



DOES BIOFEEDBACK HELP IMPROVE FOCUS AND MEDITATION?

Quantified Self Global Conference | #qs17

18. - 19. 06. 2017 | Amsterdam

Agnieszka Krzeminska | @Monade

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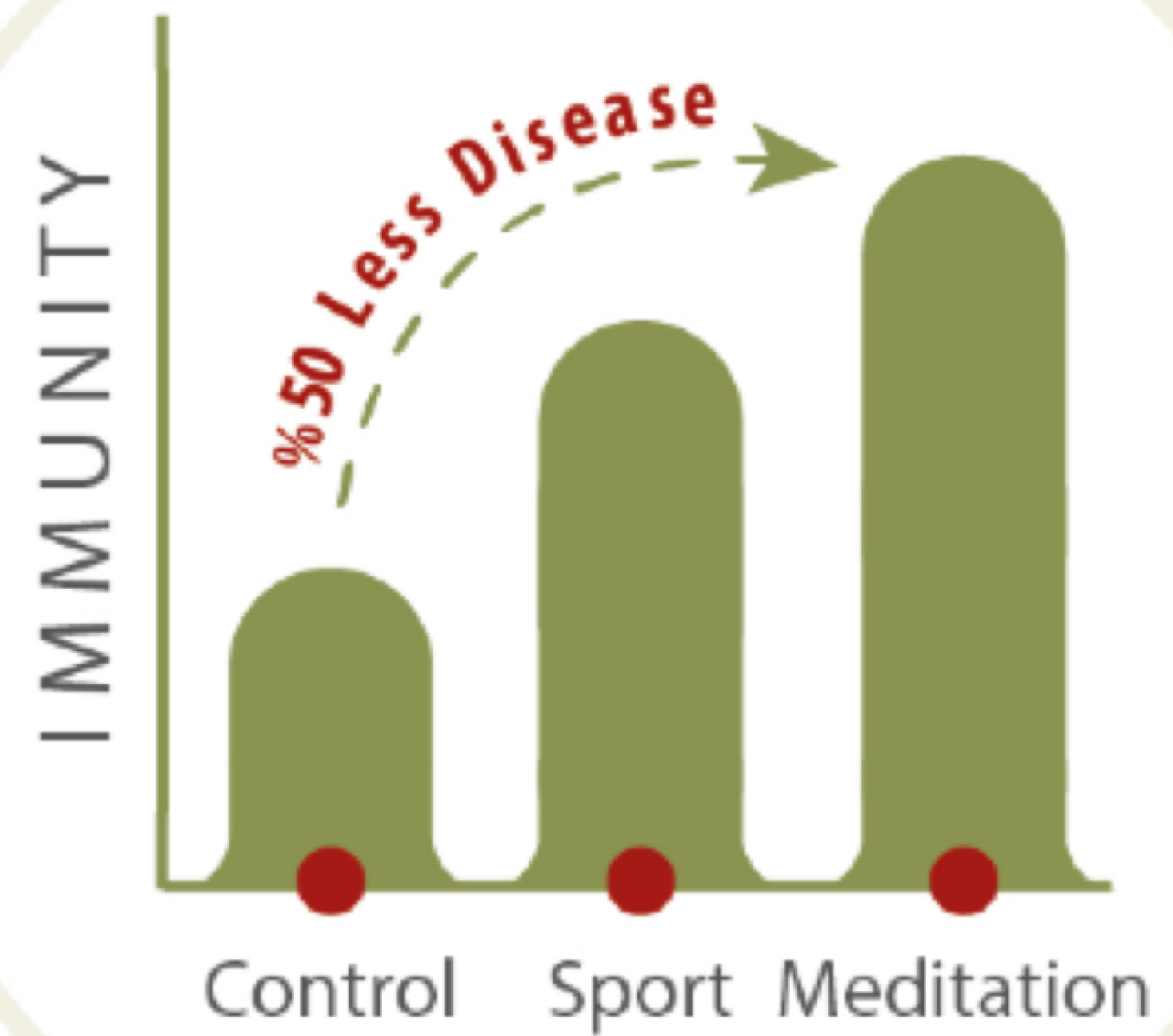
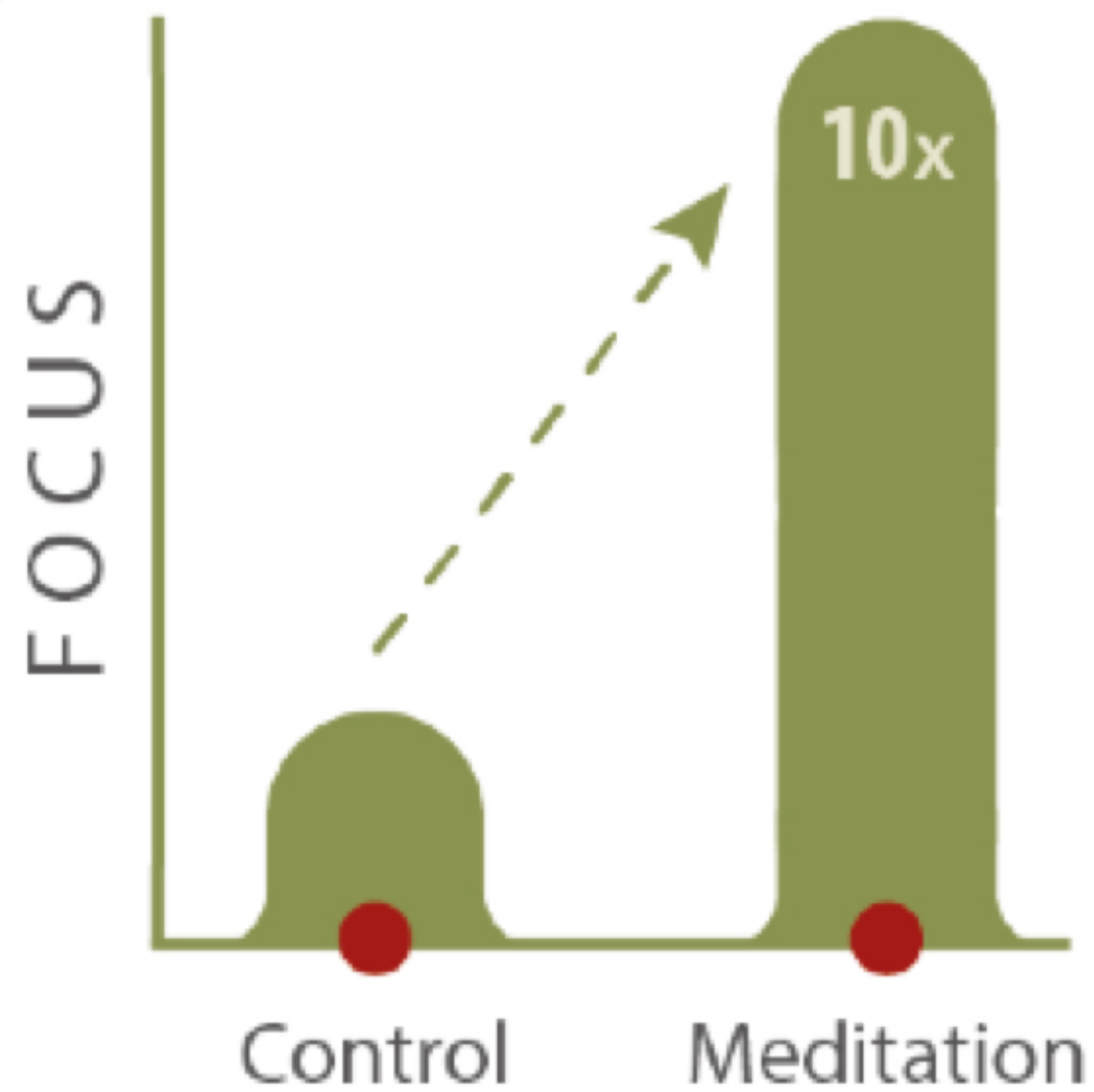


