



BIOFEEDBACK

Measure and reduce stress



Supported iOS and Android™ devices

- Apple® iPhone® from 4S
- Apple® iPad® from 2st gen
- Apple® iPod touch® from 5th gen
- Android™ (4.0 or above) (with external microphone jack)

eSense Skin Response includes

- Mindfield® eSense Skin Response Sensor
- 2 electrodes with velcro straps
- free app from Mindfield® on App Store or Google play

Additional replacement electrodes with velcro straps can be ordered.



Order now at www.mindfield-biosystems.com

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UNIVERSAL USE WITH
APPLE® · iPhone® · iPad® · iPod touch®
ANDROID™ SMARTPHONES/TABLETS



A Better State of Mind



Biofeedback with Mindfield® eSense Skin Response

The Mindfield® eSense is a handy sensor for measuring skin conductance over the microphone jack of an iPhone® (from 4S), iPad® (from 2st generation), iPod touch® (from 5th generation) and Android™ (4.0 or above) smartphones and tablets with external microphone jack. A free, related App from Mindfield® makes biofeedback training with your device possible. Measurements are presented in different ways of visual and auditory feedback. Export via email to your PC as an Excel-compatible CSV file is also possible, for additional data processing.

Skin conductance correlates to tension and relaxation and is a typical indicator of stress. With the eSense Skin Response, you can measure your level of stress and effectively reduce it with biofeedback training.

With stress, emotional strain or cognitive exertion, sweat glands in the skin become more active, making the skin more moist and most conductive, thus increasing skin conductance. This increase is not usually (immediately) noticed as "sweaty palms," but the eSense measures even the smallest changes.

Determine your individual skin conductance at rest, and then use this value to train keeping skin conductance low while under stress and strain. More detailed instructions are in the App. There are regular updates available for the App.

More details about the eSense Skin Response are available on our website, as is information about upcoming apps.



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ANDROID™ SMARTPHONES/TABLETS



Available on the
App Store

ANDROID APP ON
Google play



1. Download the App for free:
eSense Skin Response



2. Connect the electrodes to your middle and index finger upper part!



3. Connect the eSense Skin Response to your device microphone input!



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!



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