



Supported iOS and Android™ devices

- All Android™ Smartphones and Tablets from 6.0 (Your Android™ device requires a 3.5 mm jack, headphone jack, for external microphones!).
- Apple® iPhone® 7 to iPhone® 11 Pro and newer (in combination with a Lightning to 3.5 mm Headphone Jack Adapter).
- Apple® iPad® from third generation or higher.
- Apple® iPad® Pro from first generation or higher (if necessary, in combination with USB-C to 3.5 mm Headphone Jack Adapter).
- Apple® iPod® touch from fifth generation or higher.

eSense Temperature includes

- Mindfield® eSense Temperature Sensor.
- velcro strap for sensor.
- eSense App by Mindfield® (Apple App-Store, Google Play or Amazon App-Store).
- detailed instructions for effective biofeedback training.

Order now at www.mindfield-biosystems.com

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BIOFEEDBACK

Measuring and regulating skin temperature



UNIVERSAL USE WITH
APPLE® · iPhone® · iPad® · iPod touch®
ANDROID™ SMARTPHONES/TABLETS



A Better State of Mind



Biofeedback with Mindfield® eSense Temperature

The Mindfield® eSense Temperature is a small sensor for measuring skin temperature using the microphone input of smartphones or tablets. A free, included App from Mindfield® makes biofeedback training with your device possible. Measurements are presented in different ways with 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.

The temperature of the skin at its surface changes with the amount of blood flowing through the tissue. Blood vessels contract under stress, which we notice as cold hands. Skin temperature increases with relaxation and calm, showing a direct relation between skin temperature and general well-being.

An especially effective and commonly used biofeedback method is hand-warming exercise. Attach the eSense Temperature Sensor to your index or middle finger with the included Velcro strap or simply hold it between your thumb and forefinger. With hand-warming exercises, you can learn to increase the temperature of your fingers and the circulation in your hands. This is a simple and effective exercise for improving general well-being!

Further information on the application can be found in our app, which is updated regularly. Further details on the Mindfield® eSense Temperature can be found on our website.

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1. When you purchase eSense Temperature, you can download our free app from the App Store (Apple), Google Play (Android), or Amazon AppStore.
2. Connect the eSense Temperature to your device microphone input!
3. Hold the sensor between your index finger and thumb or fixate it with the included tape!
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 Temperature!
6. Need help? www.mindfield-biosystems.com.