean that they're going to go away. We always want to make sure that we let people know. Having these emotions is normal. It's a part of life. Once we start experiencing these emotions that are really depleting consistently. So for example, if we get stuck in a grief loop or if we get stuck in an anger loop or sadness or guilt or shame or anything that might be affecting us as humans, that's where we can get into some trouble.

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And it's really important to begin to identify where we are. Are we stuck in some of these experiences, these emotions? We don't want to dismiss them; we don't want to make them bad. We don't want to criticize them. We just want to help them to get unstuck. To shift and reset back to that state of balance, that state of synchronization in the moment can be really, really, really powerful. Next, trauma recovery. So, trauma survivors have a dysregulated nervous system and coherence training offers a safe science-based method to retrain their system to promote resilience to triggers and to help them feel more grounded and to feel more calm for chronic pain. I see a lot of clients with this, and perhaps you do as well. Chronic pain sufferers have tightened emotional stress and that can worsen their pain. Perception and coherence training helps them manage their emotions.

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Their emotional responses could even help to reduce their pain perception and improve their self-regulation. So again, I always say stress exacerbates situations. So, if stress is a contributing factor in whatever issue we have, maybe it's anxiety, maybe it's pain. If we can get a grip on that stress

and mitigate that, that may help the downstream symptoms that we're seeing with those patients. Next addictions. So, coherence training helps with impulse control and it helps to reduce the urge to use. So, we've seen this in these types of situations, performance enhancement. So, for athletes, executives, or anyone focused on peak performance, coherence training helps to regulate the nervous system, reduce stress, it enhances clarity, enhances focus, and it optimizes performance as well.

[\(01:06:18\)](#): **FAQ Section**

So next, let's go to the FAQ section. We know that HeartMath can be introduced as a complimentary tool to support stress management, improve performance, and really the results speak for themselves. Now with that being said, there are some questions that you may be getting in your practice or questions that you may have yourself. So next we're going to get into it. We're going to address some of the questions that you may be experiencing or that you may have for yourself. So, grab a cup of tea, grab a cup of coffee. We're going to do a deep dive into some of the frequently asked questions that we hear. Question number one, what is the difference between HeartMath HRV devices and other HRV devices? Well, I'm going to look at my notes here to make sure that I give you the accurate information. So, if you see me looking down, I really want to make sure that I don't miss anything.

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So, let's start with a quick overview of heart rate variability and or simply HRV and the relevance in clinical practice. HRV refers to the variation in the time between the pair of heartbeats and it provides a noninvasive window into autonomic nervous systems health and dynamic

functioning. These time intervals are called beat intervals or ibis. There are many measures that have been created to analyze HRV. Some are designed to assess how much HRV there is in a given period of time. Some measure the complexity of the HRV and others measure the coherence of the heart's rhythm. So, we have the highest amount of HRV when we're younger, and there's a steady decline in the amount of HRV as we age. Yes, it's true. One of the most common clinical uses of HRV is for health risk assessment. A lower HRV for one's age is associated with higher risk of many serious health conditions.

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So, for risk assessment or determining health status, a patient's level of HRV is compared to a normative values that have been derived from healthy populations. Now, for more on this topic, see the video on using the one-minute paste deep breath assessment. So, you may know that there are a lot of mobile HRV or wearable wearables for HRV apps for your patients. They may be familiar with them like an Oura ring, a Fitbit, or an Apple watch. Now these apps are for measuring how much HRV there is at a certain time like in the morning or maybe during sleep. They often look at the amount of HRV there is during a series of one-minute periods. Some of them provide a readiness or a recovery score that reflects small changes in how much HRV there is from day to day and claim that's related to how stressed the body was maybe the previous day, or how prepared it is for physical activity moving forward.

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So, for example, a lower HRV after a really strenuous workout might signal the need for a rest day or if there's a higher HRV, it indicates readiness for more activity. So, in contrast, the

difference now between HeartMath technology and what I just spoke about is the HeartMath technology focuses on real time monitoring and feeding back the level of coherence in the heart rhythm. Remember back to what we spoke about coherence is that wave or that smoothness or that synchronization in the nervous system. So, in other words, the HeartMath technology is focused on analyzing the shape or the pattern of the HRV rhythm, which reflects how synchronized the activity in the brain and nervous system is. And there are hundreds of studies that have shown how HRV coherence is an optimal state for improving a wide range of health outcomes, including and increasing their ability to self-regulate, which reduces stress and adherence to treatment strategies.

