

EMFIT QS™

Non-Contact Recovery, Stress
and Sleep Quality Monitor
With Web Application



The Key to Winning™

Emfit QS – The Key to Winning

Regular exercising not only gets you in a better mood, but also helps you build muscle and bone, fight against muscle tension and stress, and improve your heart health and blood pressure. It can also help you sleep soundly and longer, and feel more awake in daytime.

What shouldn't be forgotten though, is that sleep is a big player in athletic performance and competitive results. **You need to let your body repair, recharge, and regrow!**



Optimize Your Training! Push Yourself to the Limits! See the Results!

The key to high-level performance and the way to the podium is often the quality and amount of sleep athletes get. Sleep is when the real training effect takes place. Exercise wears your muscles down, and rest and sleep is what builds your body back up more powerful than before. Sleep repairs, strengthens, and rebuilds muscles. Particularly REM and deep sleep provide energy to the brain and body. Have you

Why Heart-Rate-Variability?

So how do you know when to train and when you should take it easy? The answer is heart rate variability. HRV will give you a picture of your overall health, but also helps you optimize your training and maximize results. HRV can also reflect changes in stress when other physiological parameters, like blood pressure, are still in normal ranges.

ever felt fatigue, low energy levels, weak focus, and slow split-second decision-making at game time? Sleep may be the answer to your problems.

Emfit QS also measures heart and respiration rates, turns & tosses, and from these it calculates sleep classes, which include REM, deep, and light sleep.

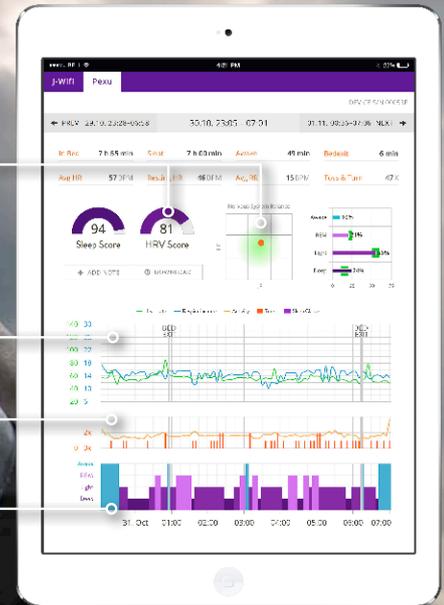
Non-Contact and Automatic

Emfit QS offers continuous non-contact vitals measurement. There's no need to use straining chest band or anything on your wrist, no need to remember to turn equipment on and off. Just go to sleep in your warm and cozy bed, wake up in the morning well rested, relaxed and happy, and check out your sleep data, as it will be freshly at your disposal either on our mobile optimized web app or your personal email.

HRV score and nervous system balance

Heart and breathing rates, tossing & turning.

REM, Deep, and Light sleep



30-day trends and 7-day moving averages help you follow long term changes.

EMFIT®

Sensing What Matters™

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