



A Buddhist monk with a shaved head, wearing brown robes, is sitting in a meditative posture (Padmasana) in a forest. The background is filled with green foliage and sunlight filtering through the trees, creating a bokeh effect. The monk's eyes are closed, and his hands are resting on his lap in a mudra.

DOES BIOFEEDBACK HELP IMPROVE FOCUS AND MEDITATION?

Quantified Self Global Conference | #qs17

18. - 19. 06. 2017 | Amsterdam

Agnieszka Krzeminska | @Monade

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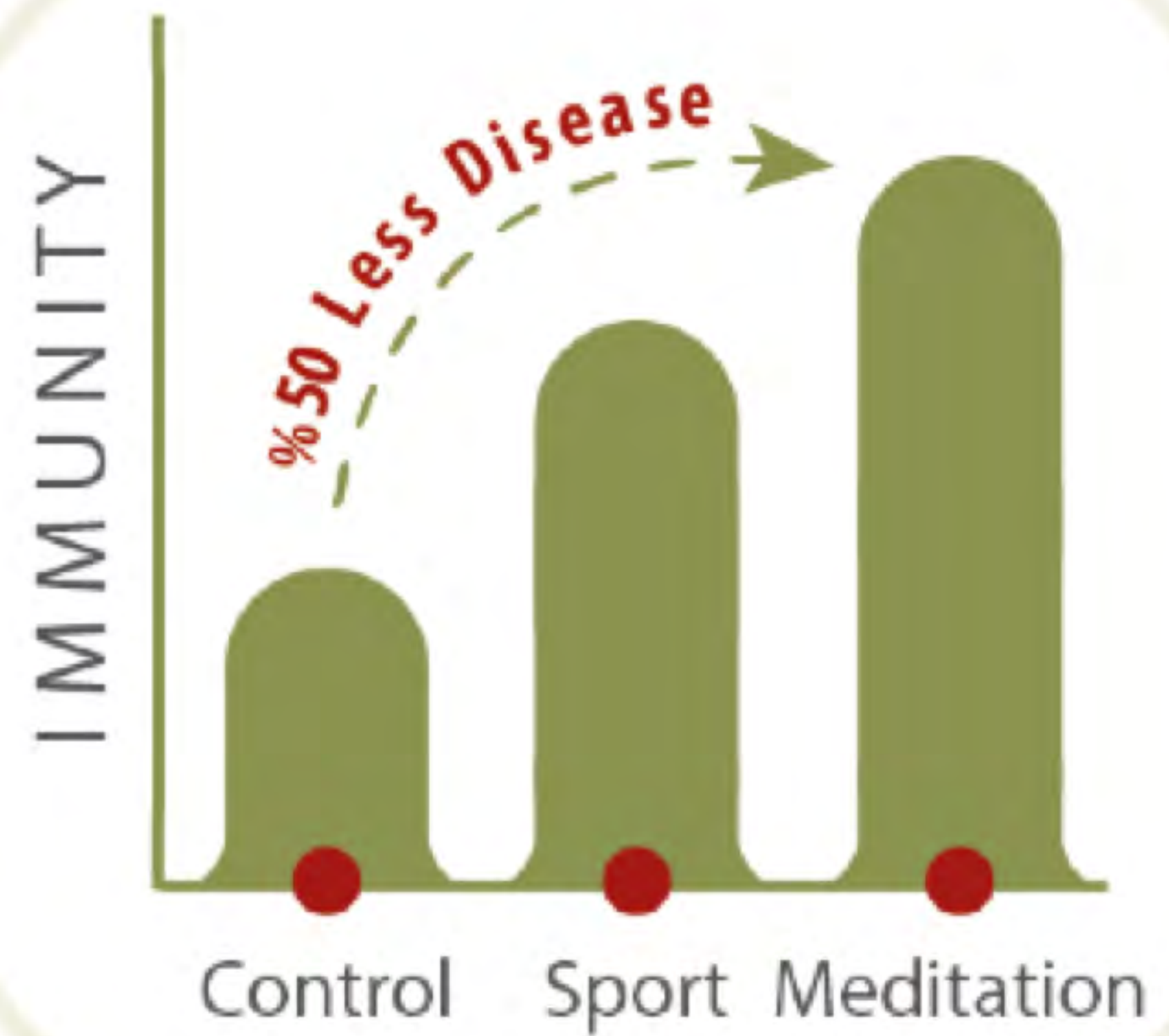
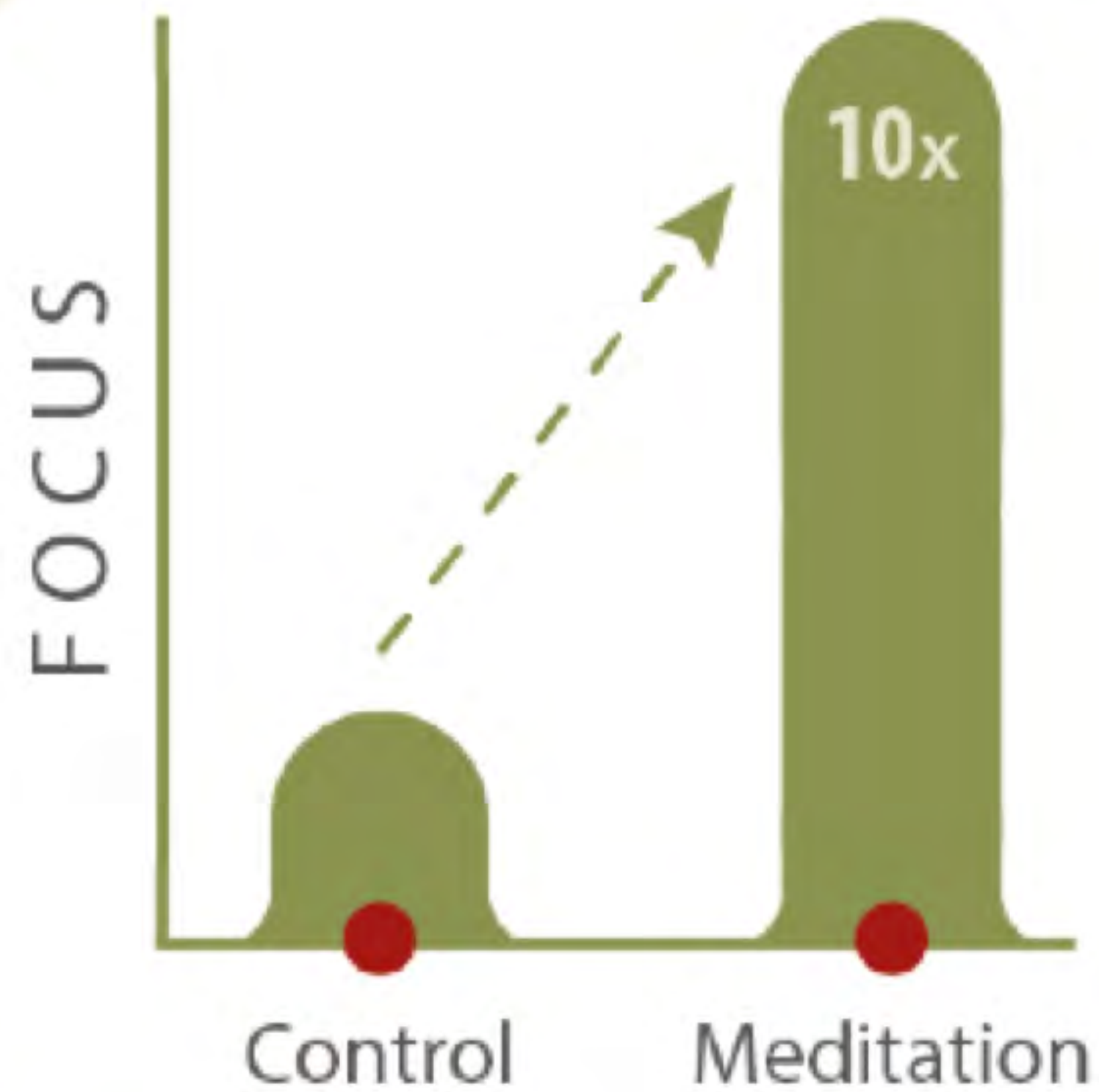