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The coherence score helps patients see for themselves how their thoughts and emotions affect their heart coherence and how they can use these simple techniques to increase their coherence scores. So, the coherence score is like a mirror, and it offers an objective view of the inner state, which might differ from perception. The feedback can motivate behavior change and consistent practice. HRV training provides practical tools for applying this awareness to improve outcomes like sleep anxiety and emotional resilience, fostering long-term changes in baseline health. So, I hope that's helpful. Certainly, rewind if you need to rehear the difference between math HRV devices and other HRV devices out there in the market. Number two, the next question that we hear a lot is, what if my clients feels good but their coherence score is low? So, here's the answer to that, and again, this is from Dr. Rollin McCraty, the ask the scientist, he is our Director of Research and this is coming from his information.

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So, answer question number two: Coherence score doesn't always directly correlate with the emotional state. It's a measure of how well the body is in sync. If someone feels good, their coherence score might still be low due to stressors that they are not consciously aware of. The goal is consistent practice. Now, they may be drifting into a relaxation state, which is a passive state, whereas coherence is an active, focused and engaged state. So again, there's variations between what even the perception of coherence is. So hopefully that helps to answer that. Question three, what if my patient feels stressed but their coherence score is high? Well, yes, this can happen because coherence measures how well the nervous system is regulated. So even if a client feels stressed, they may have built up enough regulation capacity through practice that their score reflects a more balanced state. They could also be really fit and have a really significant self-regulation training. So, you can increase the green zone to 4.0 or maybe even 6.0 if needed, encourage them to continue practicing and trust the process.

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Number four, what's a good coherence score? Well, here comes the good bad question, right? Instead of aiming for a perfect score, we ask clients to ask themselves, what's a good score from you right now? Coherence is dynamic. It changes moment by moment really, and based on factors like stress, sleep, and emotional state. And over time, this is key. The goal is to increase the duration of the green coherence. The average coherence score over millions of sessions is about three. So that's something we want to shoot for and what you can share with your clients. Number five, can I use my sensor with the Apple Watch or another type of

wearable device? No, not at this time. Currently, these devices do not offer real-time HRV tracking, and that's what's necessary for the coherence analysis. Now, they batch HRV data for recovery scores rather than tracking continuously. Now, this may change in the future, but right now it is not available. You can use them alongside with the inner balance sensor to better understand your overall health.

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Now, we spoke about this a little bit earlier, but question number six, how do I adjust the breath pacer if it's too fast or too slow, simply go to the settings in the app, and that's a gear icon in the top right corner. Hit that icon and you'll see a variety of options. Choose the Breath pacer option, and you'll have the ability to set that pacer right there. Another key question that we get a lot is, can a patient share their data with me? Yes, if you're using the emWave Pro or the emWave Pro plus software, they can provide you with their heart cloud information, their credentials, which allows you to access their session information in the review progress screen. This is what I do with all of my clients. They have an inner balance sensor. They give me their password, all of their information now with their permission comes into my emWave Pro, and I can see all of their sessions. I can celebrate their victories with them. I can also identify, gosh, you hit a really high number there. What were you thinking or feeling? Maybe 15 to 30 seconds prior to that that helps them to identify, oh yeah, when I recalled this memory and I felt that feeling, this is the number that I got. Again, we're now serving as guides to help them to deepen their practice by reflecting back what we're seeing in their sessions. It's really, really important. Very cool.

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Next question, can I track multiple clients at once? Yes, of course. Again, if you're using the Heart Cloud, you can track multiple clients, multiple patients, and easily monitor their progress. Number nine, how does the app help if someone is already in distress? Well, that's a really key question, and yes, the app includes several calming techniques like heart focused breathing, quick coherence, which can help the person bring their nervous system into a state of coherence even in a stressful moment. So it's really, really key that yes, we use the techniques when we're not stressed, and we can also, specifically when we need them, we can use these techniques in the moment to really make a big difference shifting into a coherent state. So yes, absolutely. Number 10, this is a really popular question that I get as a nurse as well, is how does this work with if somebody has a heart rhythm issue, an arrhythmia or dysrhythmia issue, or if my patient is taking beta blockers?

