

Outcomes

BENEFITS OF HEARTMATH

Studies conducted with over 11,500* people have shown improvements in mental & emotional well-being in just 6-9 weeks using HeartMath training and technology:

24% improvement in the ability to focus
30% improvement in sleep
38% improvement in calmness
46% drop in anxiety
48% drop in fatigue
56% drop in depression



* N= 11,903

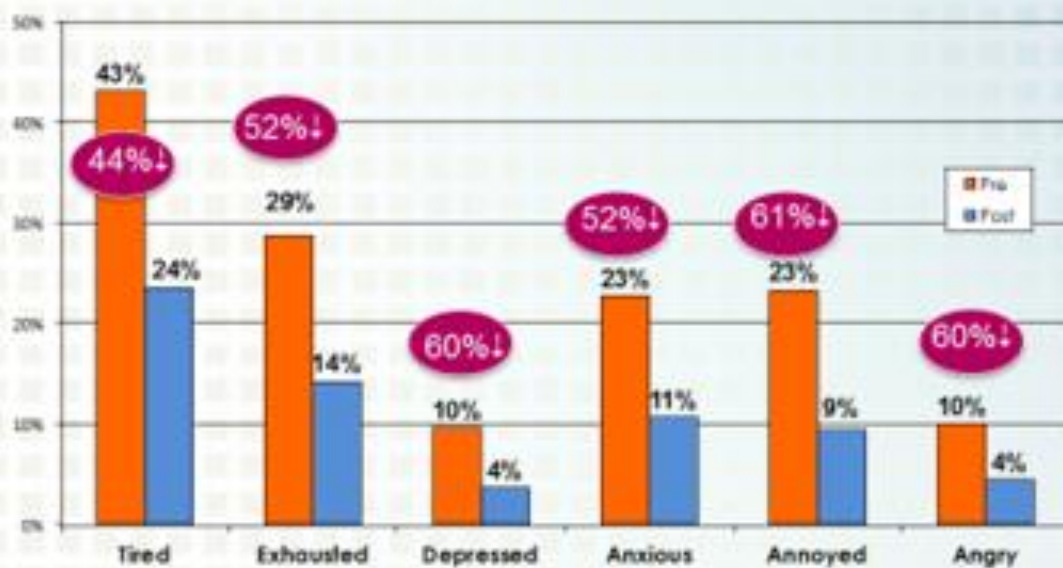
Percent of individuals responding often to always on normed and validated pre and post Personal and Organizational Quality Assessment (POQA-R)

Outcomes

Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training

(N=5692)



Percentage of individuals responding often or always

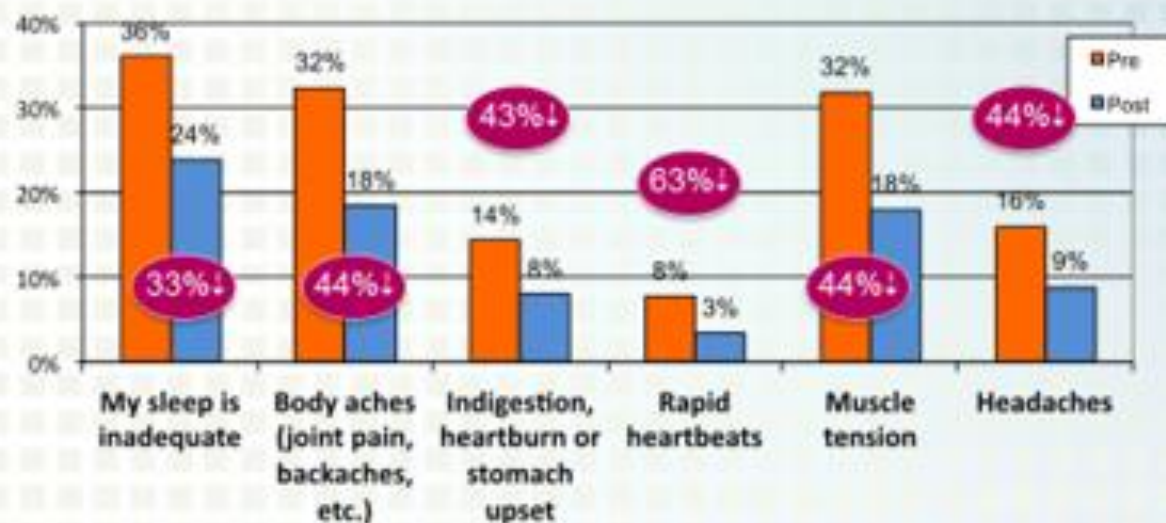


Outcomes

Improvements in Physical Symptoms of Stress

Before and six weeks after taking the HeartMath Program

(N=5692)



Percentage of individuals responding often or always

