



STRESSERASER

A photograph of a man with dark hair, wearing a light blue button-down shirt, smiling warmly at the camera. He is resting his chin on his right hand. The background is a bright, slightly blurred office environment with a computer monitor and desk visible.

# Owner's Manual





## User assistance information

We recommend you read the **Quick Start Guide** and the **StressEraser Owner's Manual** booklets before attempting to operate the StressEraser. If you require assistance or have additional questions, we are available to receive your calls from 7:30am to 10:00pm ET Monday through Friday, and from 9:00am to 8:00pm ET on Saturday and Sunday.

### **StressEraser**

19 Fulton Street, Suite 407, New York, NY 10038

Toll free - 888.437.0700

Email - [info@stresseraser.com](mailto:info@stresseraser.com)


Web - [www.StressEraser.com](http://www.StressEraser.com)

We are available to answer all of your technical or troubleshooting questions. We provide customer service and support via web, email and phone. When contacting us, please provide your name and the serial number of your StressEraser. Your serial number can be found on the outside of your StressEraser packaging and on the StressEraser menu screen. This will help us access your warranty information. We will repair or replace any device covered under the 12-month warranty.

Copyright © 2007, Helicor, Inc. Helicor, StressEraser, the StressEraser logo, BreathWave and The Relaxing Nights Program are trademarks of Helicor. All rights reserved.



## Table of contents

About this manual.....	6	Wait for sensor adjustment.....	20
StressEraser buttons.....	7	Starting your session.....	21
Reading your StressEraser		Using the  program.....	22
BreathWave™.....	8	Compare exhale scores.....	23
Key to square symbols.....	9	Ending your session.....	24
Additional features.....	10	Troubleshooting.....	25
<b>1 Guide to operation.....</b>	<b>12</b>	<b>2 The StressEraser menu.....</b>	<b>27</b>
Before you start.....	13	Menu navigation.....	28
How it works.....	14	Set contrast.....	29
Package contents.....	15	Set date & time.....	30
Install the batteries.....	16	History.....	31
Power up the StressEraser.....	17	Serial number.....	32
Set date & time.....	18	Reset device.....	33
Insert your finger.....	19		



<b>3 Relaxing Nights Program™</b> .....	34	<b>6 Frequently asked questions</b> .....	50
3 steps to stress-free living.....	35	StressEraser points.....	51
Breathing tips.....	36	StressEraser relaxation method.....	52
<b>4 Suggested uses</b> .....	37	The StressEraser device.....	53
<b>5 Important owner information</b> .....	45	Using the StressEraser.....	55
Maintenance.....	46	Issues.....	55
Battery maintenance.....	46	<b>7 Information for healthcare professionals</b> .....	58
Safety.....	48	General warnings.....	59
12-month limited warranty.....	49	Contraindications.....	59
		Special patient populations.....	59
		Limitations & usefulness.....	60
		Suggested reading.....	60



---

## About this manual

This manual is designed as a resource for StressEraser owners. Please use this manual for proper operation of the StressEraser. The StressEraser is only intended for use as described in this manual.

### Intended users

The StressEraser is intended to be used by any adult or young adult who suffers from stress. If you have a stress-related condition, consult your healthcare professional.

### Intended use

The StressEraser is intended to be used for relaxation, relaxation training and stress reduction.

### Warning notice



Stop using the StressEraser immediately if you experience discomfort. Do not drive or operate heavy machinery during or immediately after StressEraser use.



## StressEraser buttons



### The StressEraser menu

(press the  and  buttons at the same time)

#### **The StressEraser breathe program**

(finds your optimal exhale count)

#### **Adjust timer**

(up, down)

#### **Toggle volume**

(low, high, off)

#### **Power on/off**

(also screen light)



## Reading your StressEraser BreathWave™

### Daily points

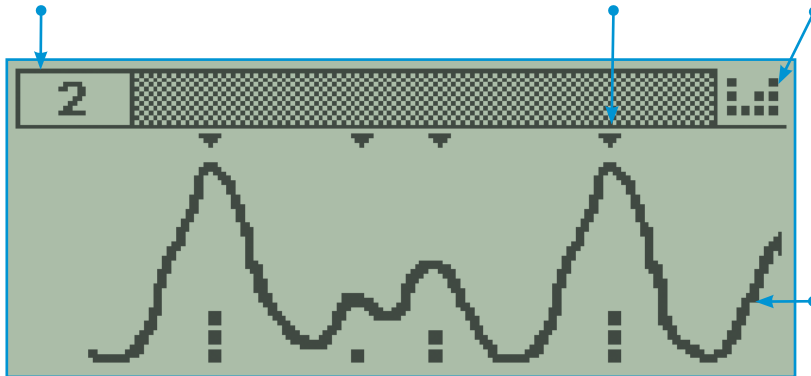
Score 1 point for each (■) wave and 1/2 point for each (■) wave.