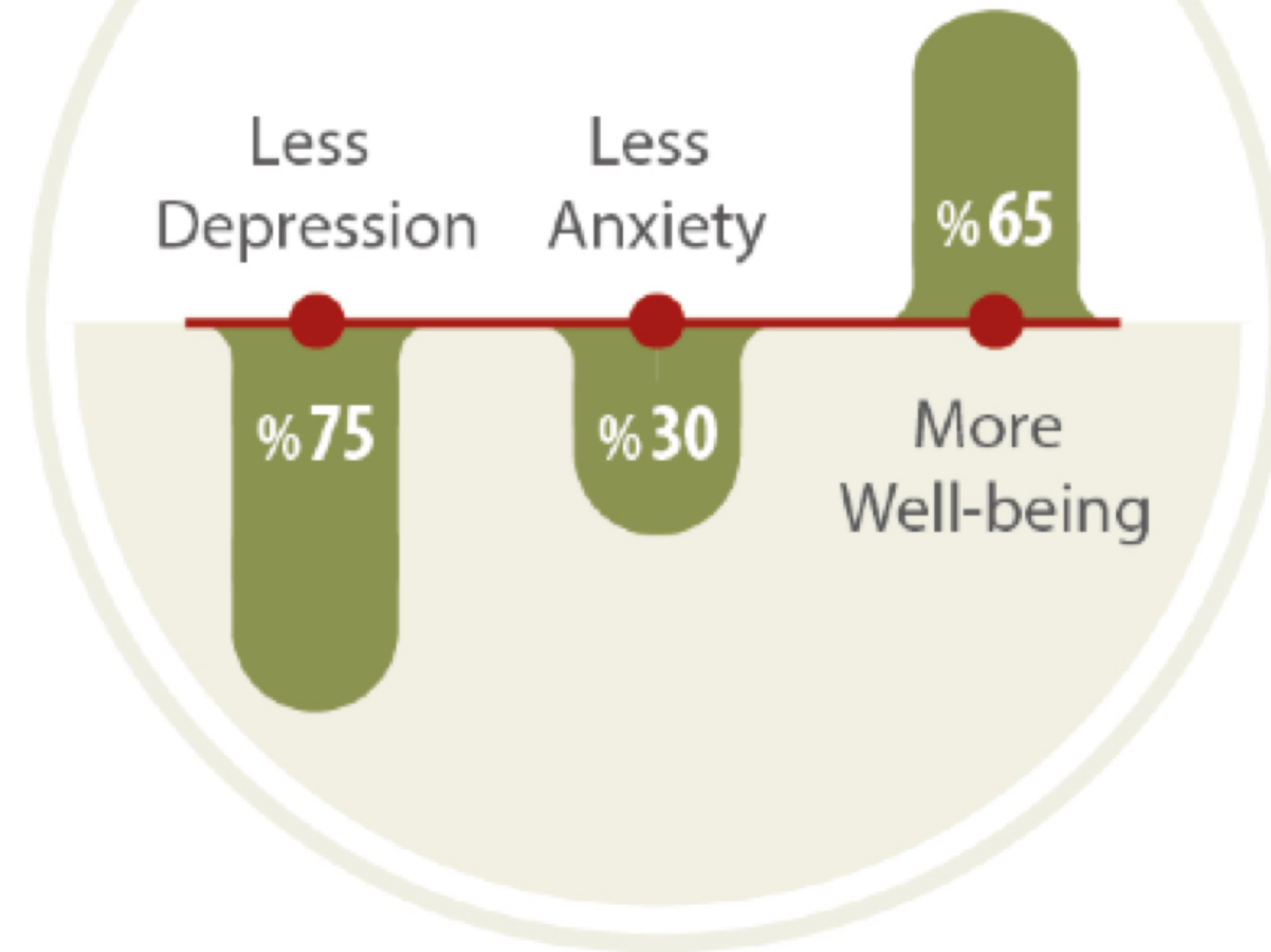


Picture: <http://www.craigdavisnow.com/what-do-the-beatles-and-google-have-in-common/>



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, hazy sunset or sunrise over a body of water, with the sun low on the horizon, creating a strong backlight effect. The overall tone is warm and peaceful.

11 % DAILY

30% 1 – X TIMES A WEEK

...