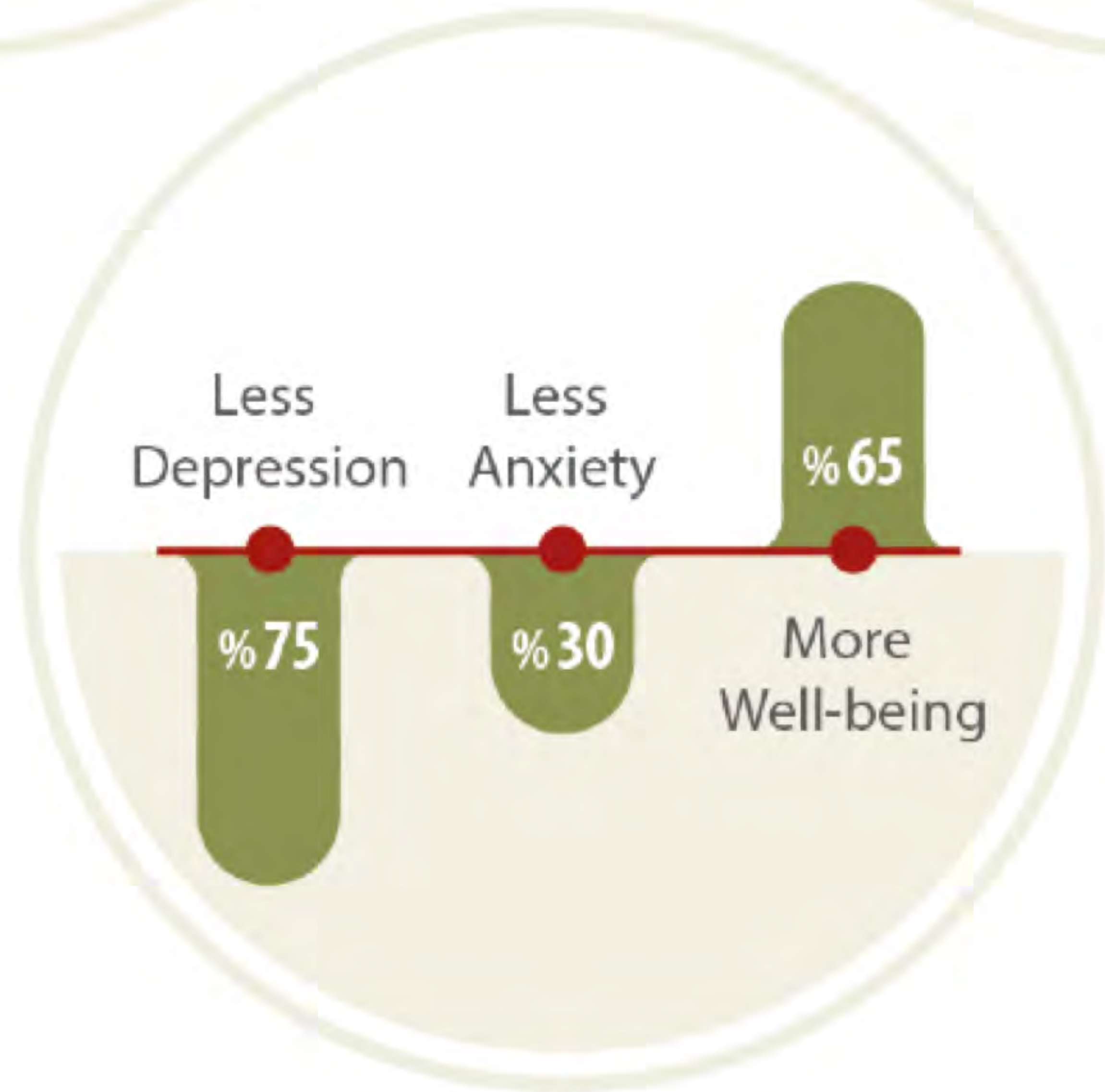


Picture: <http://www.craigdavisnow.com/what-do-the-beatles-and-google-have-in-common/>



SCIENTIFIC BENEFITS OF MEDITATION





Source: <http://liveanddare.com/benefits-of-meditation/>



A person with long hair, seen from behind, is sitting in a meditative pose in a field of tall grass. The background is a bright, golden sunset over a body of water, with the sun low on the horizon, creating a shimmering effect on the water's surface. The overall mood is peaceful and serene.

11 % DAILY

30% 1 - X TIMES A WEEK

...

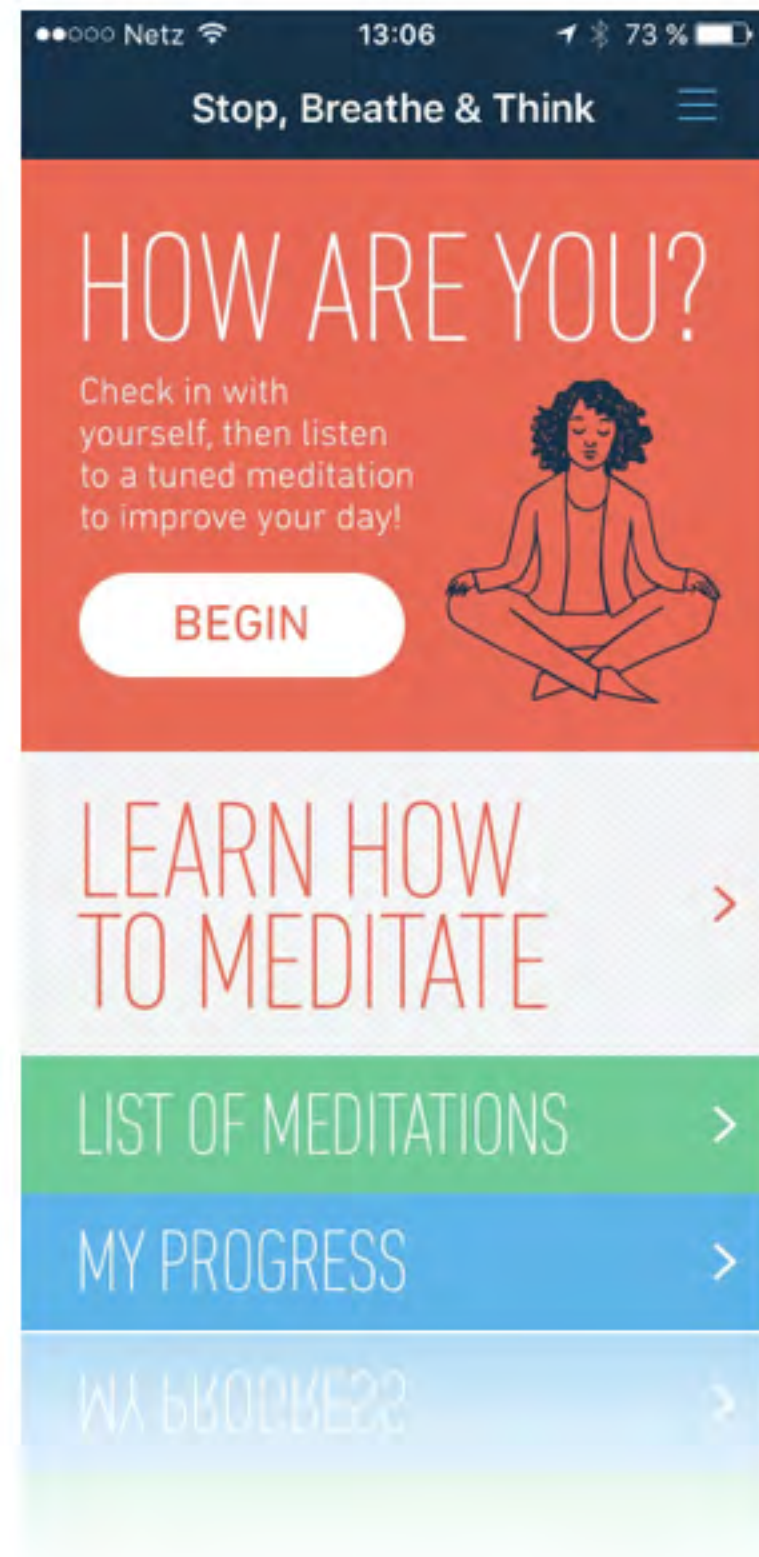
45 % NEVER OR ALMOST NEVER

MEDITATE IN GERMANY (01.2017; N=1020)

WHAT DID I DO?

- Read books, tried to evaluate the right method for me
- Zen Meditation course - very hard for the beginning 2*20 minutes
- Buddha center with free meditation classes in a big group (100+ people)
- DIY Transcendental Meditation
- Apps; breathe, insight timer, headspace, calm...
- MUSE!