### Triangles

Synchronize your exhale to begin when a new triangle appears.

### Session history

Records all waves from your current session.



### Squares

Your score is based on the width, smoothness and consistency of each wave.



### BreathWave

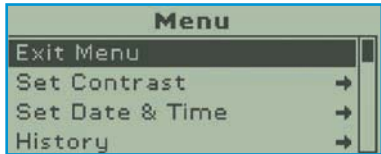
The StressEraser precisely measures tiny pulse rate changes with an infrared finger sensor. These tiny changes are displayed as waves.









## Key to square symbols


Symbol	Indication	Points	Sound Pitch
■ underneath smooth wave 	Physical stress is affecting your nerves.	0 points	High
■ underneath jagged wave 	Emotional stress and physical stress are affecting your nerves.	0 points	High
■ ■ under any wave	Emotional stress and/or strained breathing are affecting your nerves.	0 points	High
■ ■ under any wave	Your nerves are becoming calm.	1/2 point	Medium
■ ■ ■ under any wave	Your nerves are becoming very calm.	1 point	Low



## Additional features

**Menu** – You can set personal preferences and track your history with the StressEraser menu. To access the menu, press the  and  buttons at the same time. Navigate the menu options with the  button, and select with the  button.




**Sound** – Many people relax better with their eyes closed. The StressEraser makes a tone when a triangle appears. The pitch of the tone indicates how many squares you scored on the previous wave:  
(■) High pitch, (■) Medium pitch, (■) Low pitch.  
Adjust the sound volume at any time by pressing the  button.



**Light** – The light helps you use the StressEraser in the dark. Once the device is powered on, hold the Power button until the light turns on.



**Timer** – You can set a time limit for each StressEraser session. Set the Timer at any time using the  button.



# 1 - Guide to operation



## Before you start

The StressEraser helps you learn to calm your mind and relax your body. For best results, we recommend 100 points per day and at least 30 points per session. Some people get the hang of it in a few minutes; others may take several tries or even a couple of days to learn.

Select a quiet, comfortable place to sit where you won't be distracted. Many people like to listen to music or dim the lights.

With a little experience, you will learn to use the StressEraser anywhere! You can use it to help manage chronic stress, intense stress or, with the **Relaxing Nights Program**, to relax before bedtime.



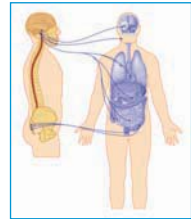


## How it works

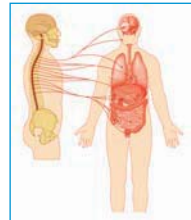
From beat to beat, your heart rate reflects the activity of your stimulating and pacifying nerves. The StressEraser displays these tiny changes as a wave. The triangle indicates the optimal time to exhale based on your nerve activity. This decreases the activity of the stimulating nerves and increases the activity of the pacifying nerves.

Once you are exhaling with the triangles and focused on counting, you will notice that any distraction will disrupt your waves. Your goal is to consistently make wide, smooth waves. The StressEraser scores each wave with squares. You will score two squares (■) when your pacifying nerves are active and three squares (■■) when they are very active. You are using the StressEraser properly when you are consistently scoring two or three squares and your breathing is comfortable.

### Pacifying nerves



### Stimulating nerves





## Package contents

Your StressEraser package includes the following items:

- A StressEraser Handheld Biofeedback Device
- AAA Batteries
- Protective Case
- Welcome Letter
- Quick Start Guide
- Relaxing Nights Program Card
- Warranty Card
- StressEraser Owner's Manual





## Install the batteries



The StressEraser requires two AAA batteries. This diagram shows the correct way to insert each battery.

Using your thumb, slide the battery door toward the edge of the StressEraser, and lift it open. Insert the batteries as shown in the picture. Align the batteries with the plus and minus signs engraved on the side of the battery door.

*USAGE TIP: When the “Low Batteries” message appears at the top of the screen, it’s time to replace the batteries.*





## Power up the StressEraser





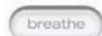
Power button

Press the Power button. It is located on the lower-right side panel of the StressEraser. The wave logo will appear. The StressEraser shuts off automatically after each session. To shut off the StressEraser in the middle of a session, press the Power button.

