



Mindfield eSense web app for Windows, Mac & Linux, as well as mobile devices (iOS & Android™)

You need:

- a PC/notebook with: Windows 10, Mac or Linux and a working Bluetooth connection or a smartphone/tablet with iOS/Android™
- a browser that supports "Web Bluetooth", these are Google Chrome, Microsoft Edge or Opera (as of April 2021)

Scope of delivery of eSense Muscle

- Mindfield® eSense Muscle Sensor incl. 1600mAh lithium polymer battery for approx. 12 h of continuous operation
- Electrode cable set for connecting up to 3 electrodes (Home Edition) or 5 electrodes (Pro Edition)
- USB-C charging cable and charger
- Bluetooth dongle for Windows, if your PC does not have Bluetooth (please refer to the enclosed instructions)
- 50 pieces of EMG surface electrodes
- 50 pieces of alcohol swabs for cleaning the skin
- eSense Muscle Web App
- eSense Muscle Mobile App for iOS & Android (Pro Edition only)
- Detailed instructions for effective biofeedback training.

Order now at www.mindfield.de

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BIOFEEDBACK

of the muscles with EMG sensor



UNIVERSAL USE WITH WEB-APP
FOR WINDOWS · MAC · LINUX · IOS · ANDROID™





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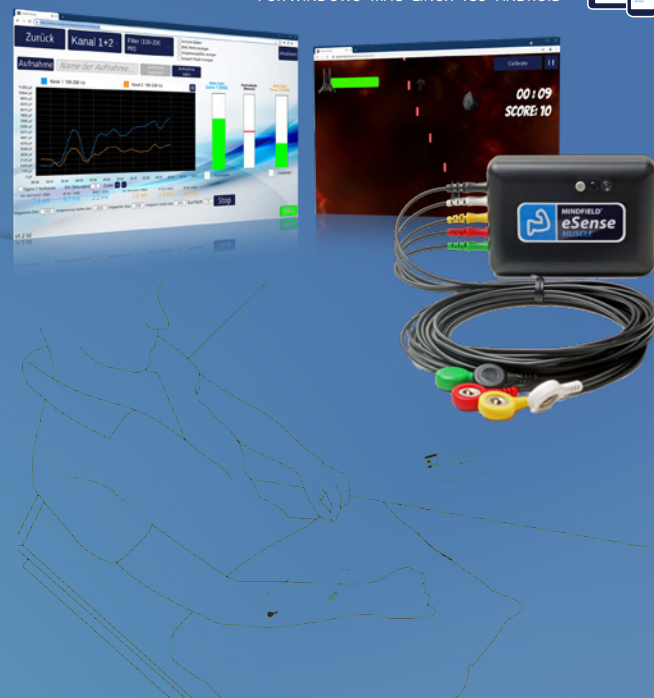
Mindfield® eSense Muscle: Muscle biofeedback with PC/laptop, smartphone or tablet

The eSense Muscle is a handy, precise 2-channel EMG sensor for biofeedback training of the muscles. It is able to measure and evaluate electromyographic activity and transmit it to a computer or mobile device via Bluetooth.

Muscle activity is reflected in the form of permanent electrical potential shifts. This electrical activity can be measured on the skin's surface. This form of measurement is called (surface) electromyography, and the result is an electromyogram.

Striated muscles are controlled by our somatic nervous system and are subject to voluntary control. Any voluntary activity of a muscle can therefore be observed in an electromyogram. Tensing a muscle which surface EMG electrodes in place leads directly to an increase in the measurement curve of the EMG signal. However, involuntary reactions, such as those due to stress, inner tension and emotional experiences, can also be measured as (tonic) activity in the EMG, so that EMG biofeedback is also able to report back the general psychophysiological tension.

The interaction of the vegetative and somatic nervous system can be shown particularly well in the EMG. Increased muscle tone is mostly based on an increase in sympathetic activity, a decrease can be attributed to greater parasympathetic activation.



Easy to use device and app

The eSense Muscle enables you to take measurements with one or two channels:

- for training, strengthening the muscles and muscle building,
- to loosen typical stress muscles (forehead, jaw, shoulder, neck) and relieve tension,
- as well as for coordination exercises.

You will find a comprehensive manual and many helpful demo videos on our website at www.mindfield.de and www.esense-muscle.com.

You find more help at <https://help.mindfield.de>

For whom is the eSense Muscle suitable?

- for private users / home users: **Home Edition**
- for professional users: **Pro Edition** (more extensive software)