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NEW STUDY EVALUATES STRESSERASER ACCURACY RELATIVE TO STANDARD ELECTROCARDIOGRAM

JUNE 2, 2008 – NEW YORK – The StressEraser personal biofeedback device is the subject of a new study recently published in the journal *Applied Psychophysiology and Biofeedback*, a peer-reviewed periodical published by Springer Publishing (New York). Entitled “Accuracy of the StressEraser in the Detection of Cardiac Rhythms,” the study was conducted and bylined by Keri J. Heilman, Mika Handelman, Gregory Lewis, and Stephen W. Porges.

Abstract

The StressEraser is a commercially marketed biofeedback device designed to enhance heart rate variability. The StressEraser makes its internal calculations on beat-to-beat measures of finger pulse intervals. However, the accuracy and precision of the StressEraser in quantifying interbeat intervals using finger pulse intervals has not been evaluated against standard laboratory equipment using R–R intervals.

Accuracy was assessed by simultaneously recording interbeat intervals using the StressEraser and a standard laboratory ECG system. The interbeat intervals were highly correlated between the systems. The average deviation in interbeat interval recordings between the systems was approximately 6 ms. Moreover, correlations approached unity between the systems on estimates of heart period, heart rate, and heart rate variability.

Feedback from the StressEraser is based on an interbeat time series that provides sufficient information to provide an excellent estimate of the dynamic changes in heart rate and heart rate variability. The slight variations between the StressEraser and the laboratory equipment in quantifying heart rate and heart rate variability are due to features related to monitoring heart rate with finger pulse: (1) a lack in precision in the peak of the finger pulse relative to the clearly defined inflection point in the R-wave, and (2) contribution of variations in pulse transit time.

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About the StressEraser

The StressEraser is an award-winning, portable medical device that relaxes the body and calms the mind in 15 minutes. The StressEraser can be used to quiet the mind before sleeping, rapidly relieve intense stress, and even to stay calm during highly stressful situations.

From beat to beat, your heart rate reflects the activity of your stimulating and pacifying nerves. The StressEraser displays these tiny changes as a wave. By watching your wave characteristics in realtime, you learn to adjust your breathing and mental focus. This decreases the activity of the stimulating nerves (thereby decreasing stress) and increases the activity of the pacifying nerves (thereby increasing relaxation).

The StressEraser’s list of honors includes:

- Best Self-Monitoring Health Initiative or Device, National Wellness Prevention & Fitness Conference (2007)
- Seal of Approval, American Institute of Stress (2007)
- Technology Innovation of the Year, Frost & Sullivan (2006)
- The Best of Gadget Lab (9 out of 10 rating), WIRED Magazine (2006)

The StressEraser is classified by the FDA as a Class II 510(k) exempt medical device. The indicated use is for relaxation, relaxation training and stress reduction. The StressEraser is available for \$299 from the StressEraser web site at <http://stresseraser.com>. The StressEraser is currently available to U.S. residents only. Patents are pending.

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