*USAGE TIP: You can illuminate the screen for use in dark areas. After powering up the StressEraser, hold the Power button until the light comes on. Then release. To turn off the light, press and release the Power button.*



## Set date & time

Set date & time to track your daily performance. Scroll through the numbers using the  button and select with the  button. If you select an incorrect number, go back using the  button. The date and time options are in the following order:

Month-Day-Year-Hour-Minute-AM/PM.

*USAGE TIP: You can also change the date & time from the StressEraser menu.*



## Insert your finger

Wait for the StressEraser to prompt you to “Insert Finger.” When it does, gently lift the finger clip located on the left of the top panel and insert your left index finger. Your finger must cover the sensor area to get an accurate pulse.



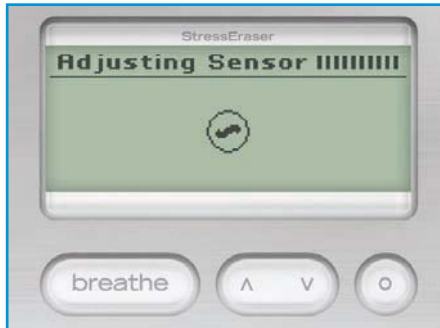
*USAGE TIP: Do not press down. Your finger should rest gently inside the clip. Keep your finger as steady as possible.*



## Wait for sensor adjustment

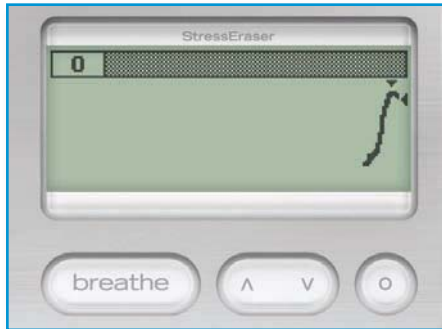
The sensor takes 5 seconds to adjust to your pulse rate. This is your chance to get comfortable! You can sit or lie down, what ever works best for you. We recommend that you keep your back straight.

You can rest the StressEraser in your right hand, on your lap, or on a cushion or pillow. As long as you're comfortable.

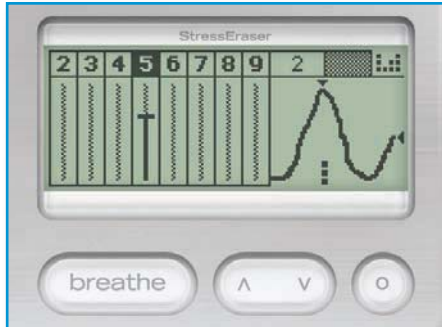




## Starting your session



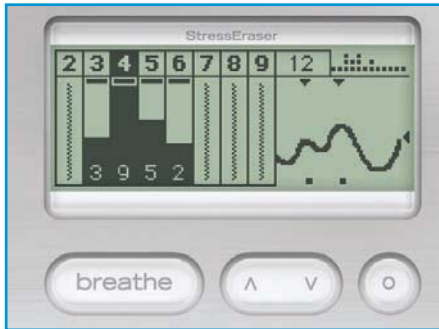
- 1) When you're ready, inhale slowly and gently.
- 2) When a new triangle appears in the top right, exhale slowly and gently.
- 3) During your exhale, slowly count to 4. If 4 is uncomfortable, try counting higher (5) or lower (3) until you find a comfortable count.
- 4) After counting, inhale slowly until a new triangle appears. If the triangles appear too closely together, take a long, gentle inhale and then a long, gentle exhale.  
**Repeat steps 1-4.**



## Using the **breathe** program

If you are having difficulty finding a comfortable exhale number that scores two or three squares, press the **breathe** button. This will start a program that helps you find your optimal exhale count.


Use the **^ v** button to select an exhale number to try out. For example, select 5 then press the **○** button. The countdown bar will begin descending. Begin exhaling with the triangle for a count of 5. Continue for 90 seconds until the countdown bar stops. The number that appears at the bottom of the column is your score for that exhale number.



### Exhale scores:

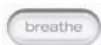
- 0** No relaxing effect
- 1-3** Very little relaxing effect
- 4-6** Good relaxing effect
- 7-8** Very good relaxing effect
- 9** Excellent relaxing effect

## Compare exhale scores

Next, select other exhale numbers for comparison. For each exhale number you select, press the  button to start the countdown timer. Then exhale with the triangle as you count to that number. After you have tried a couple of numbers, compare the scores.

