



Supported iOS & Android™ devices

- All Android™ Smartphones and Tablets from 10.0 (Android Q) (Your Android device requires bluetooth)
- All iOS devices from version 12.5 or higher

Scope of delivery eSense Pulse

- Mindfield® eSense Pulse Sensor incl. battery (lasts approx. one year)
- Electrode contact spray
- 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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BIOFEEDBACK

Training of heart rate variability



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ANDROID™ SMARTPHONES/TABLETS





Biofeedback with Mindfield® eSense Pulse

The Mindfield® eSense Pulse is a chest strap sensor that measures heart rate (heart rate variability) and sends data directly to your smartphone or tablet (Android and Apple iOS) via Bluetooth.

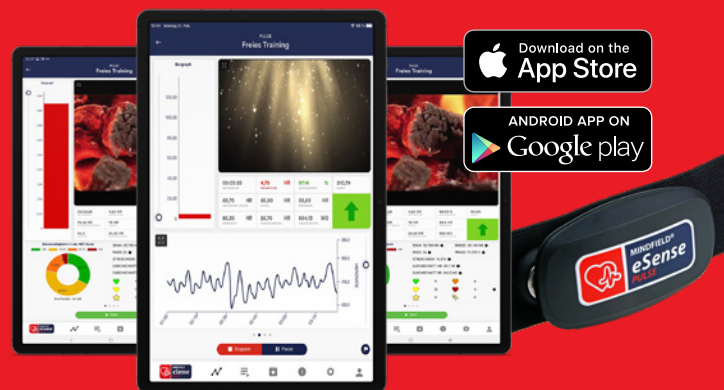
The heartbeat is related to tension and relaxation and is a possible stress indicator. With the eSense Pulse, you can measure your stress level and use biofeedback training of heart rate variability to reduce stress effectively. The eSense Pulse chest strap allows a permanent and precise one-channel ECG measurement. The data is transmitted in real time and provides the user with direct feedback on the analysed heart rate in a variety of forms, such as measurement curves, video or audio representations. The chest strap is one of the oldest and best methods of measuring heart rate and at the same time superior to other products with optical measurement (ear or finger clip).

The eSense Pulse can optionally be used with the eSense Respiration for parallel measurement of the respiratory rhythm. The app belonging to eSense is free respectively included in the purchase price of the sensor and allows an export of the collected measurement data as a CSV file and PDF Report (e.g., via e-mail, Dropbox or Google Drive).

For whom is the eSense Pulse suitable?

- For anyone who wants to measure and reduce their stress level.
- For private users as home training.
- For professional users (Biofeedback trainer/therapist).
- For athletes, trainers and coaches.

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App Store

ANDROID APP ON
Google play

How is it easy to use?

- When you buy the eSense Pulse you can download our free app from the App Store (Apple®) or Google Play (Android).
- Launch the Mindfield eSense App. The app has an extensive help section and a tutorial, please read it. In addition, read the enclosed printed manual before using the app.
- Put on the chest strap. It should fit tightly, directly under the pectoral muscles, but should not be uncomfortably tight or squeeze.
- After you have adjusted the belt, remove it again to apply a small spray of the enclosed electrode contact spray to each of the left and right electrodes (but avoid bridging as described in the manual).
- Connect the eSense Pulse via Bluetooth inside the eSense App and you can start the measurement via "Start".

