In the Inner Balance app, click on the wheel in the upper left to go to the Settings screen.	Puter
	Description Description Output First-Dud T ≤ 75 mmC First-Dud € 225 FM - # ₹ 77 kmC - # # # # 26 MkmC - # # # # # # # # # # # # # # # # # # #
	Cn Coherence Change
	Image: Session Display Options > Image: Session Display Options > Image: Options
	? Tutorials > BREATH PACER
Tap Session, then scroll down to Session Timer, and set it	10 4 30 Dragging the slider to the right increases the 30
to two minutes.	Reminders > time interval in seconds between each breath.
	Sharing Session Timer
	Timer C 2 minutes Edit
	Login and Sync > 2 minutes Ealt Plays of the when a set amount of time has elapsed. Seset > elapsed.
	10000 10000
	✓ Settings Session Done Settings
	On Coherence Change On Coherence Change
	Session Display Options >
	Challenge Level * * * Challenge Level * * *
Just above Session Timer, set the Breath Pacer to 9	BREATH PACER ? Tutorials > 0 4
	Dragging the slider to the right increases the time interval in seconds between each time interval interval in seconds between each time interval in seconds between each time interval
seconds.	breath. breath. SESSION TIMER SESSION TIMER
	Timer Timer
Exit the Sessions screen back to the mandala screen.	2 minutes Edit 2 minutes Edit Play a chime when a set amount of time has Play a chime when a set amount of time has
	elapsed. elapsed. Seet
	•••••• AT&T M-Cell ♥ 11:51 AM
	Puese Session
Start the session by clicking on the Start button at the	
bottom center of the screen and follow the breathing	
pacer with your breath.	
The app will sound a tone when the session time reaches	
two minutes.	
	New York Constant and Annual Constant

	••••• ABT M-Cat ♥ 12:32 PM
	Coherence Length Adherement 6.77 02:01 74.5
Swipe left on the app screen until you see the power	
spectrum for the session.	Pulse
Note the height of the power spectrum peak by the	35 BPM
numbers in the vertical axis to the left.	Spectrum
Stop the session.	
	settings Session Setting Session
	On Coherence Change
	VIBRATION FEEDBACK
In Settings, Session, set the Breath Pacer to 10 seconds,	On Session Start
and start a new session.	On Session End
	On Coherence Change
	Challenge Level \star \star *
	BREATH PACER 10 4 30
	Dragging the slider to the right increases the time interval in seconds between each
	breath.
Repeat this process for Breath Pacer breathing rates of	
11, 12, and 13 seconds.	
The breathing rate that results in the highest low	
frequency power spectrum peak in the neighborhood of	
0.1 Hz is the client's resonant frequency.	

The original description of the resonant frequency procedure from: Resonant Frequency Biofeedback Training to Increase Cardiac Variability: Rationale and Manual for Training

We will now find your "resonant frequency"—the speed of breathing at which your RSA is the highest. In this procedure we will ask you to breathe at various rates for periods of about 2 minutes each. You should not find this task difficult. Breathe easily and comfortably. Do not try too hard. Do you have any questions? Have the trainee breathe for three minutes at each of several frequencies in the neighborhood of 0.1 Hz (e.g., 6.5, 6, 5.5, 5, 4.5 breaths/minute), as prompted. Set a pacing stimulus for each frequency. Ask the trainee to breathe at each frequency for 2 minutes (to allow computation of frequency spectra from at least ten breaths at each frequency). Do not begin this count until the trainee is breathing at the prescribed rate.

Please refer questions of comments about this document to Tom Beckman at tom@heartmath.com or 831-338-8745.x