MINDFIELD® eSense TEMPERATURE

BIOFEEDBACK
Measuring and regulating skin temperature

MINDFIELD® eSense TEMPERATURE

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 Temperature Sensor
· velcro strap for sensor
· free app from Mindfield® on App Store or Google play

Order now at www.mindfield-biosystems.com

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

MINDFIELD® BIOSYSTEMS

A Better State of Mind

MINDFIELD® eSense TEMPERATURE

Biofeedback with Mindfield® eSense Temperature

The Mindfield® eSense Temperature is a handy sensor for measuring body temperature over the microphone jack of an iPhone® (from 4S), iPad® (from 2st generation) or iPod touch® (from 4th generation) and Adroid™ (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 with visual and auditory feedback. Export via email to your PC as an Excel-compatible CSV file is also possible for further data processing.

The temperature of the skin at its surface changes with the amount of blood flowing through the tissue. Blood vessels contract under stress and strain, which we notice as cold hands. Skin temperature increases with relaxation and calm, demonstrating 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 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 very effective exercise for improving general well-being!

There are regular updates available for the App.

More details are available in the app and on our website, as is information about upcoming apps.

1. Download the App for free: eSense Temperature

2. Connect the eSense Temperature to your device microphone input!

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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