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Well, what do we do with that scenario? Well, individuals with heart irregularities such as atrial fibrillation, flutter, or clusters of premature ventricular contractions or PVCs may be unable to use the inner balance sensor successfully. Beta and calcium channel blockers will not interfere with the analysis. However, vasoconstrictors will interfere with the analysis. These patients will still experience the benefits of the coherence building techniques, even though the accurate measurement is not possible. So yes, we can still share the techniques and practices with them. Just the sensor will not give us really reliable information. Next question, how should I clean the sensor between patients? And yes, please do clean the sensor between patients. Just wipe the sensor with some alcohol, maybe a nice alcohol wipe between uses.

And this ensures really good hygiene, especially when you're using the sensor with multiple clients. So absolutely alcohol wipe works great.

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Question 12, can I play music during my longer sessions? Of course, yes, you can start playing music on another app and then go to the HeartMath app and do your coherence practice session. If you do use an audio guided coherence practice, the audio will switch to the app audio. So if the client selects quick coherence technique is a guided practice, your music will turn off and then your audio will go to the guided practice. But absolutely, if they're not using the guided practices, they can have music in the background and use their HeartMath app and the sensor to move forward with that session. Absolutely, it's a great idea.

[\(01:18:51\)](#): **Final Takeaways**

Question 13, last question. What should I do if we have tech issues, whether it's yourself or if your client has tech issues? If you experience anything technologically, please contact customer service, and that email is support@heartmath.com and they are so great. They resolve issues really, really quickly, and they're very kind. They can address that problem very, very easily for you or for your patients. So, make sure you write that down. It's support@heartmath.com. There you go. Now, final takeaways. All right, so this has been a lot of information. Again, hopefully you are breathing while you're listening to this because there's so much information here. One of the key takeaways that I really want to leave you with is consistency is the key to success. Just like any habit, whether it's exercise or eating well or taking medication, this is like a prescription, so you

could frame it that way as well as three times a day, you want to take this medication twice a day.

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You want to do this. This is no different. Actually, I've actually had some physicians that I've worked with write out a prescription and give it to the client, and now the patient actually takes it more seriously because it's in writing. So it's whatever works to get this incentivized for your patient. Consistency will be the key. Next is highlight the science. A lot more clients are really understanding the basic science behind coherence and how it works. The more they understand that the more apt they are to stay engaged. To say that, yes, just simply by doing some heart-focused breathing, does it feel good? It seems too simple. Letting them know that there is science behind this simple technique really helps them to, it brings a little bit more credibility, and they begin to understand that we're not just doing this. Yes, reading techniques have been around forever.

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Why do they work? Because they're significantly impacting that nervous system. So, for the clients that are interested in the science, this can help them to become more engaged and more apt to practice even more. And lastly, realistic expectations. Making sure that change takes time. And again, they may experience something very quickly but knowing that the long-term shift in the long-term baseline shift will take consistent practice and they will reap benefits down the line. For me, 15 years later, I never would've thought 15 years ago that this would've been a practice that would've changed my life. It would've improved my blood pressure, improved my sleep, and really given me a

new lease and a perspective on life. You never know what gift you're going to be sharing with your patient and how far down the line this will help them. We're hoping that this will build long lasting wellness and vitality for them.

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In conclusion, the Inner Balance Coherence plus sensor and the HeartMath app offer a powerful combination of science, self-awareness and motivation to support your patients in managing stress, improving emotional resilience, and enhancing overall wellbeing. Introducing it into your clinical practice can help patients experience long-term wellness benefits. And the key to success with this system is regular practice patience and self-compassion. Remember, it is not about perfection. Over time, your practice will build resilience and help you and your clients navigate life's challenges with greater ease. And we hope you're excited to start using HeartMath with your patients and clients. If you need further support or have questions, visit our website or reach out to us directly. For more information, certification, training resources, or support, visit our website@healthprofessional.heartmath.com. Thank you so much for watching. We wish you all the best as you help you patients on their journey to greater coherence and wellbeing. Take care.

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