406 Assignment 5  
Readings


2. Read 7 tips for Coherence or HeartMath materials (any source) on their techniques


4. Read at least one specific HRV application article of interest, or research on use of an application, like for pain (muscle, abdominal, FMS), anger, anxiety, depression, PTSD, stress, IBS, CHF, CAD, COPD, HT, labor, cardiac rehab, asthma, concussion, golf, baseball, dance, music, sleep, Olympics …

5. Look over the article Ethical Aspects of Heart Rate Variability Biofeedback by Seb Streifel in the 2008 Summer issue of Biofeedback