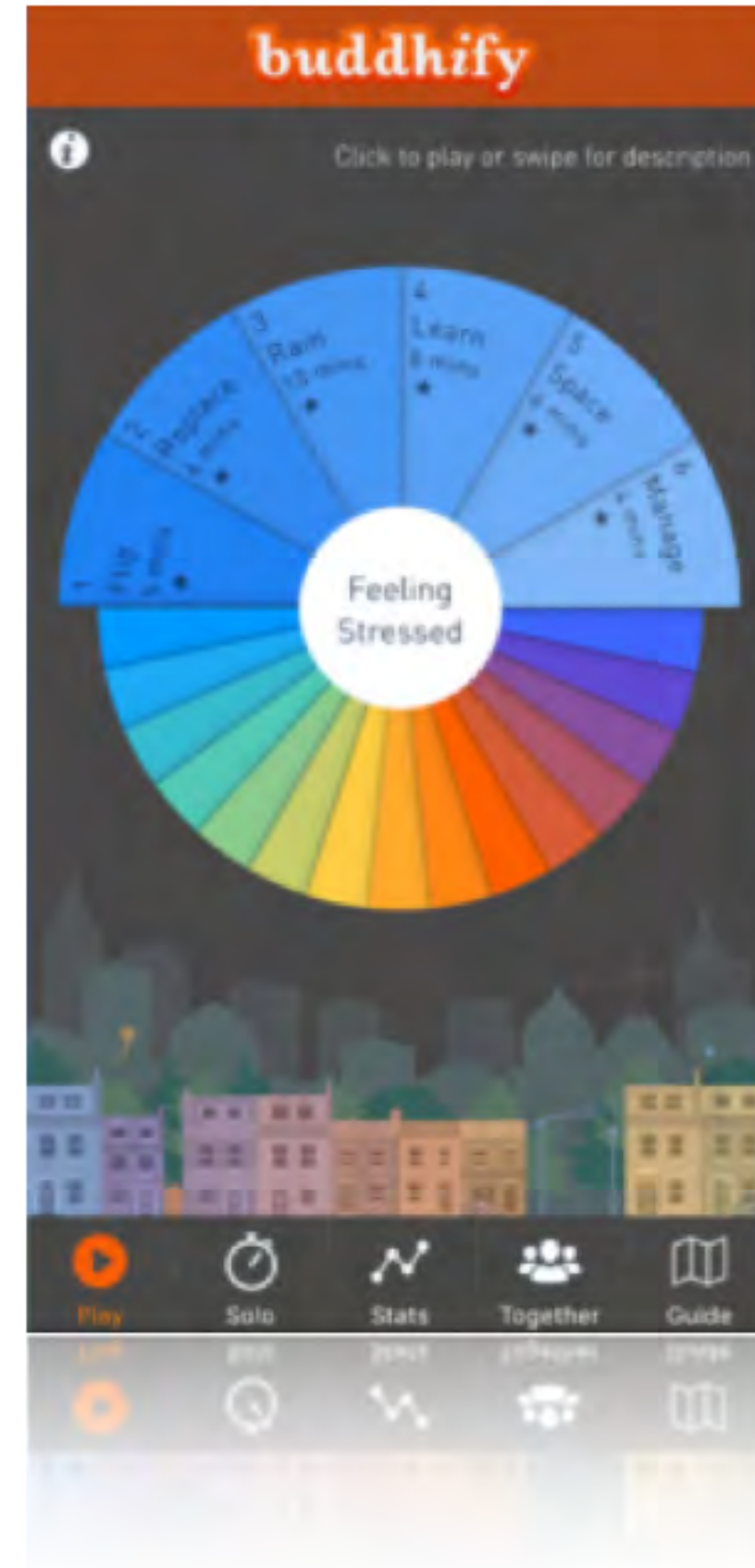
MEDITATION APPS



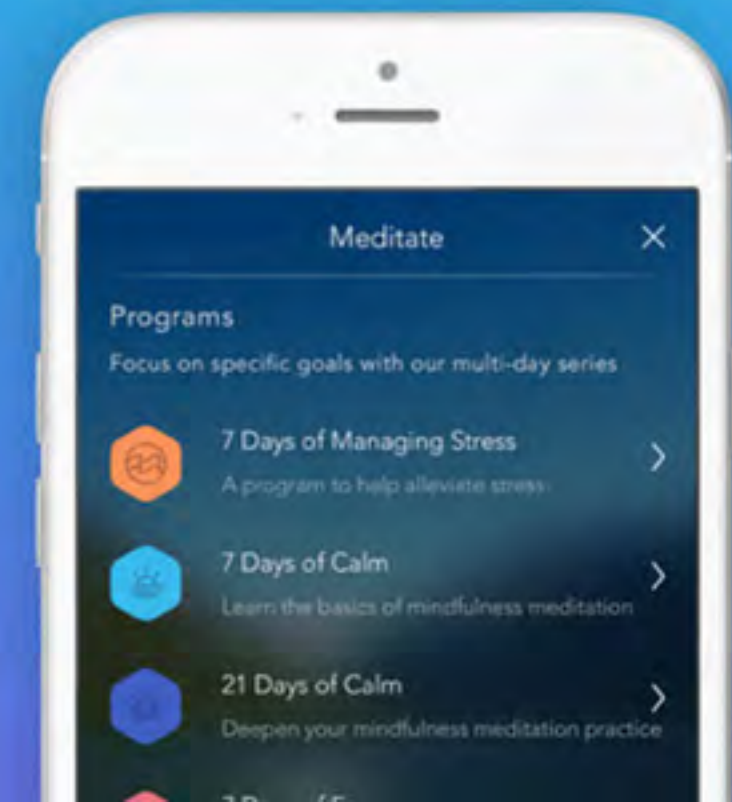
INSIGHT
Peace in our Timer



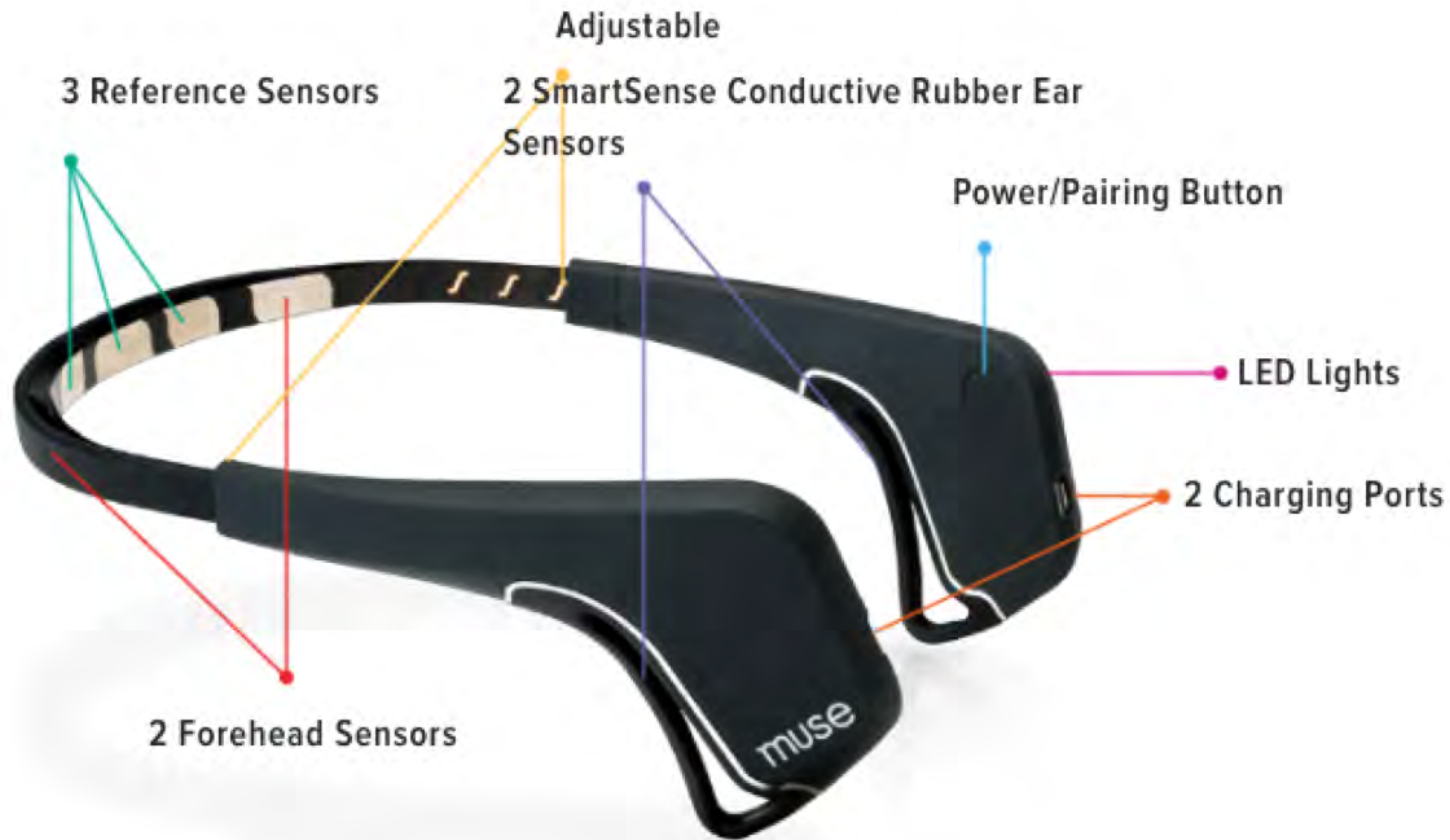
HEADSPACE
TREAT YOUR HEAD RIGHT



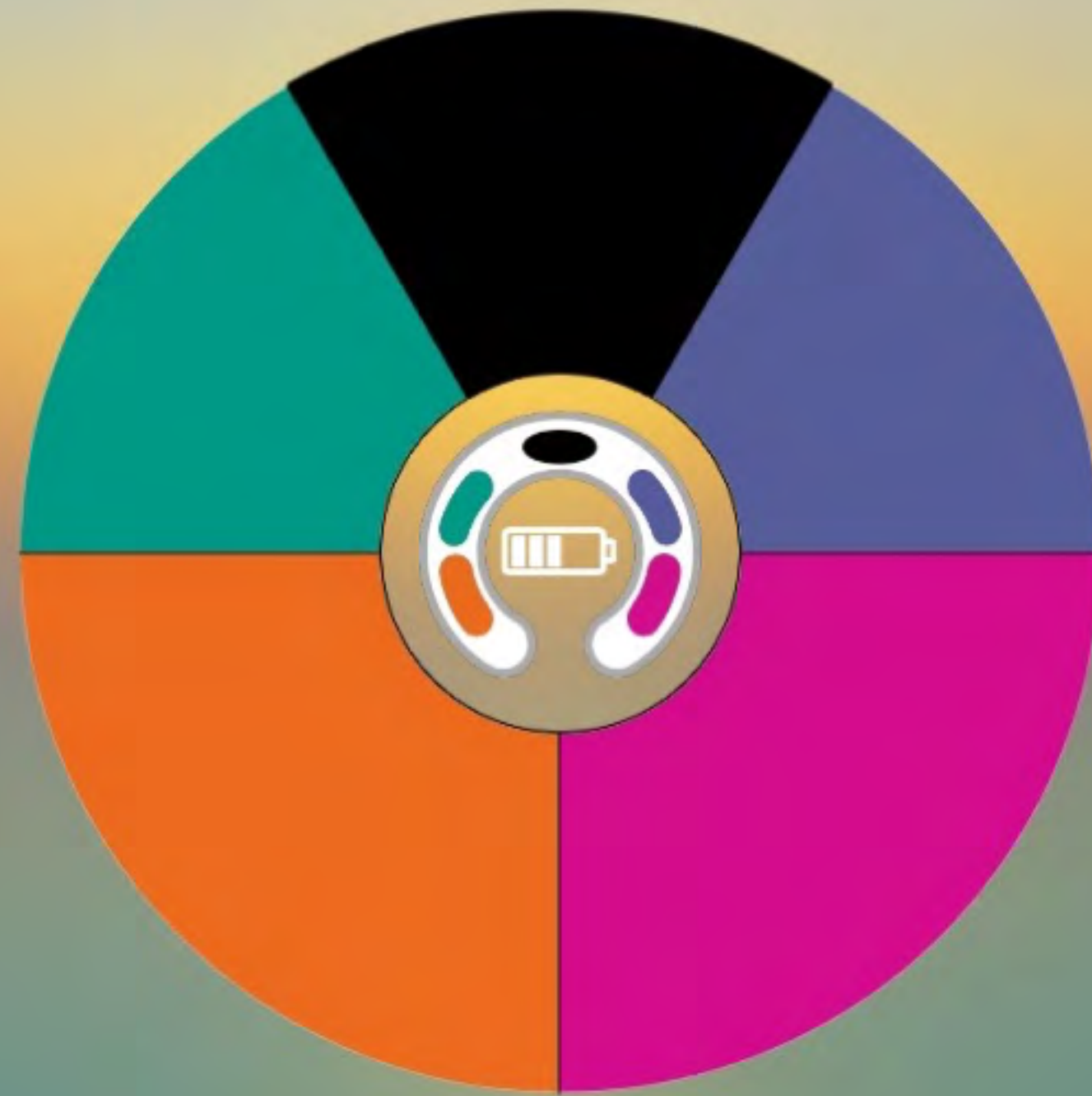