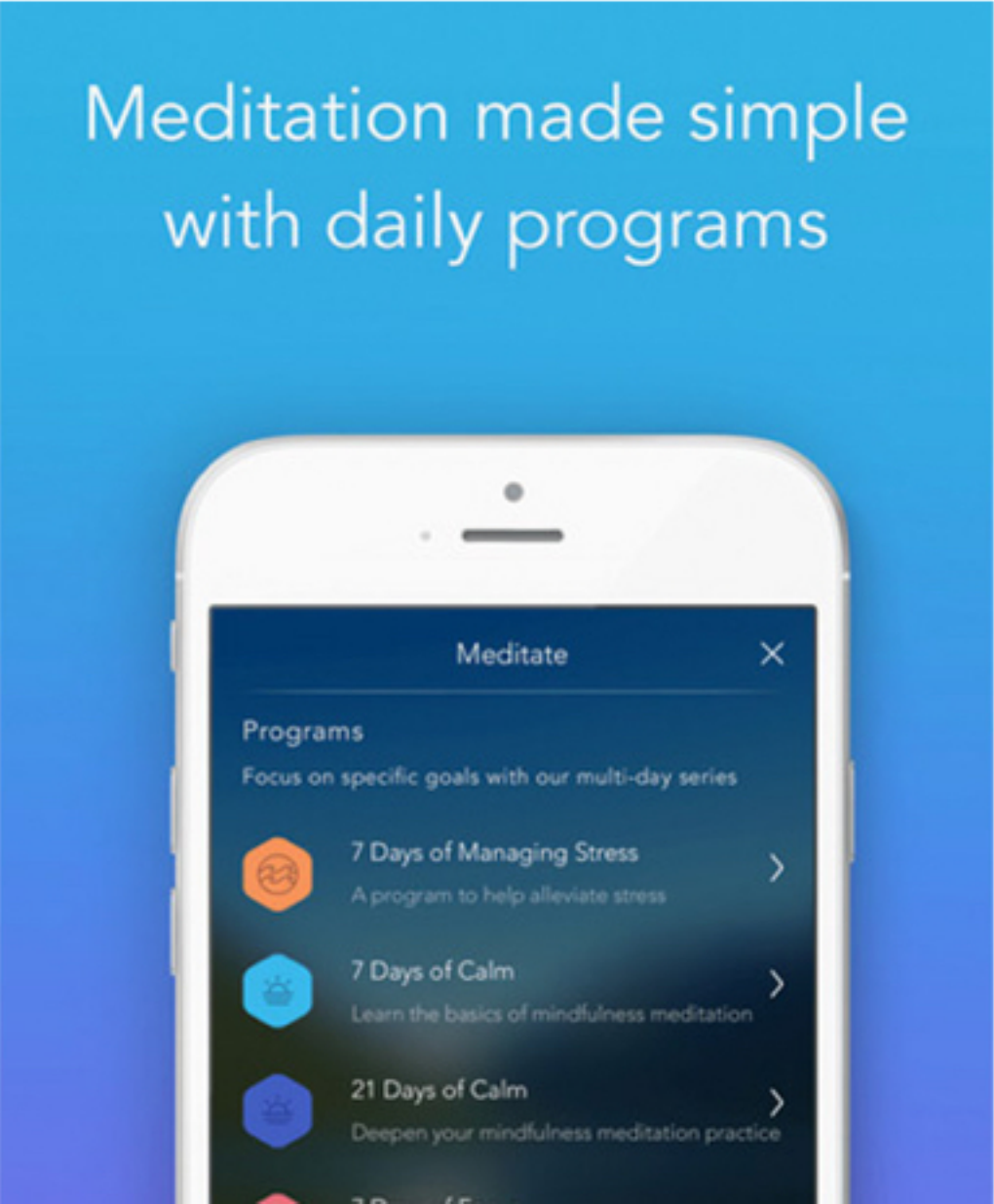
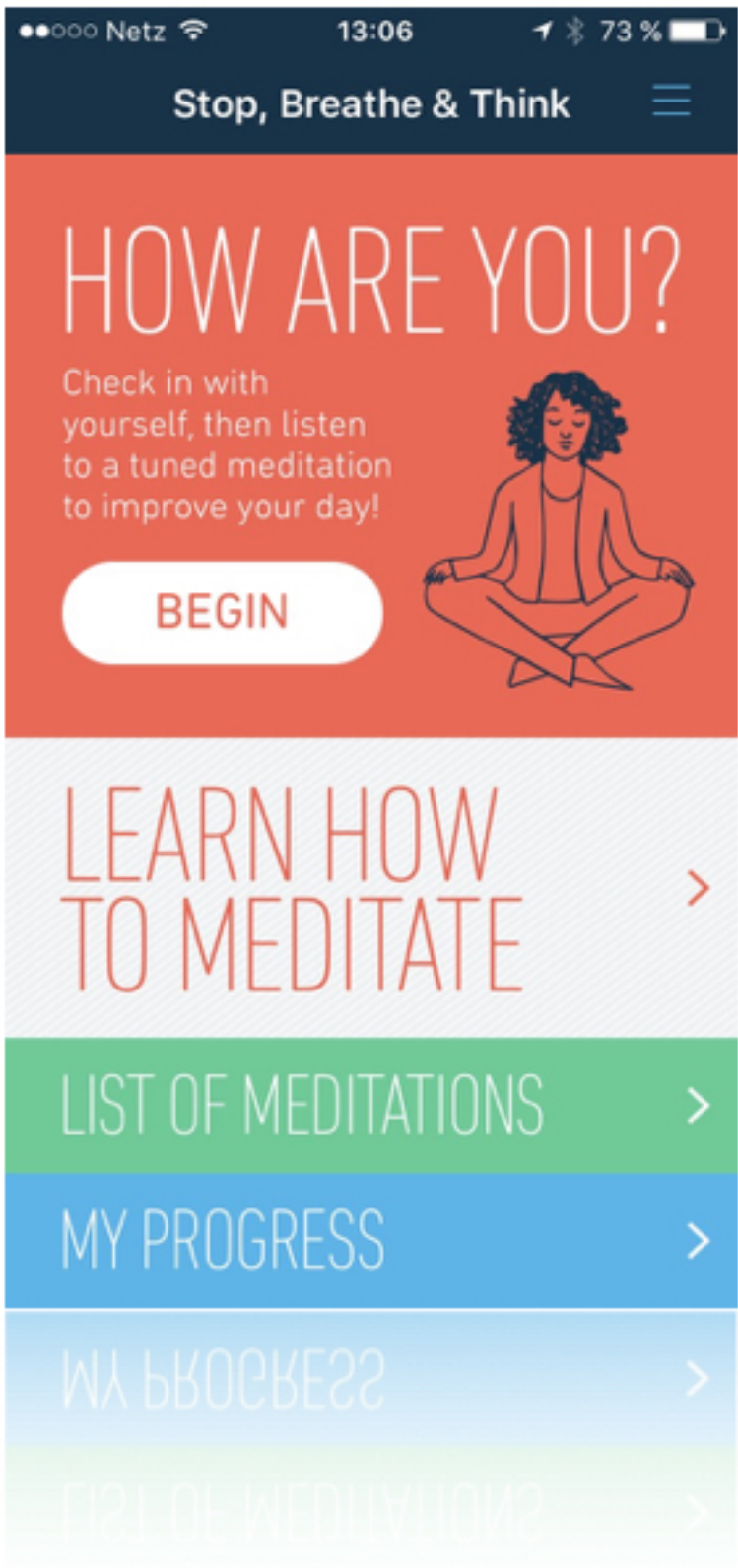
45 % NEVER OR ALMOST NEVER

MEDITATE IN GERMANY (01.2017; N=1020)

