MINDFIELD®
eSense
TEMPERATURE

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ANDROID APP ON
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BIOFEEDBACK
Measuring and regulating skin temperature

MINDFIELD®
eSense
TEMPERATURE

Supported iOS & Android™ devices

· **All Android™ Smartphones and Tablets from 10.0 (Android Q)**
Your Android device requires a 3,5mm jack (headphone jack) for external microphones. For Android devices without a headphone jack, you can use an 3.5mm to USB adapter with a DAC chip.*

· **All iOS devices from version 12.5 or higher**
Some newer iOS devices without the classic 3.5mm headphone jack and with the newer Lightning / USB-C connector need an original Apple USB-C or original Apple Lightning to 3.5mm connection adapter*.

*(not included, see our homepage for more details)

eSense Temperature includes

· Mindfield® eSense Temperature Sensor
· One velcro strap for the Sensor
· Mindfield® eSense App from Apple App-Store or Google Play
· Extensive instructions for effective training

Order now at mindfield-shop.com
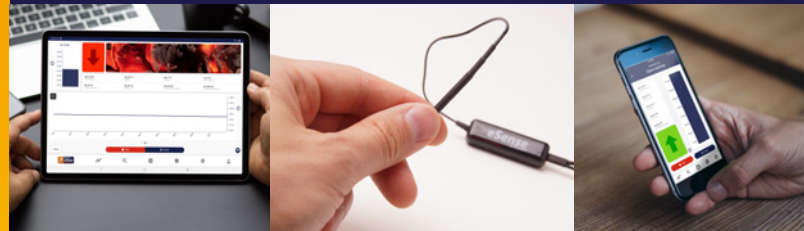
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ANDROID™ SMARTPHONES / TABLETS**

MINDFIELD®
BIOSYSTEMS

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MINDFIELD®
eSense
TEMPERATURE

Biofeedback with Mindfield® eSense Temperature

The Mindfield® eSense Temperature is a small sensor for measuring skin temperature using the microphone input of smartphones or tablets. A free, included App from Mindfield® makes biofeedback training with your device possible. Measurements are presented in different ways with visual and auditory feedback. An export of your measured data as a CSV file and PDF Report (e.g., via e-mail, Dropbox or Google Drive) is possible.

The temperature of the skin at its surface changes with the amount of blood flowing through the tissue. Blood vessels contract under stress, which we notice as cold hands. Skin temperature increases with relaxation and calm, showing a direct relation between skin temperature and general well-being.

An especially effective and commonly used biofeedback method is hand-warming exercise. Attach the eSense Temperature Sensor to your index or middle finger with the included Velcro strap or simply hold it between your thumb and forefinger. With hand-warming exercises, you can learn to increase the temperature of your fingers and the circulation in your hands. This is a simple and effective exercise for improving general well-being!

Further information on the application can be found in our app, which is updated regularly. Further details on the Mindfield® eSense Temperature can be found on our website.

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MINDFIELD® eSense

1. When you purchase eSense Temperature, you can download our free app from the App Store (Apple) or Google Play (Android).

2. Connect the eSense Temperature to your device microphone input!
   iOS devices without the classic 3.5mm headphone jack also need an original Apple USB-C or Lightning to 3.5mm jack adapter (not included in the scope of delivery of the eSense).

3. Hold the sensor between your index finger and thumb or fixate it with the included tape!

4. Connect your headphones to the headphone output for optional auditory feedback!

5. Start the App, read the detailed included instructions and start using your eSense Temperature!

6. Need help? www.mindfield-biosystems.com

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