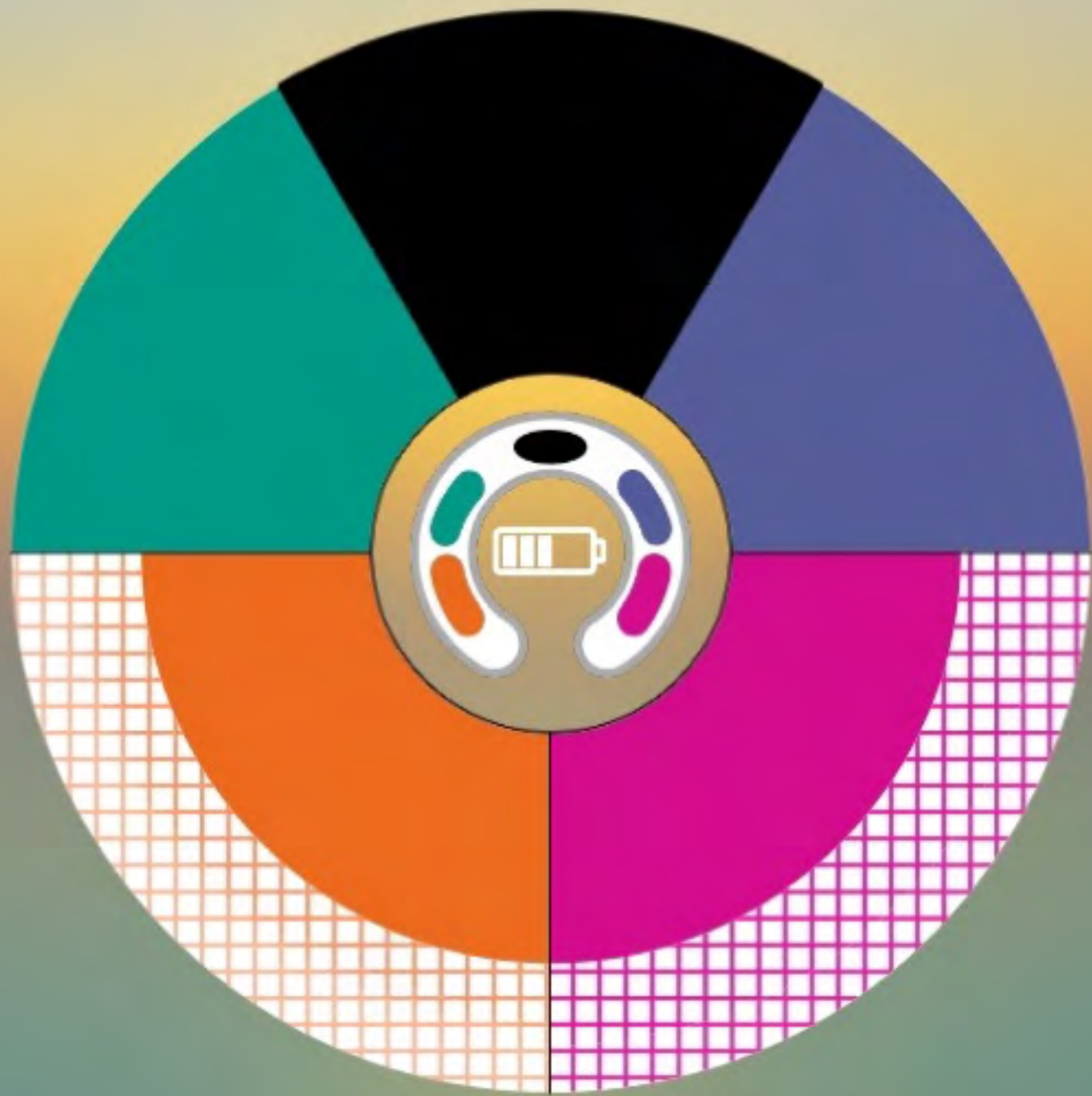
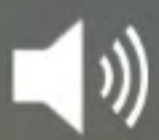
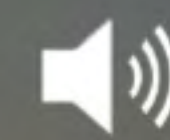
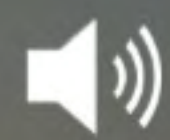
Meditation made simple
with daily programs



