

## Mindfield eSense comparison chart for biofeedback sensors

(Effective 06/07/2020)

I'm most likely to notice excitement or tension ...	SWEATY HANDS, ANXIOUS, DISTRACTED THOUGHTS, AGITATED MOOD, LOW ANGER THRESHOLD, POOR IMPULSE CONTROL	COLD HANDS OR FEET, GENERAL STRESS AND TENSION, POOR CIRCULATION, BLOOD PRESSURE FLUCTUATIONS, INCREASE DEPTH OF MEDITATION	RACING HEARTBEAT, CHEST TIGHTNESS, CHRONIC GENERALIZED STRESS, DIFFICULTIES RELAXING, RAPID SHALLOW BREATHING, LOW DAILY ENERGY	FAST SHALLOW BREATHING, HYPERVENTILATION, LIGHTHEADEDNESS, TRAIN ABDOMINAL BREATHING, BALANCE BREATH CYCLE
Device	 Skin Response	 Temperature	 Pulse	 Respiration
What is measured?	Skin Conductance	Skin Temperature	Heart rate variability	Breathing
What additional equipment is needed or recommended?	Different types of electrodes* (recommended)	Finger Clip for attachment* (recommended)	Belt* & battery (needed, both included)	Belt* (needed, included)
Individual device?	✓	✓	✓	✗ <sup>1)</sup>
Possible combinations?	✓ <sup>2)</sup>	✓ <sup>3)</sup>	✓ <sup>4)</sup>	✓ <sup>5)</sup>
Connection via microphone input on smartphone / tablet?	✓	✓	✗	✓
Connection via Bluetooth?	✗	✗	✓	✗
Export of values via CSV & PDF?	✓	✓	✓	✓

Combination with smart bulbs (Bluetooth & Phillips HUE™) possible?	✓	✓	✓	✓
Sample rate adjustable?	✓	✓	✗	✗
Creation of procedures possible?	✓	✓	✓	✓
App for very old smartphones/tablets?	✓	✓	✗	✗
Universal-App available?	✓	✓	✓	✓
Video-, music, tone- and tactile feedback possible?	✓	✓	✓	✓
Compatible with the eSense Dashboard?	✓	✓	✓	✓
Price	129.- €	129.- €	129.- €	99.- € (199.- €) **

- 1) Skin Response is needed
- 2) With the eSense Pulse
- 3) With the eSense Pulse
- 4) With eSense Skin Response OR Temperature OR Respiration
- 5) With the eSense Pulse

\* Available in our shop at <https://mindfield-shop.com/en>

\*\* Skin Response is needed in combination. The respiration is available individually as well as in the discounted set with the Skin Response from us