Keep trying until you find an exhale count that is comfortable for you and gives you a high score. Note that your optimal exhale count may vary from session to session.

*USAGE TIP: To exit the program, press the*



*button at any time.*



## Ending your session

For the best results, we recommend you reach at least 30 points per daytime session and at least 100 points when using at bedtime. With a little practice you will be able to reach 30 points in 5-7 minutes.



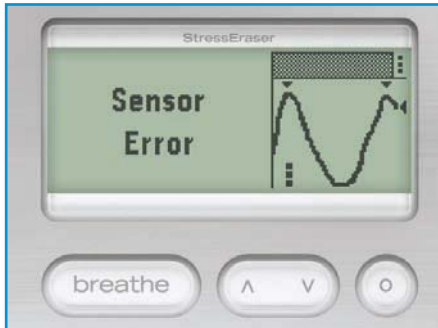
A StressEraser session can end in several different ways. At any time, you can simply withdraw your finger or turn off the StressEraser. Or you can wait for your session time to expire. The total points and elapsed time of the session will be reflected in your daily totals the next time you power on the StressEraser.





## Troubleshooting

Here are some tips that may help you prevent some of the most common StressEraser errors:



- If the triangles appear too closely together, simply ignore the extra triangles. To space the triangles apart, take a long, gentle inhale and then a long, gentle exhale. Repeat a few times. The triangles will spread further apart as you slow down your breathing. Then start to sync your exhale with the triangles. Your breathing should be gentle, quiet and comfortable.
- Keep your finger steady.



- If you have just come in from the cold, you may need to warm your finger to room temperature before the StressEraser can read your pulse. Try rubbing your hands together or running warm water over them.
- For best results use indoors, or outdoors in the shade. Too much direct sunlight or bright light may interfere with the finger sensor.
- Dirt or debris may be blocking the infrared sensor in the finger clip. Make sure your hands are clean and the finger clip is clear.
- You may be squeezing the StressEraser too hard. This can cut off circulation to your finger. To get the best reading, your finger should rest gently in the finger clip.
- If you have false nails or thick, dark nail polish it may also be difficult to get a pulse rate reading.
- If you have trouble getting a reading with your index finger, try a different finger.
- Make sure that your batteries are fully charged.







---

## 2 - The StressEraser menu





## Menu navigation

You can set personal preferences with the StressEraser menu. To access the menu, press the  and  buttons at the same time. Navigate menu options with the  button, and select with the  button.



On the following pages, each item description is listed in the order that it appears on the menu.



*USAGE TIP: Always exit the menu screen by selecting the "Exit Menu" option.*



## Set contrast



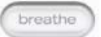
This option enables you to make your StressEraser screen display darker or lighter, depending on your preference and your environment.



You will see a contrast dial that ranges from 1 to 10. 1 is the lightest and 10 is the darkest. Scroll up to 10 and down to 1 using the  button. The screen will display each new contrast setting as you scroll. Select the preferred contrast with the  button.

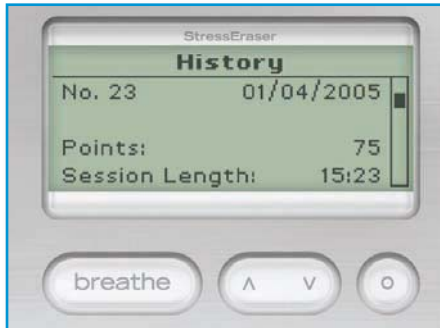


## Set date & time



Set date & time to track your daily performance. Scroll through the numbers using the  button and select with the  button. If you select an incorrect number, go back using the  button. The date and time options are in the following order:



Month-Day-Year-Hour-Minute-AM/PM.



## History

To help you track progress, the StressEraser maintains a record of every one of your sessions. Scroll through your sessions with the  button. Return to the menu with the  button.


The History screen includes:

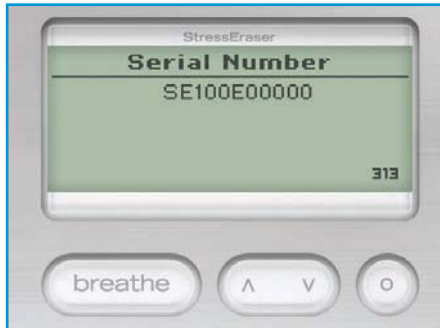
- Your session number, in sequence
- The date of that session formatted by month/day/year
- The points you scored in that session
- The length of that session, in minutes and seconds.



