

IF BIOFEEDBACK HOME USES DEVICE CAN HELP ME?

HOW TO CHOOSE MOST APPROPRIATE FOR MY NEEDS DEVICE?

*Based on the health condition needs listed below
you can choose the device that is more appropriate for you.*

Biofeedback Modality	Health Condition/State	
EEG Biofeedback (Neurofeedback)	<ul style="list-style-type: none"> • Concentration Issues, • Attention Issues, • Memory Issues, • Cognitive Impairment, • Impulsivity, • Hyperactivity, • Emotional imbalance, • Poor Emotional Self-awareness, • Depression, • Irritability, • Rumination, • Agitation, • Anger, • Self-Deprecation, • Victim Mentality, • Excessive Self Concern, • Passive Aggressive, • Avoidance Behavior, • Withdrawal Behavior, • Anxiety, 	<ul style="list-style-type: none"> • Panic Attacks, • Worry, • Phobias, • Insomnia • Obsessive Thinking, • Excessive Rationalization, • Chronic Pain, • Hyper-vigilant, • Dislike Change, • Restless, • Migraine, • Tension Headaches, • Fibromyalgia, • ADHD, • Learning Disorders, • OCD, • Post-Traumatic Stress Disorders (PTSD), • Traumatic Brain Injury, • Autism / Asperger's.
Electromyography (EMG) Biofeedback	<ul style="list-style-type: none"> • Training of muscles power, • Muscle building and strengthen individual muscles or muscle groups, • Strengthening of weak muscles, • Muscle relaxation and tension relief, • Stress reduction/management, • Relaxation of typical stress muscles (forehead, jaw, shoulder, neck), • Reduction/management vegetative symptoms of stress (high blood pressure, tachycardia, arrhythmia, tachypnea, etc.), 	<ul style="list-style-type: none"> • Coordination exercises, • Tension headache, • Panic attack, • Anxiety, • Inner tension relief, • Support psycho-education/self-awareness, • Retraining individual muscles or muscle groups (after stroke, trauma, etc.), • Pain relief (back pain, etc.), • Posture correction, • Optimal performance in sport

Heart Rate Variability (HRV) Biofeedback	<ul style="list-style-type: none"> • Racing heartbeat, • Chest tightness, • Chronic generalized stress and its vegetative symptoms, • Difficulties in relaxing, • Rapid shallow breathing, • Low daily energy, • Anxiety, • Panic attack, 	<ul style="list-style-type: none"> • Depression, • Insomnia, • Emotional instability, • It can be used in coaching and competitive sports for optimal performance, • Optimal performance in any sphere of life
Respiration (Breathing) Biofeedback	<ul style="list-style-type: none"> • Fast shallow breathing, • Hyperventilation, • Lightheadedness, • Train abdominal breathing, • Balance breath cycle, • Stress and its vegetative symptoms, • Depression, • Attention and concentration problems, • Anxiety disorders, 	<ul style="list-style-type: none"> • Insomnia problems, • Asthma and other bronchial tract and lung problem, • Heart disease and hypertonia, • And many other conditions related to insufficiency of relaxation skills
Electrodermal Skin Response (EDSR) Biofeedback	<ul style="list-style-type: none"> • Sweaty hands, • Anxiety, • Distracted thoughts, • Agitated mood, • Low anger threshold, • Poor Impulse Control, • Emotional instability, • Anxiety, • Panic disorders, • Specific phobias, 	<ul style="list-style-type: none"> • High blood pressure, • Tinnitus, • Sleep disorders, • Headache (tension, migraine), • Stress and its consequences management, • Optimal performance
Temperature (Thermal) Biofeedback	<ul style="list-style-type: none"> • Cold hands or feet, • Poor peripheral circulation, • Raynaud's syndrome (poor circulation in hands), • General stress/ tension and its vegetative symptoms (cold hands, tachycardia, arrhythmia, high blood pressure, tachypnea, etc.), • Blood pressure fluctuations, • Guide for meditation, increase depth of meditation, • Anxiety, 	<ul style="list-style-type: none"> • Panic attack, • Depression, • Migraine and tension headache, • Neurosis, • Chronic pain, • Phobias, • Blood pressure fluctuations, • Optimal performance (public speech, taking exams, etc.)

However, combining different modalities in biofeedback training is more effective in managing various health conditions.