

StressEraser FAQs

What is the StressEraser?

Helicor, Inc.'s StressEraser is a handheld medical device that can be used to quiet the mind before sleeping, rapidly relieve intense stress, and to stay calm during highly stressful situations. The StressEraser is FDA regulated.

How does the StressEraser work?

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 (which lead to stress) and increases the activity of the pacifying nerves (which help you relax).

How do I learn to use the StressEraser?

You will learn to follow breathing cues and to focus, which will relax your body and calm your mind. Triangles indicate the optimal time to exhale based on your nerve activity. The StressEraser scores each wave with squares. Your goal is to make consistently wide, smooth waves that score 2 or 3 squares. The StressEraser package includes a short Quick Start Guide to help you get going.

How long should I use it?

We recommend at least 30 points per session (about 5-7 minutes) for rapid temporary relief, and at least 100 points per day.

What are some other features of the StressEraser?

Timer – You can set a time limit for each session.

Sound – You can use sound to guide you with your eyes closed.

Light – You can illuminate the screen for use in the dark.

Menu – You can set personal screen and session preferences.

Who invented the StressEraser?

Helicor co-founder Michael Wood conceived the idea for the StressEraser in 2001 as a remedy for his own stress. Mr. Wood designed the underlying core technology, and several patents are pending on the StressEraser algorithm. Mr. Wood's business partner, co-founder Adam Forbes, designed the StressEraser form factor, user interface, and packaging.

How long has the StressEraser been available?

The StressEraser was introduced at the annual meeting of the American Psychological Association in August 2005. First customer shipments began in October 2005. The StressEraser is now available for \$299 at <http://stresseraser.com>.

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