## Serial number

Your StressEraser was assigned a serial number at the factory. If you contact us for support, we will require your serial number. This will help us access your warranty information in case your StressEraser needs to be replaced.

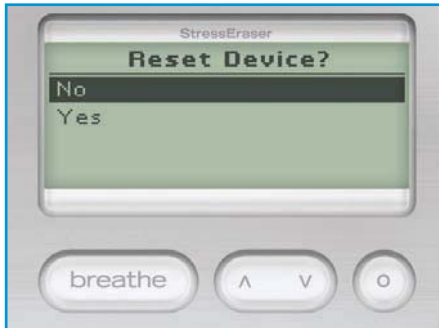
Return to the menu by again pressing the  button.







## Reset device



The Reset device option erases all settings from your StressEraser menu. This includes settings for Contrast, Date & Time and History.

The Reset option is included to allow healthcare professionals to reset the History back to zero. This allows different users to track their performance over a period of time.



## 3 - Relaxing Nights Program




---

## 3 steps to stress-free living

- 1 End all daytime physical and mental activities. If you find this difficult, you might find it helpful to:**
  - Review the day and plan for the day ahead.
  - Enter stressful thoughts into a journal.
- 2 Create a quiet environment.**
  - Close your bedroom door and windows if necessary.
  - Play some soothing music (optional).
  - Turn off or dim the lights (the StressEraser works in the dark).
- 3 Use the StressEraser to enter a state of deep relaxation.**
  - We suggest you complete a full 100-point session.
  - Should you wake up during the night, use the StressEraser for another 25-point session.



## Breathing tips

- 1) If the triangles appear too closely together, simply ignore the extra triangles. To space the triangles apart, take a long, gentle inhale and then a long, gentle exhale. Repeat a few times. The triangles will spread further apart as you slow down your breathing. Then start to sync your exhale with the triangles.
- 2) Your breathing should be gentle, quiet, smooth and comfortable. Try not to hold your breath. StressEraser breathing is not “deep” breathing; depth will come as long as you are breathing slowly.
- 3) If you are having trouble breathing slowly, try breathing through pursed lips. To do this, pucker or “purse” your lips as if you are going to whistle. This will release less air as you exhale and will help slow down your breathing.
- 4) Press the  button. This program helps you experiment with different exhale counts. Refer to page 22 for instructions.



## **4 - Suggested uses**



---

## Suggested uses

Following are a variety of everyday situations in which you might try to reduce stress with your StressEraser. These situations may complement your daily StressEraser points. **Please note, the FDA has not approved the StressEraser for the treatment of any condition.**

Everyone experiences intensely stressful situations at some point. The StressEraser was designed to help you become calm even during an intensely stressful life event. When you have an extremely stressful situation, your mind dwells on some painful thought regarding the situation.

The key to dealing with intense stress is to use the StressEraser until you notice random, non-stressful thoughts during the inhales. Continue to use the StressEraser for at least 30 more points after that. And, you will find you can remain free from stressful thoughts even after your session is over.



---

## **Prepare for sleep**

At bedtime we suggest you complete the 3 easy steps of the **Relaxing Nights Program** so that you may recharge and recuperate each night. Refer to page 35 for instructions.

## **Prepare for eating**

Just prior to mealtime is a good time to complete a session of 30 points or more. Meals are usually a time that many people take a break from their daily activities. And you may enjoy your break time more when you are in a relaxed, calm state.

## **Deal with worry**

A common technique for dealing with worry is to take a worry break. During the break, give yourself permission to not worry until the time is up, knowing full well that you'll have time to worry about your problems after the break. You may find it helpful to complete a 30-point StressEraser session at the beginning of each worry break.



## **Stop stress build-up**

When a day is filled with many little stresses, you can sometimes feel your stress level rise with each one. You can use the StressEraser for a minute or two after each little stress, counterbalancing the effect of each stress. You may find this to be an effective strategy for preventing stress from getting a grip on you.

## **Prepare for a stressful event**

You may want to use the StressEraser moments before you have an important business meeting or presentation, an important discussion with a family member or friend, taking an exam, or preparing for a job interview. You may find you can prevent much of the stress by preparing yourself ahead of time.

## **Leave work behind**

Many people find it difficult to get their work day out of their heads when they are at home. You may want to use the StressEraser before leaving work or





---

immediately when you arrive home. This may give you the mental break you need to keep your full attention on your social, recreational or family activities.