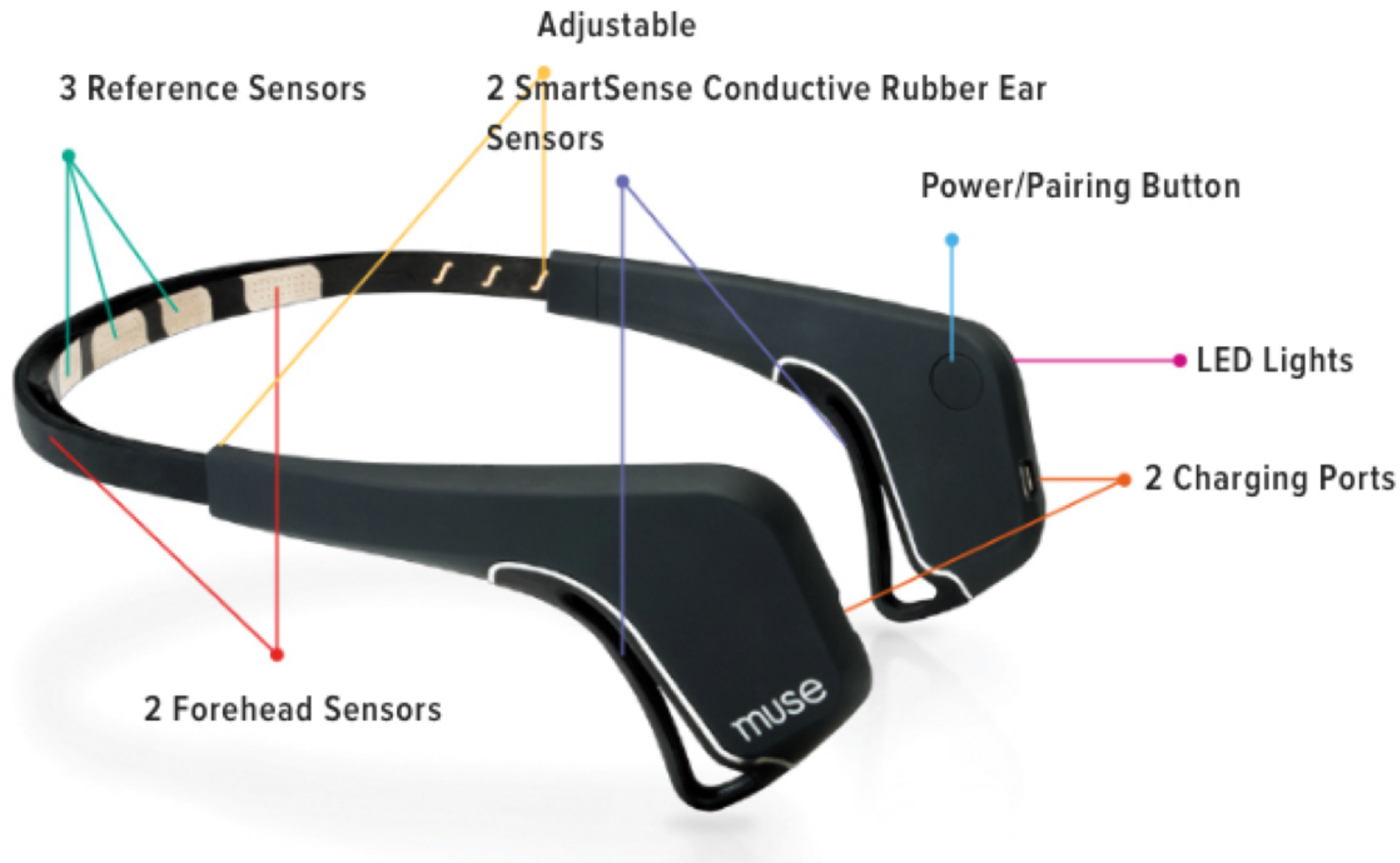
WHAT DID I DO?

- 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!