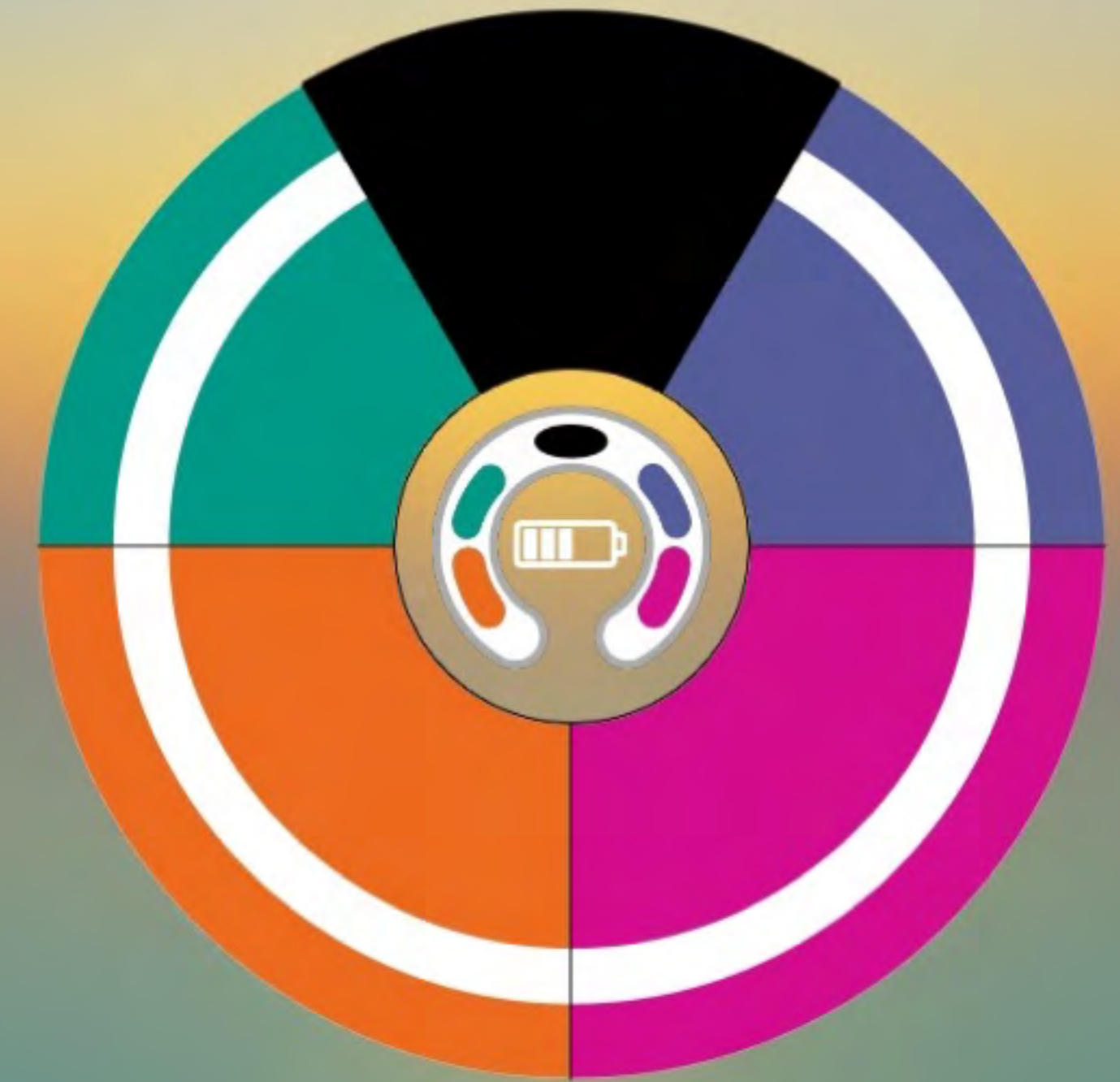
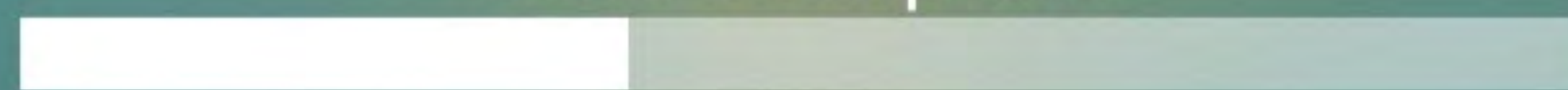
MEDITATION WEARABLES



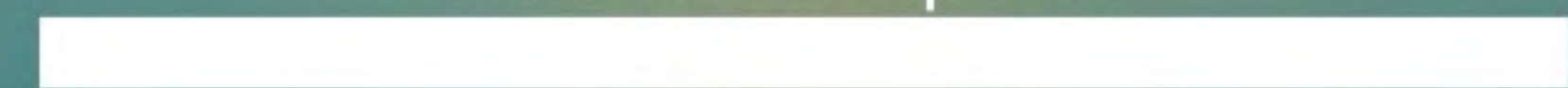
- MUSE Meditation Headband
- Realtime tracking and biofeedback on calmness or distraction
- Claims to help improve the mind-body connection
- Claims to help increasing focus capability
- Motivational challenges and rewards



39% complete



100% complete



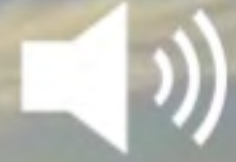
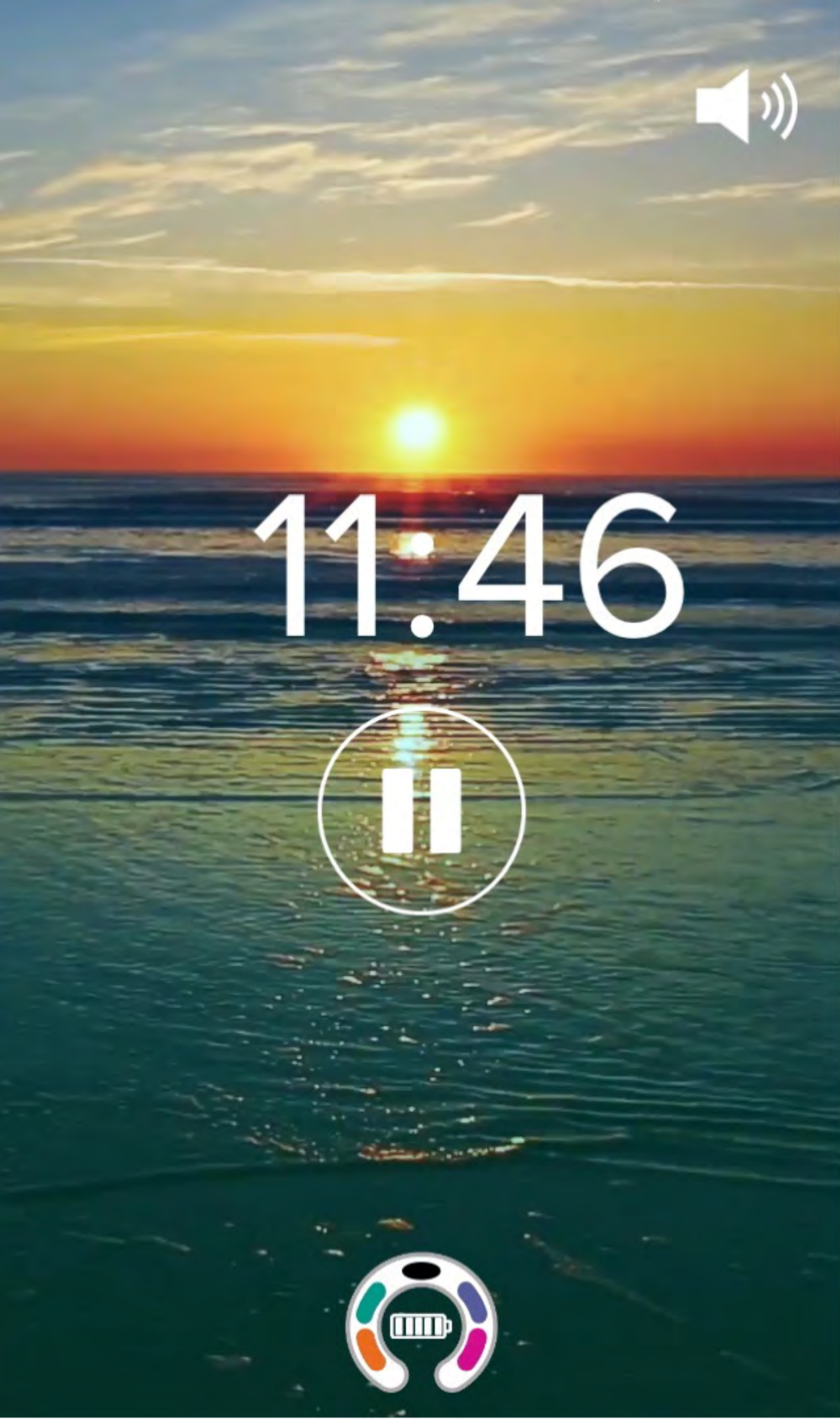
Make-up, moisturizers, and the natural buildup of oils on your skin can block the sensors.

Wiping your skin with a damp cloth may improve your signal.



Close your eyes and let your mind flow naturally while Muse listens to your brain signals.