### **Take a timeout**

Arguments or disagreements occur in most close relationships. If an argument or disagreement becomes very emotional, suggest a temporary timeout. You may want to use the StressEraser immediately at the start of the timeout. A minimum of 30 points or more is recommended, depending on the intensity of the disagreement.

### **Prepare for learning**

Studies show that a relaxed, focused mind can absorb information much faster. You may want to use the StressEraser immediately prior to studying new material or attending a class.

### **Use while meditating**

If you use meditation, or would like to start, you can meditate with your StressEraser. Simply choose a meaningful phrase with a number of syllables



---

that is equal to your exhale count number. Silently repeat your chosen phrase during the exhale instead of counting to your exhale number.

### **Breaking habits**

Stress often triggers a relapse when someone is trying to quit habitual behaviors. Whenever you feel the urge to engage in a behavior you are trying to stop, use the StressEraser to relieve the contribution that stress is making to that urge. You may find that the urge becomes more manageable or disappears altogether.

### **Clearing your mind**

Sometimes it's difficult to make decisions because you simply can't clear your head. You might want to try a 30-point session to see if relaxation can help.

### **Traveling relaxed**

Many people are jittery when traveling. Flying on a plane, sitting on a bus, or in a subway car are ideal times to de-stress and unwind with your StressEraser.



---

## **Starting your day**

A session of 30 or more points is a great way to start the day off right. Especially on days when you feel like you got up on the wrong side of bed.

## **Dealing with anger**

You've probably heard that it's good to count to 10 before allowing yourself to get angry about something. Instead of counting, you may want to try reaching 10 points.

## **Feeling good**

The StressEraser does not have to be used for emergency purposes only. Calming the mind and relaxing the body has another benefit – it feels good. Why not give yourself permission to use the StressEraser on a regular basis to feel better? Better yet, why not challenge yourself to see how good you can make yourself feel by getting 100 or more points a day over a two-month period?



---

## **The stress management lifestyle**

Learning to relax with the StressEraser is one of many important ways to help manage your everyday stress. We recommend that you combine regular StressEraser sessions with healthy living practices.

Talk to your healthcare professional about how the following can help you cope with stress:

- Activities and exercise
- Healthy eating
- Regular sleep
- Yoga and meditation
- Counseling and therapy.



---

## **5 - Important owner information**





## Maintenance

### Environmental conditions that affect use

Your StressEraser performance can be affected by extreme hot and cold temperatures and direct sunlight.

### Cleaning procedures

Clean your StressEraser only with a soft, dry cloth. Do not use any abrasive or harsh cleaners. Never immerse the StressEraser in liquid.

### Storage

Store the StressEraser in a safe and dry location. Do not expose the StressEraser to extreme hot or cold

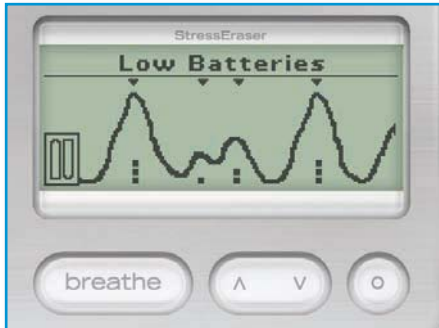
temperatures, humidity, or direct sunlight for any length of time.

*USAGE TIP: Do not leave the StressEraser on the dashboard of your car – it could become extremely hot to touch and the unit may become damaged.*

### Battery maintenance

The StressEraser uses standard AAA size batteries. Your batteries should last 30 days with regular use, and less with heavy use or frequent use of the light. Here are some tips for best results with your batteries:

- Use the light sparingly. The light can greatly reduce battery life.



- Replace both batteries at the same time.
- The battery icon appears when your batteries start to weaken. The “Low Batteries” message appears when your batteries are about to expire. Replace your batteries immediately.
- NiMH, NiCad and rechargeable alkaline batteries will work with your StressEraser. They will only last 50-60 percent as long as regular batteries each time they are charged.

*USAGE TIP: The light will automatically turn off when your batteries are low.*



## Safety

When used as described in this manual, the StressEraser has no known safety concerns.