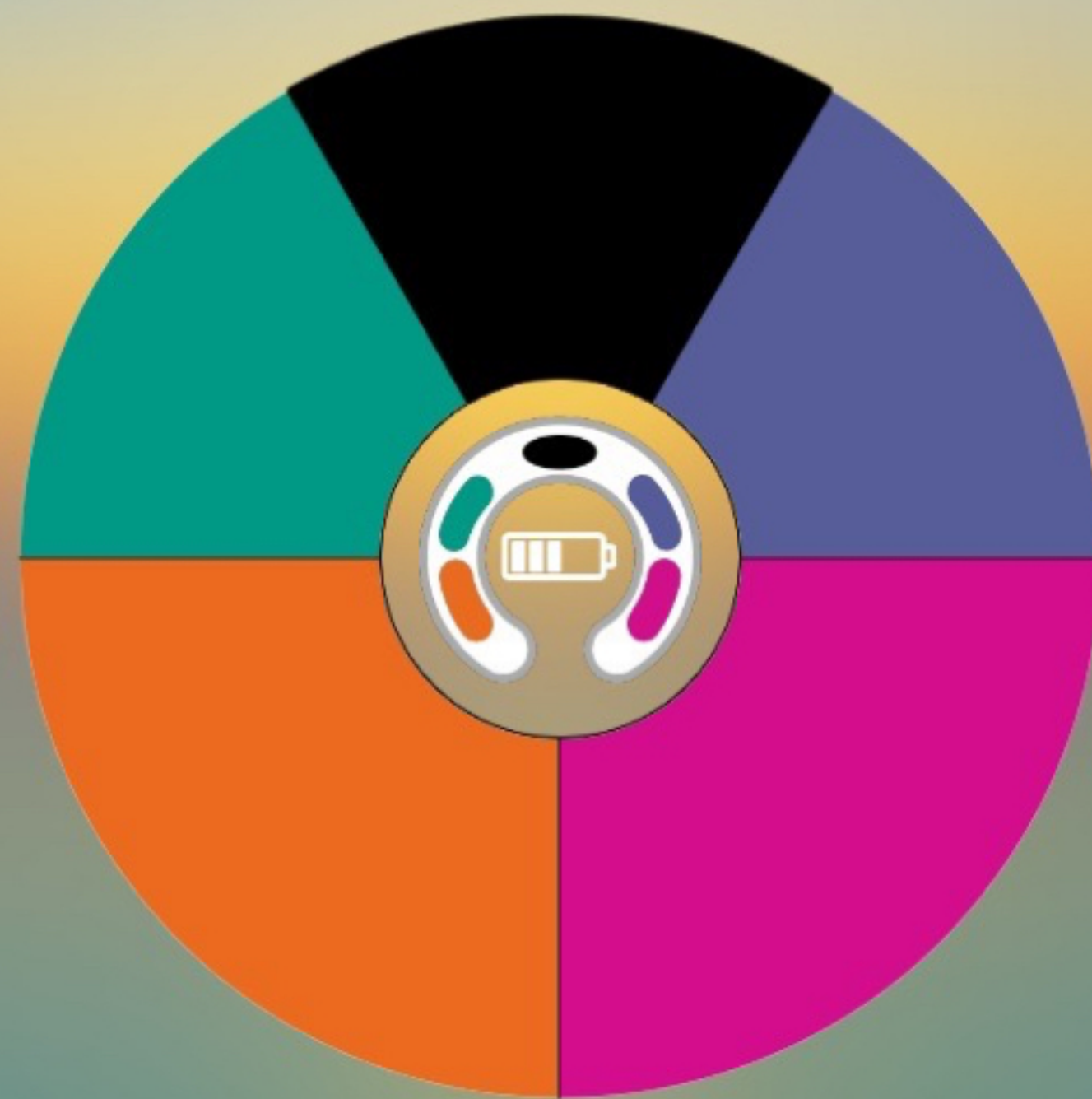
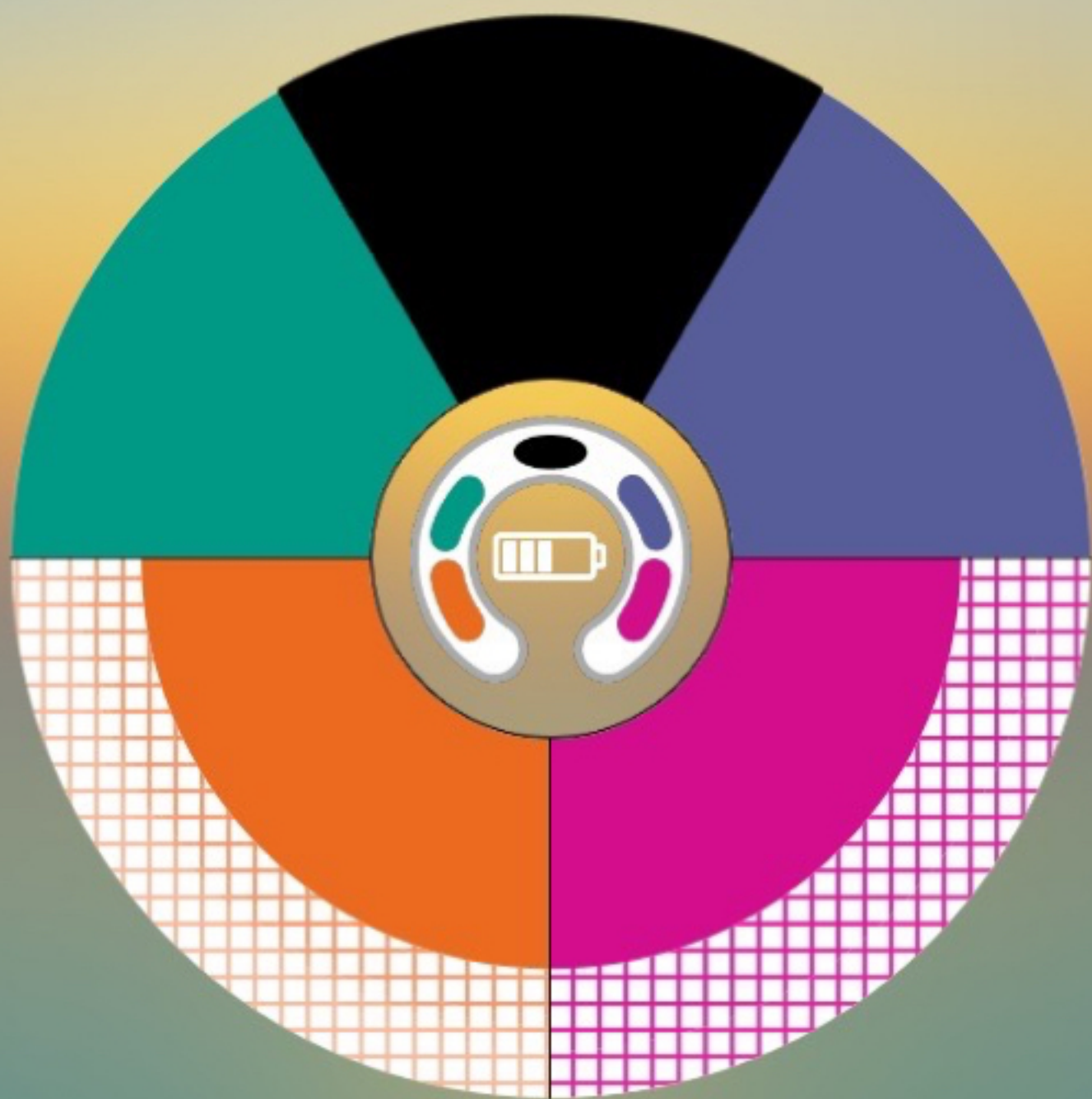
MEDITATION APPS