Muse is sensing your brain



Session Complete

Tap the arrow to see your data



Thu. Morning Session [Save](#)

June 15, 2017 - 11:43 AM - 12m

5s active
6m 24s neutral
5m 31s calm

0m 3m 6m 9m 12m

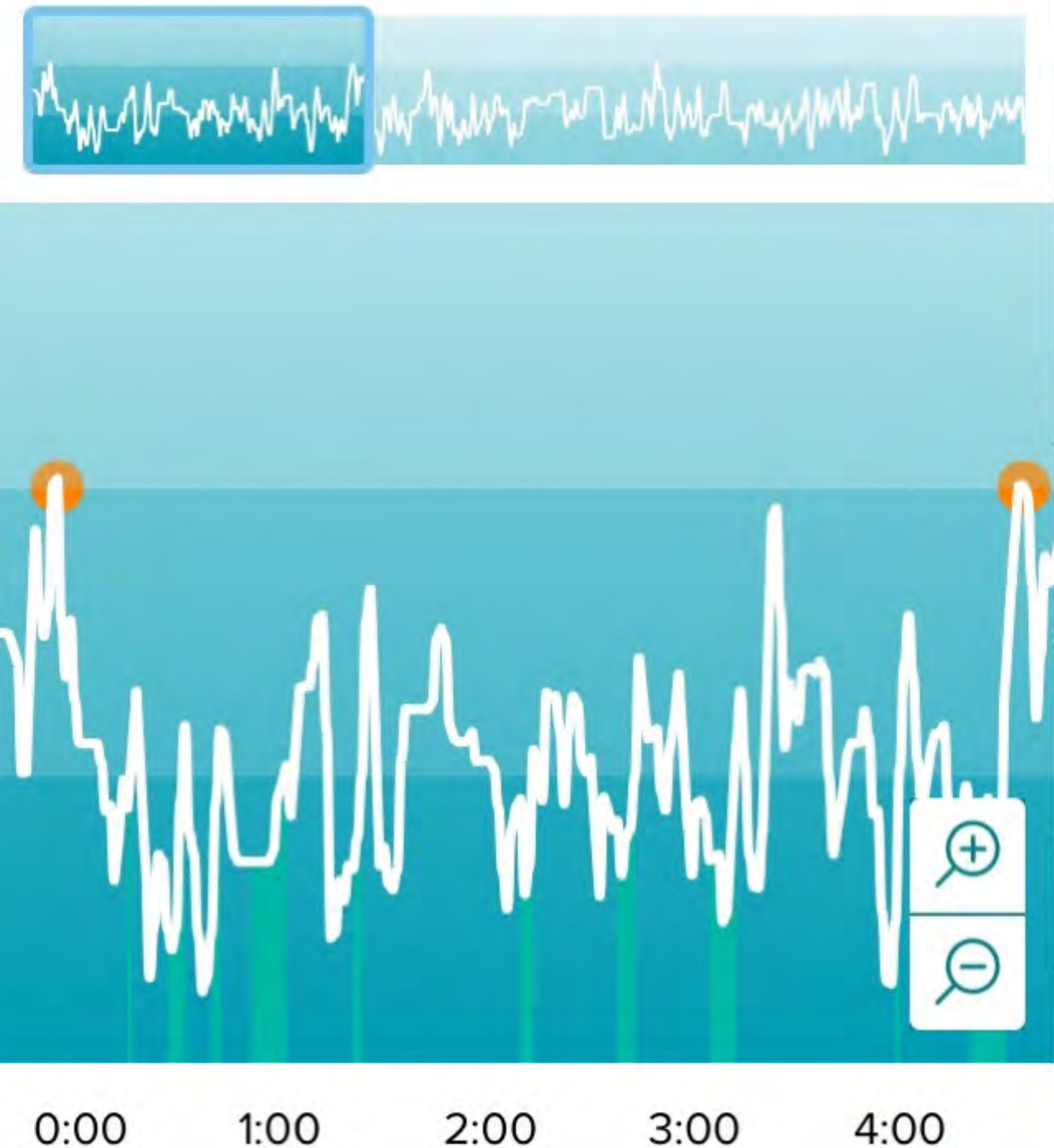
RESULTS

1377 calm points 3 recoveries 33 birds

AWARDS




Save and Share

June 15, 2017 - 11:43 AM - 12m



7:15 7:20 7:25

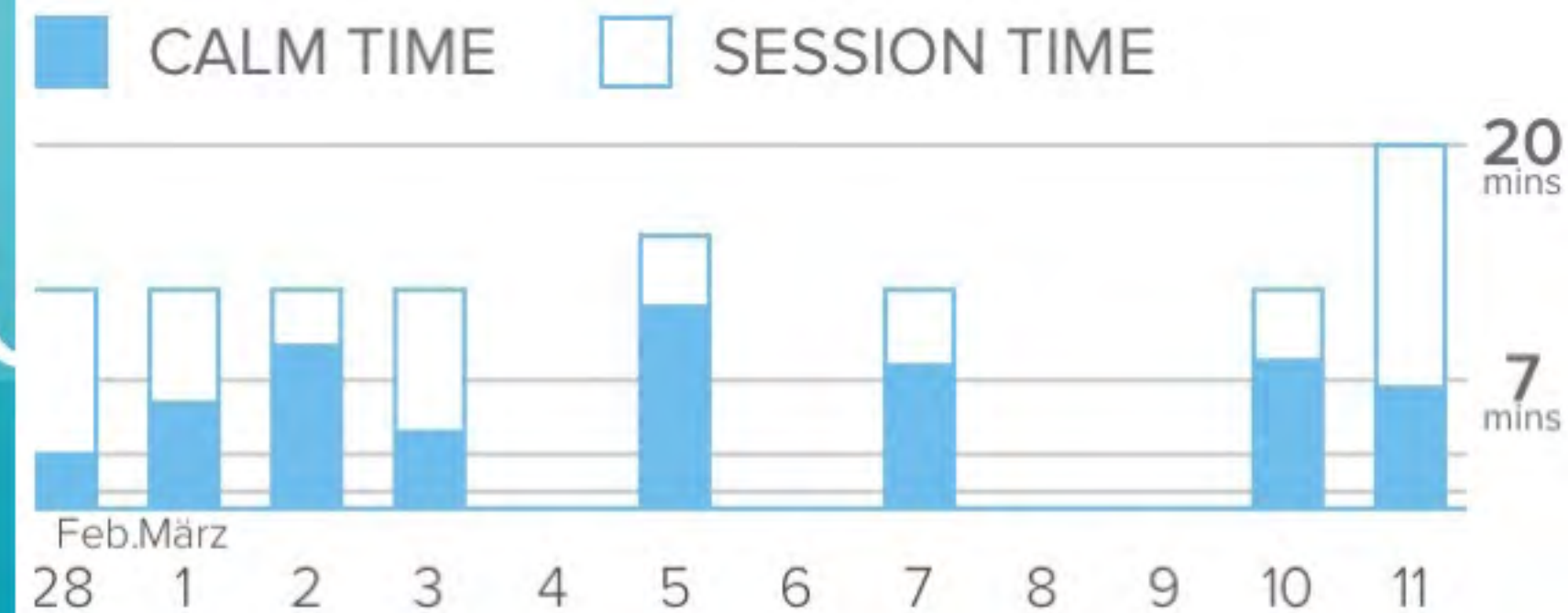
GRAPH SETTINGS

-  Show Raw Data
-  Highlight Bird Regions
-  Show Recoveries



Agnieszka

Level 6 - Musing Since Feb, 2016

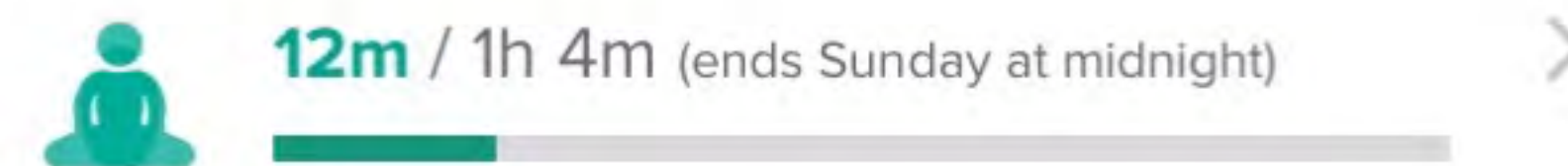


ALL SESSIONS

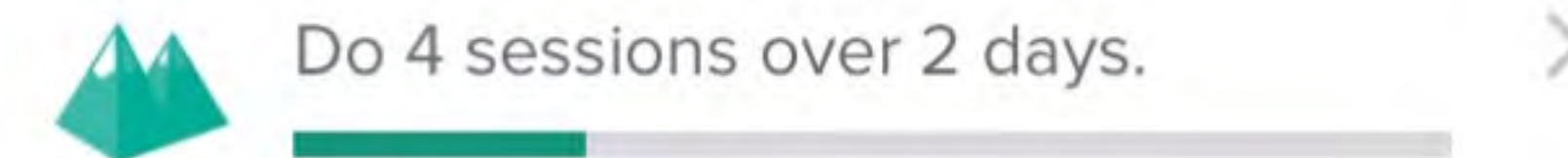
701 2.440 574 68.962 >