### Warnings & precautions

Here are some tips for safe usage of the StressEraser:

- Do not use the StressEraser for any purpose other than described in this manual. Handle with care!
- The StressEraser is intended for reducing your stress and helping you learn to relax. It is intended for adults and young adults. It is not intended for use by infants or children.
- You may sometimes feel sleepy or light-headed during your StressEraser session. This harmless sensation is caused by increased oxygen in your blood. Do not drive or operate heavy machinery until the feeling passes.
- Do not open or tamper with the StressEraser in any way. This will





- void the warranty and could affect the accuracy.
- Before using the StressEraser, read all information in this guide and any other information included in the packaging.
  - Contact your family healthcare professional for specific information about treatment options for your stress-related conditions.

## **12-month limited warranty**

The StressEraser is warranted to be free from defects in materials and workmanship for a period of one year from the date of purchase.

Assuming the device has been used as intended and has not been tampered with or damaged, we will repair or replace it free of charge. This warranty extends only to the original owner. Should repair be required, contact us.



## 6 - Frequently asked questions



---

## StressEraser points

### **How many sessions should I do per day?**

You can accumulate your daily points at your convenience in as many sessions as you like. For example, if your goal is 100 points, you may choose to reach 50 points twice a day or 33 or so points three times a day.

### **How long should each session be?**

There are two basic rules to keep in mind: 1) Make sure you reach at least 30 points per session to have a big impact on your stress level, and 2)

Remember that if you get too many points, you may become so relaxed that you get sleepy. At night, while in bed, you might choose to do 100 or more points to help you deeply relax before sleeping.

### **What if I don't reach 100 points?**

As long as you reach 30 points per session, you'll be getting some benefit from the StressEraser.

### **How quickly will I see results?**

StressEraser sessions are analogous to a physical fitness program: You'll usually feel better immediately after each session, and more relaxed at



the end of the day. After a few days you'll begin to notice it's helping you relax. After a few weeks or months you'll notice you are less stressed overall. Over the long term it can have a profound impact on your ability to recuperate from stress.

## StressEraser relaxation method

### When do two squares (■) and three squares (▣) occur?

Two squares (■) will occur whenever you are breathing at a rate between 6.5 - 9 breaths per minute and your nervous system is comfortable with that rate. Three squares (▣) will occur

whenever you are breathing at a rate less than 6.5 breaths per minute and your nervous system is comfortable with that rate.

### Why do I have to silently count?

The counting does two things:

- 1) It encourages you to extend your exhale, which relaxes your body, and
- 2) It causes you to focus your mind away from stressful thoughts, which calms your mind.

### Why do I try to find my exhale number? Why not my inhale number?

The triangle appears at the moment



that your pacifying nerves are naturally activated. By counting your exhale, you can lengthen the activity of the pacifying nerves, thereby extending the benefit of your exhale to your mind and body.

**I can't get StressEraser points when I'm talking on the phone, interacting with my family, watching TV or reading. What am I doing wrong?**

The StressEraser requires that you focus your mind. For best results, you should use the StressEraser when you're alone or in a peaceful environment. Try listening to music or

lowering the lights.

## **The StressEraser device**

### **How does the StressEraser measure my wave?**

A highly sensitive infrared light sensor detects tiny changes in the rate at which blood pulses through your fingertip.

### **What is the StressEraser measuring?**

The StressEraser measures tiny changes in pulse rate. These changes are displayed as a wave. This wave reflects the activity of your nervous system. The rate of your breathing



and your ability to focus have an immediate impact on your wave.

### **Why does my wave suddenly grow bigger or smaller?**

As your pulse rate changes, your StressEraser dynamically rescales and resizes the display area. If it didn't, your wave might sometimes expand off the screen or become too small to see. The StressEraser rescales to always provide the best view of your wave.

### **How fragile/durable is my StressEraser?**

Like most cell phones, the

StressEraser can survive only a few drops from waist high. In addition, the surface and screen will scratch on rough surfaces. Please handle with care! Your warranty will not cover a StressEraser that has been physically damaged.

### **When I turn the light on, it flashes for a second and then turns off again. Did I break it?**

No, this happens when your batteries are low. This means your batteries have enough power to run the StressEraser for a few hours without the light, but not enough power to run with the light on. If you need to



use the light, replace your batteries immediately.

## Using the StressEraser

### **I relax better when I'm lying down than sitting. Is that OK?**

Yes, as long as you are comfortable and are able to get two square (◡) or three square (⋮) waves. It is recommended that you keep your back straight while breathing.

### **Can I listen to music while I use my StressEraser?**

Yes, whatever helps you relax. Some people relax better with music, others with complete silence.

### **Can I use the StressEraser on a car, bus, plane or train?**

Yes, as long as you are a passenger. Do not use while driving. When flying, the StressEraser is considered a portable electronic device that should be turned off during takeoff and landing.