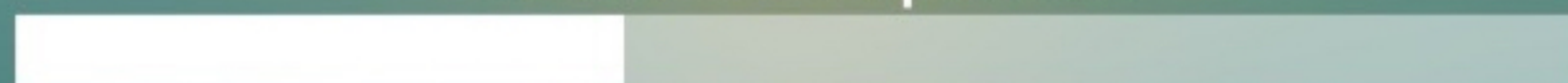
MEDITATION WEARABLES



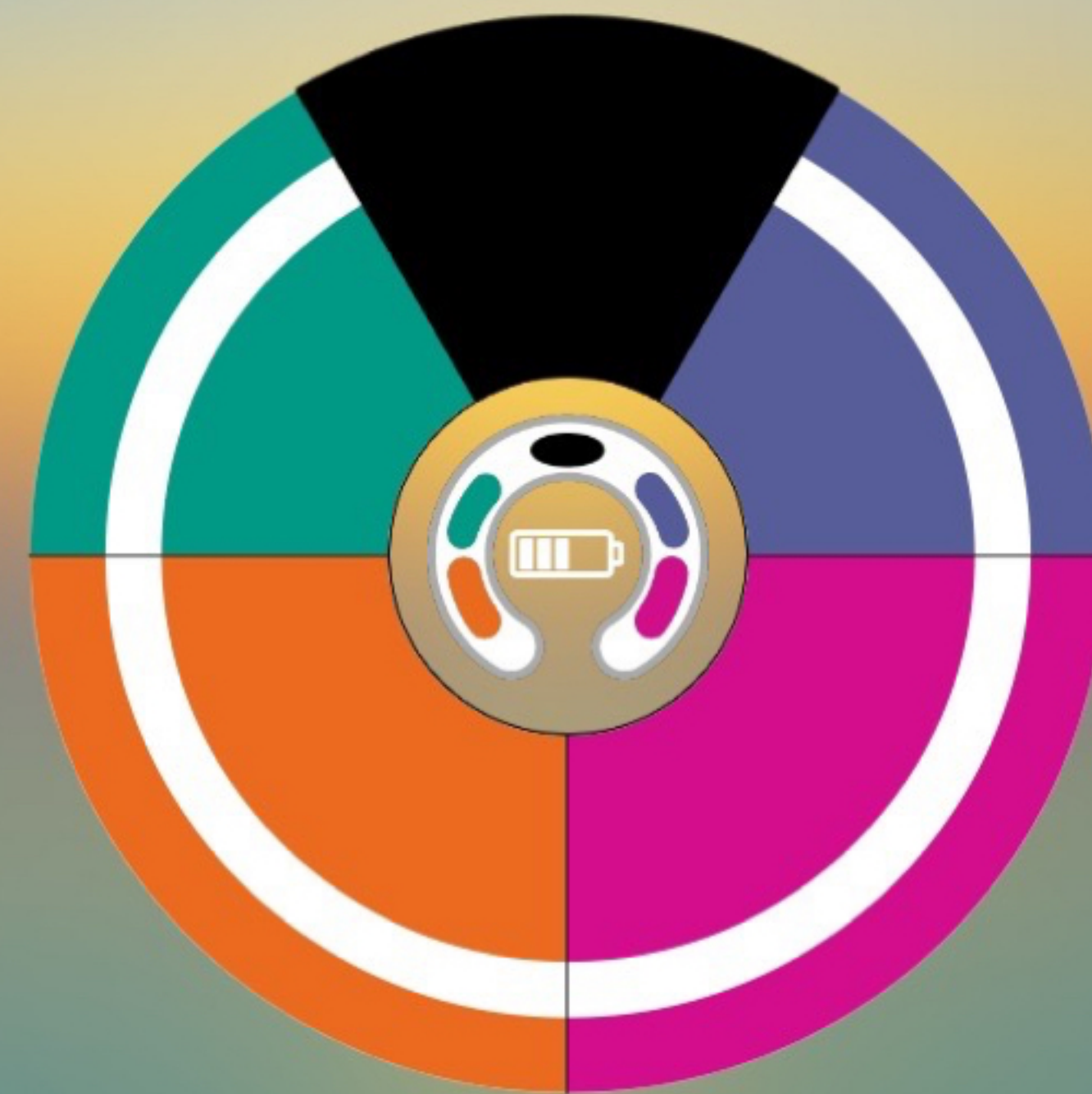
- MUSE Meditation Headband
- Realtime tracking and biofeedback on calmness or distraction
- Claims to help improve the mind-body connection
- Claims to help increasing focus capability
- Motivational challenges and rewards