minutes birds recoveries calm points


THIS WEEK'S GOAL



LEVEL 6 CHALLENGE



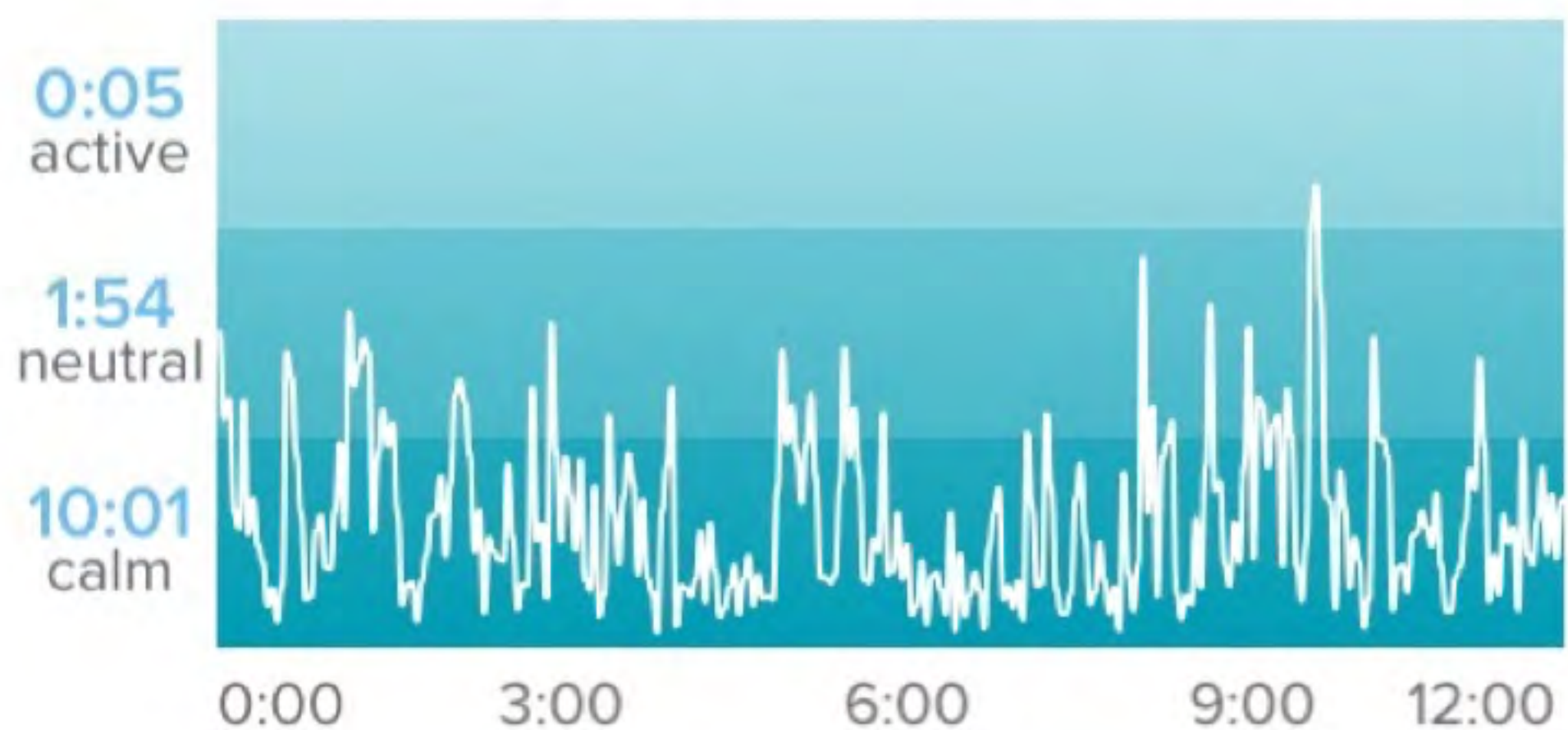
GRAPH SETTINGS

-  Show Raw Data

PROBLEMS WITH TRUSTING AND INTERPRETING THE DATA

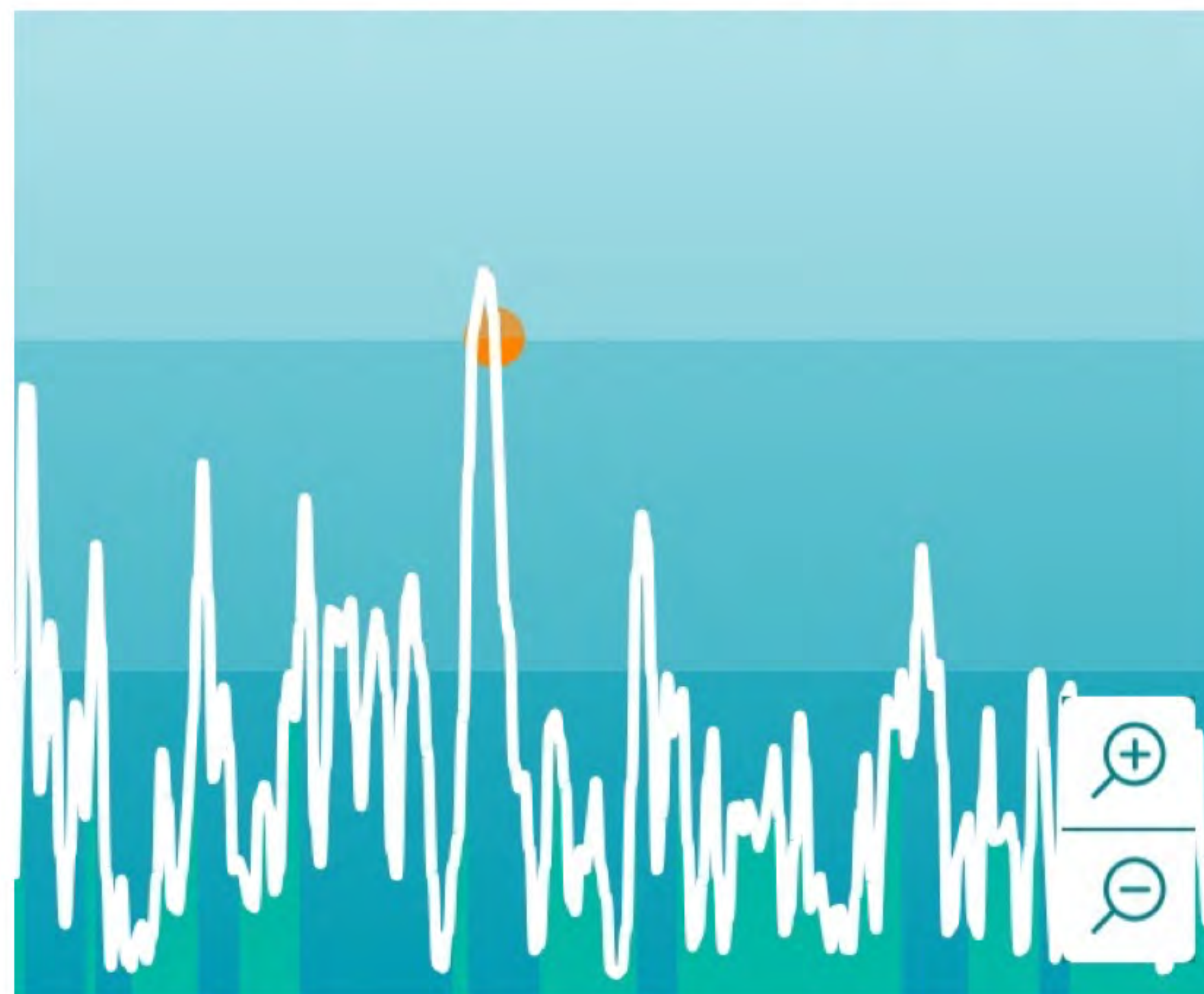
< Back Mon. Evening Session

October 31, 2016 - 7:52 PM - 12 mins



RESULTS

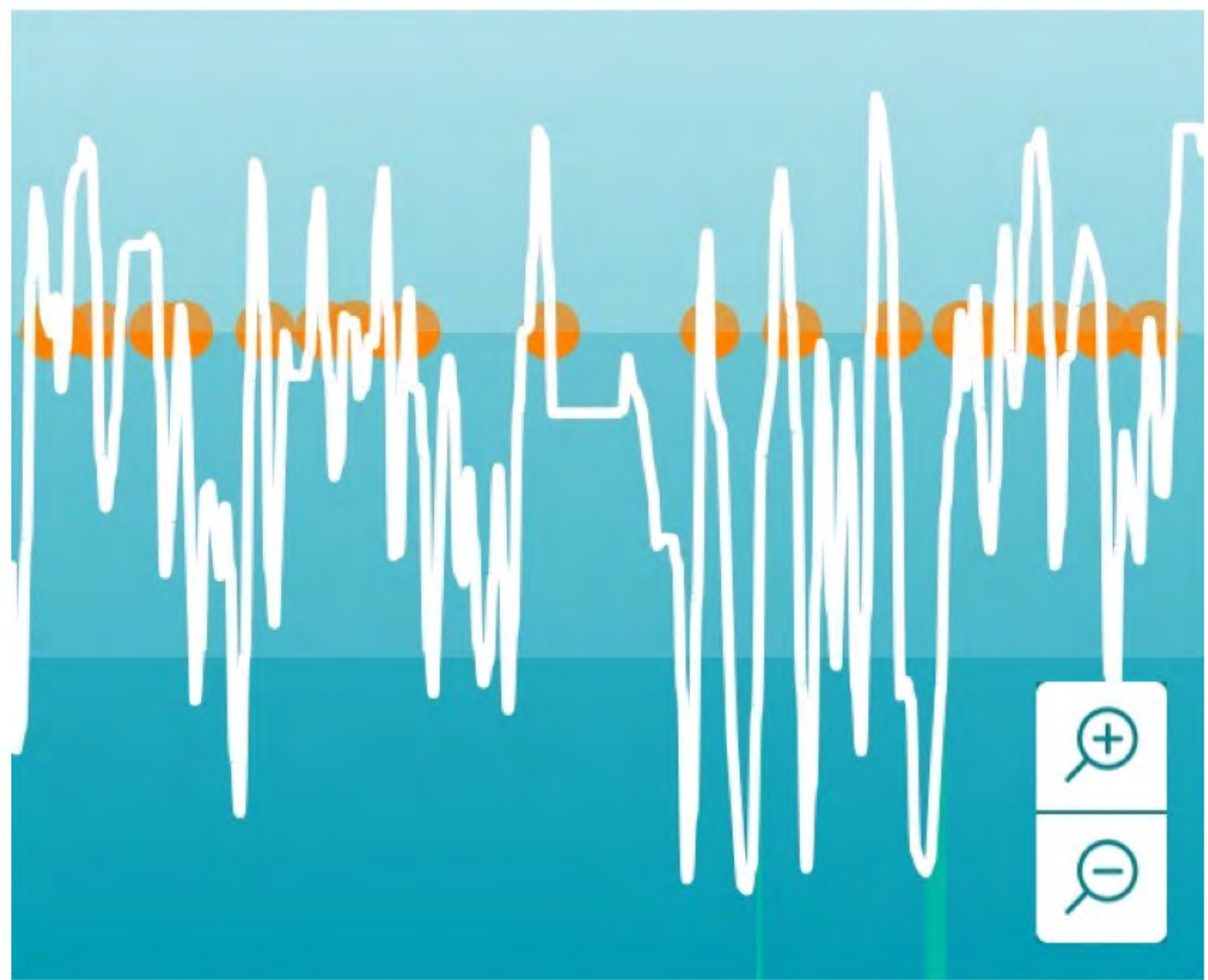
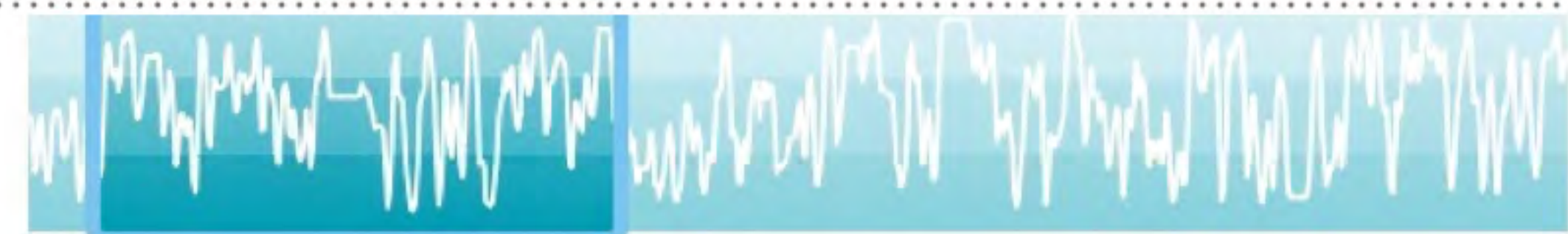
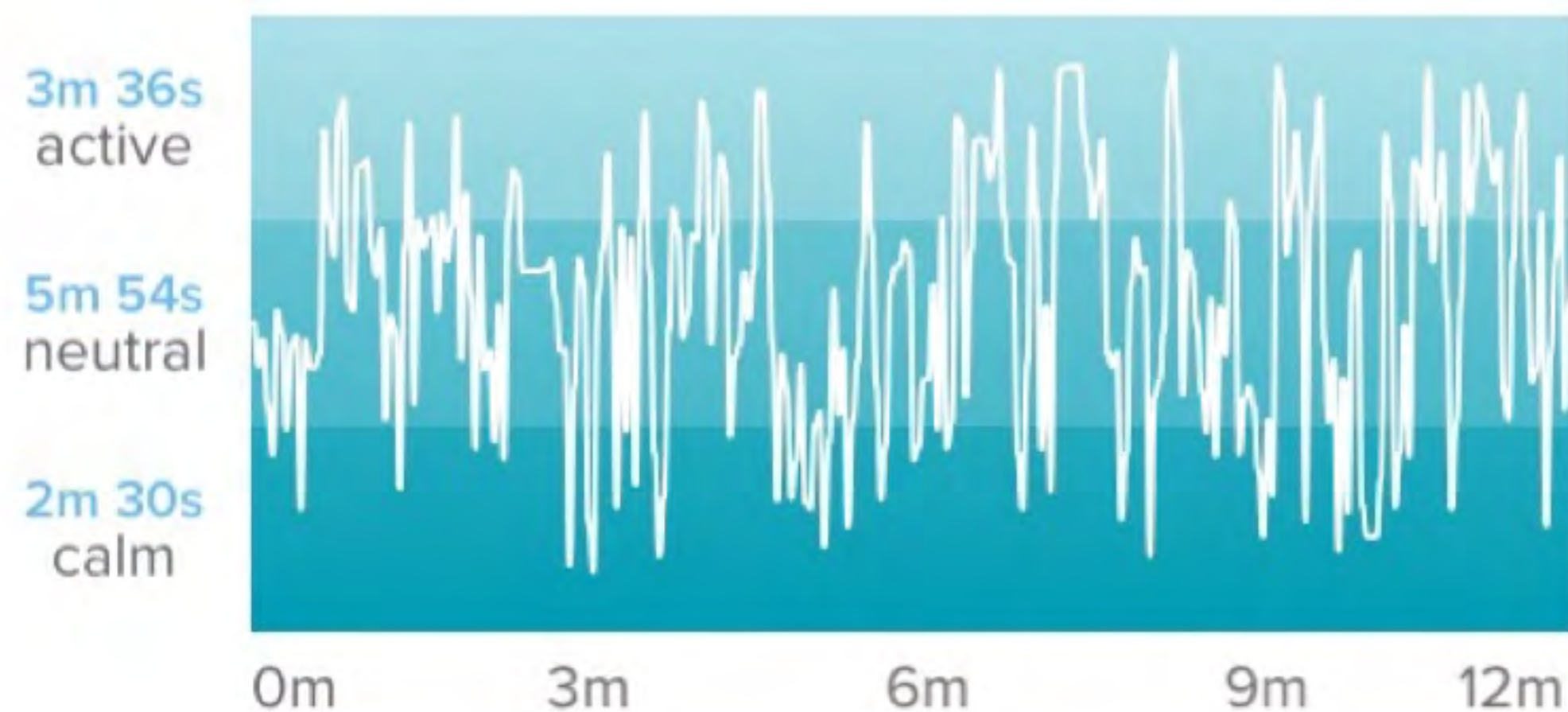
1917 calm points 1 recoveries 97 birds



8:00 9:00 10:00 11:00 12:00

PROBLEMS WITH TRUSTING AND INTERPRETING THE DATA

March 23, 2017 - 11:04 PM - 12m



RESULTS

804 calm points
51 recoveries
5 birds

AWARDS

WHAT HAVE I LEARNED

- It is impossible to quantify the growth of focus without any other measuring instruments
- I am now much more able to notice when i am degressing - that is a big value for me
- I learned to lead my concentration back to the topic
- Experimenting and quantifying is great, but not without the own intuition
- Guidance in a meditation session can also be a source of distraction
- The experience that meditating with a group of people was very powerful and let me sit for 30 to 60 minutes or longer without impatience or disturbance



LET'S STAY IN TOUCH !

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