



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 Pulse

- Mindfield® eSense Skin Response Sensor
- 2 velcro electrodes
- Mindfield® eSense App from Apple App-Store or Google Play
- Extensive instructions for effective training

Order now at www.mindfield-biosystems.com

Mindfield® Biosystems Ltd.

Hindenburgring 4 · 48599 Gronau · Germany

Phone: +49 (0) 2565 406 27 27 · Fax: +49 (0)2565 406 27 28

E-Mail: vertrieb@mindfield.de

BIOFEEDBACK

Measure and reduce stress



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



A Better State of Mind



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



Biofeedback with Mindfield® eSense Skin Response

The Mindfield® eSense Skin Response is a small sensor to measure your skin conductance using the microphone input of your smartphone or tablet (Android or Apple iOS). A free, related App from Mindfield® makes biofeedback training with your device possible. Measurements are presented in different ways of 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.

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 moister and 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. Further information on the application can be found in our app, which is updated regularly.

Further details on the Mindfield® eSense Skin Response can be found on our website.



Download on the
 Apple App Store

ANDROID APP ON
 Google play



1. When you purchase eSense Skin Response, you can download our free app from the App Store (Apple) or Google Play (Android).
2. Connect the electrodes to your middle and index finger upper part!
3. Connect the eSense Skin Response 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).
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 Skin Response!
6. Need help? www.mindfield-biosystems.com