```javascript
// ember-cli-build.js
module.exports = function(defaults) {
  let app = new GlimmerApp(defaults, {
    'esw-index': {
      // Where the location of your index file is at, defaults to `index.html`
        location: 'app-shell.html',
        // Bypass esw-index and don't serve cached index file for matching URLs
        excludeScope: [/\/non-ember-app(\/.*)?$/, /\/another-app(\/.*)?$/],
        // Leave blank serve index file for all URLs, otherwise ONLY URLs which match
        // this pattern will be served the cached index file so you will need to list
        // every route in your app.
        includeScope: [/\/dashboard(\/.*)?$/, /\/admin(\/.*)?$/],
    },
    'asset-cache': {
      include: [
        'assets/**/*',
        '**/*',
        'sw-registration.js',
      ],
      exclude: [
        '**/*.txt',
        '**/*.css',
        'test.json',
        'sw.js',
      ],
      requestMode: `cors',
    },
    'esw-cache-fallback': {
      patterns: [
        'https://node-hnapi.herokuapp.com/(.+)',
      ],
    },
```

Debugging Service Worker:
https://goo.gl/mkERwK by By Rob Dodson

https://github.com/pinterest/service-workers

generate-service-worker
A node module for generating service worker files based on provided configuration options.
service-worker-plugin
A webpack plugin for generating dynamic service worker files and a runtime helper.
service-worker-mock
A mock service worker environment generator. Used for testing service worker code.

https://www.pwabuilder.com