## Issues

### **Watching my BreathWave makes me very anxious. What should I do?**

Biofeedback-induced anxiety is not uncommon. Some people naturally become anxious when watching



their mind and body feedback in real time. Anxiety may occur if you have difficulty learning to use the StressEraser. If you become anxious, stop using the StressEraser. Try again later when you already feel relaxed; maybe after you have exercised. Try this the first few times you use the StressEraser. Another suggestion: try breathing slowly for a couple of minutes without looking at the screen. After a couple of minutes, begin looking at the screen when you start inhaling. Then start to sync your exhale with the triangles.

### **Can medication affect my ability to make two square (:) and three square (:) waves?**

There could be a number of reasons that you might have trouble making long, smooth waves. With time and practice it will get easier. Certain medications *may* influence your BreathWave, especially medications that regulate the heart or the blood. Consult your healthcare professional.

### **What should I do if I get drowsy or fall asleep?**

End your session. It probably means that you have achieved a state of deep relaxation.





---

### **What should I do if I get a headache?**

Stop using the StressEraser immediately. You are probably inhaling too deeply. The StressEraser works by changing the pace of your breathing. You do not need to breathe too deeply.

### **What should I do if I get dizzy or light-headed?**

Stop using the StressEraser until you feel better. You are probably inhaling too deeply.

### **What if I get eye strain?**

Try using the StressEraser for shorter

sessions. Or, instead of watching the wave on screen, close your eyes and follow the StressEraser by sound.

### **Can I use the StressEraser if I'm pregnant?**

Yes, with permission from your healthcare professional.

### **Can I use the StressEraser if I have breathing or heart conditions?**

Yes, with permission from your healthcare professional. Make sure your breathing depth and pace is always comfortable.



## **7 - Information for healthcare professionals**



## General warnings

The StressEraser involves no medication and has no known long-term side effects.

## Contraindications

There are no known contraindications of StressEraser use. When used as described in this manual, the StressEraser has no known safety concerns.

## Special patient populations

Proper use of the StressEraser requires breathing. Special patient populations who are challenged by breathing should consult with

a physician before using the StressEraser.

### These might include:

- People with conditions that cause them to frequently become light-headed or short of breath.
- People with lung or breathing conditions such as asthma.
- People with irregular heartbeats, regulated heartbeats, or certain heart conditions.
- People taking certain medications that regulate the heart or the blood.



## Limitations and usefulness

There are no known long-term side-effects associated with the device.

Users and healthcare professionals should educate themselves on other prescription and over-the-counter stress relief and breathing solutions available on the market today. There is no clinical evidence of unsafe or ineffective outcomes from StressEraser use.

## Suggested reading

- Our web site at:  
**[www.StressEraser.com](http://www.StressEraser.com)**
- *The End of Stress As We Know It*, by Bruce S. McEwen with Elizabeth Norton Lasley. The Joseph Henry Press in conjunction with The Dana Press, 2002.
- *Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress-Related Diseases, and Coping*, by Robert M. Sapolsky. W.H. Freeman and Company, 1994 and 1998 (ninth printing 2002).



- *Breathe Well, Be Well*, by Robert Fried, Ph.D., John Wiley & Sons, Inc., 1999.
- *Stress Without Distress*, by Hans Selye, M.D., Signet Books, 1974.
- *The Relaxation Response*, by Herbert Benson, M.D. & Miriam Z. Klipper, Harper Collins Publishers, 1975.
- *Biofeedback: A Practitioner's Guide, Third Edition* (2003), edited by M. Schwartz and F. Andrasik, Guilford Press, 2003.
- *The American Institute of Stress*  
[www.stress.org](http://www.stress.org)
- *The International Stress Management Association*  
[www.isma.org.uk](http://www.isma.org.uk)
- *The Association for Applied Psychophysiology and Biofeedback*  
[www.aapb.org](http://www.aapb.org)
- *National Institutes of Health*  
[www.nih.gov](http://www.nih.gov)





---

Helicor, StressEraser, the StressEraser logo, BreathWave, and The Relaxing Nights Program are trademarks of Helicor Inc. All other trademarks in this document are the properties of their respective owners. Information in this document is subject to change. The manufacturer may make improvements and/or changes in products, services, protocols and prices at any time without notice. The StressEraser is manufactured by Helicor, Inc.

Copyright © 2007, Helicor, Inc. All rights reserved.

