



Supported iOS & Android™ devices

- **All Android™ Smartphones and Tablets from 7.0 (Nougat)**
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*.
Alternatively you also can use any other adapter with a DAC chip.

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

Scope of delivery eSense Respiration

- Mindfield® eSense Respiration Sensor with replacement spring
- Elastic strap
- Mindfield® eSense App from Apple App-Store or Google Play
- Extensive instructions for effective training

Order now at www.mindfield-biosystems.com

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RESPIRATORY BIOFEEDBACK

Breath measurement & breathing training



UNIVERSAL USE WITH
APPLE® · IPHONE® · IPAD® · IPOD TOUCH®
ANDROID™ SMARTPHONES / TABLETS



A Better State of Mind



Respiratory Biofeedback with Mindfield® eSense Respiration

The Mindfield® eSense Respiration is a pressure sensor that records your breathing (respiratory rate, breathing depth, respiratory pattern) as an add-on to the eSense Skin Response. The data is transmitted via the microphone input of your smartphone or tablet. Mindfield®'s free app is a biofeedback training tool. For this purpose, the measured values are displayed in real time in different forms, visually and acoustically. In addition to many training functions, the app also allows you to export the collected measurement data as a CSV file and PDF report (e.g., via e-mail, Dropbox or Google Drive).

Respiratory training with biofeedback is about checking your breathing through changing bar graphs, curves, music, sounds, vibrations, light from smart bulbs, and more. This will give your consciousness a new perspective on breathing. The self-perception is trained, and it creates a feedback loop. With targeted exercises in the eSense app, you will learn to breathe more calmly, more evenly and more deeply. You will experience deep relaxation and a new well-being. You can find further information about the application in our app, which is updated regularly. Further details on the eSense Respiration can be found on our website.



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ANDROID™ SMARTPHONES / TABLETS



1. When you purchase eSense Respiration, you can download our free app from the App Store (Apple) or Google Play (Android).
2. Put on the breathing belt. The strap should be tight, but not uncomfortably tight. Slide the sensor below the middle of the belt.
3. Connect the eSense Respiration with the sensor cables of the eSense Skin Response and this with the microphone input of your smartphone or tablet.
4. Optionally, connect your headphones to the headphone output of your eSense Skin Response for acoustic feedback.
5. Start the app, read the detailed instructions within the app, and click "Start". The measurements will begin to be recorded.
6. Read the detailed instructions within the app or PDF manual to achieve the best respiratory biofeedback training possible.