

## Mindfield eSense comparison chart for biofeedback sensors

(Effective 02.12.2021)

I'm most likely to notice excitement or tension ...	SWEATY HANDS, ANXIOUS, DISTRACTED THOUGHTS, AGITATED MOOD, LOW ANGER THRESHOLD, POOR IMPULSE CONTROL	COLD HANDS OR FEET, GENERAL STRESS AND TENSION, POOR CIRCULATION, BLOOD PRESSURE FLUCTUATIONS, INCREASE DEPTH OF MEDITATION	RACING HEARTBEAT, CHEST TIGHTNESS, CHRONIC GENERALIZED STRESS, DIFFICULTIES RELAXING, RAPID SHALLOW BREATHING, LOW DAILY ENERGY	FAST SHALLOW BREATHING, HYPERVENTILATION, LIGHTHEADEDNESS, TRAIN ABDOMINAL BREATHING, BALANCE BREATH CYCLE	TENSION, BAD COORDINATION, WEAK MUSCLES, STRESS, INNER TENSION
Device	 Skin Response	 Temperature	 Pulse	 Respiration	 Muscle
What is measured?	Skin Conductance	Skin Temperature	Heart rate variability	Breathing	Muscle activity
What additional equipment is needed or recommended?	Different types of electrodes* (recommended)	Finger Clip for attachment* (recommended)	Belt* & battery (needed, both included)	Belt* (needed, included)	Different types of electrodes* (recommended)
Individual device?	✓	✓	✓	✗ <sup>1)</sup>	✓

Possible combinations?	✓ <sub>2)</sub>	✓ <sub>3)</sub>	✓ <sub>4)</sub>	✓ <sub>5)</sub>	✗
Connection via microphone input on smartphone / tablet?	✓	✓	✗	✓	✗
Connection via Bluetooth?	✗	✗	✓	✗	✓
Export of values via CSV & PDF?	✓	✓	✓	✓	✓
Combination with smart bulbs (Bluetooth & Phillips HUE™) possible?	✓	✓	✓	✓	✓
Creation of procedures possible?	✓	✓	✓	✓	✓
App for very old smartphones/tablets?	✓	✓	✗	✗	✗
Universal-App available?	✓	✓	✓	✓	✓

<b>Video-, music, tone- and tactile feedback possible?</b>	✓	✓	✓	✓	✓
<b>Compatible with the eSense Web App?</b>	✓	✓	✓	✓	✗ <sup>6)</sup>
<b>Link to product in shop</b>	<a href="https://mindfield-shop.com/en/esense-skin-response-bundle/">https://mindfield-shop.com/en/esense-skin-response-bundle/</a>	<a href="https://mindfield-shop.com/en/esense-temperature-set/">https://mindfield-shop.com/en/esense-temperature-set/</a>	<a href="https://mindfield-shop.com/en/esense-pulse/">https://mindfield-shop.com/en/esense-pulse/</a>	<a href="https://mindfield-shop.com/en/esense-skin-response-respiration-set/">https://mindfield-shop.com/en/esense-skin-response-respiration-set/</a>	<a href="https://mindfield-shop.com/en/esense-muscle/">https://mindfield-shop.com/en/esense-muscle/</a>

- 1) Skin Response is needed
- 2) With the eSense Pulse
- 3) With the eSense Pulse
- 4) With eSense Skin Response OR Temperature OR Respiration
- 5) With the eSense Pulse
- 6) The support for the eSense Muscle is planned

\* Available in our shop at <https://mindfield-shop.com/en>

\*\* Skin Response is needed in combination. The respiration is available individually as well as in the discounted set with the Skin Response from us