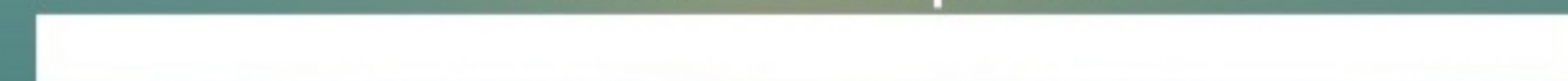
39% complete



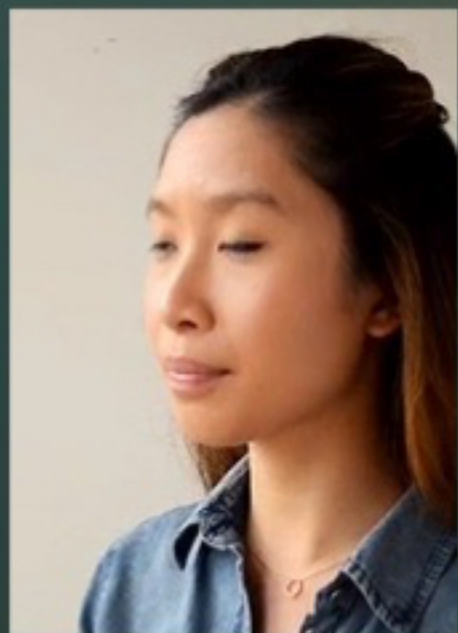
Close your eyes and let your mind flow naturally while Muse listens to your brain signals.



100% complete



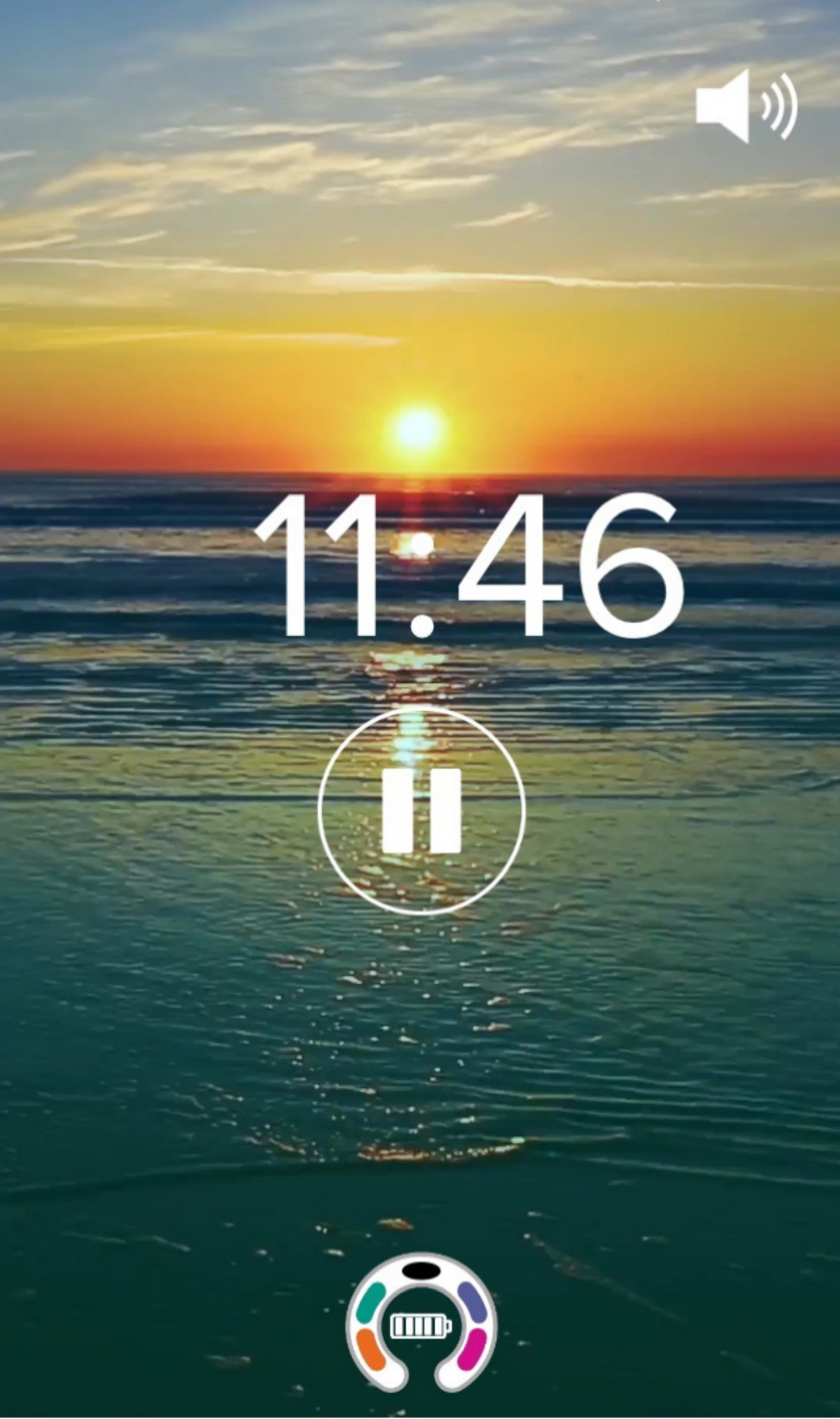
Muse is sensing your brain



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.





Session Complete

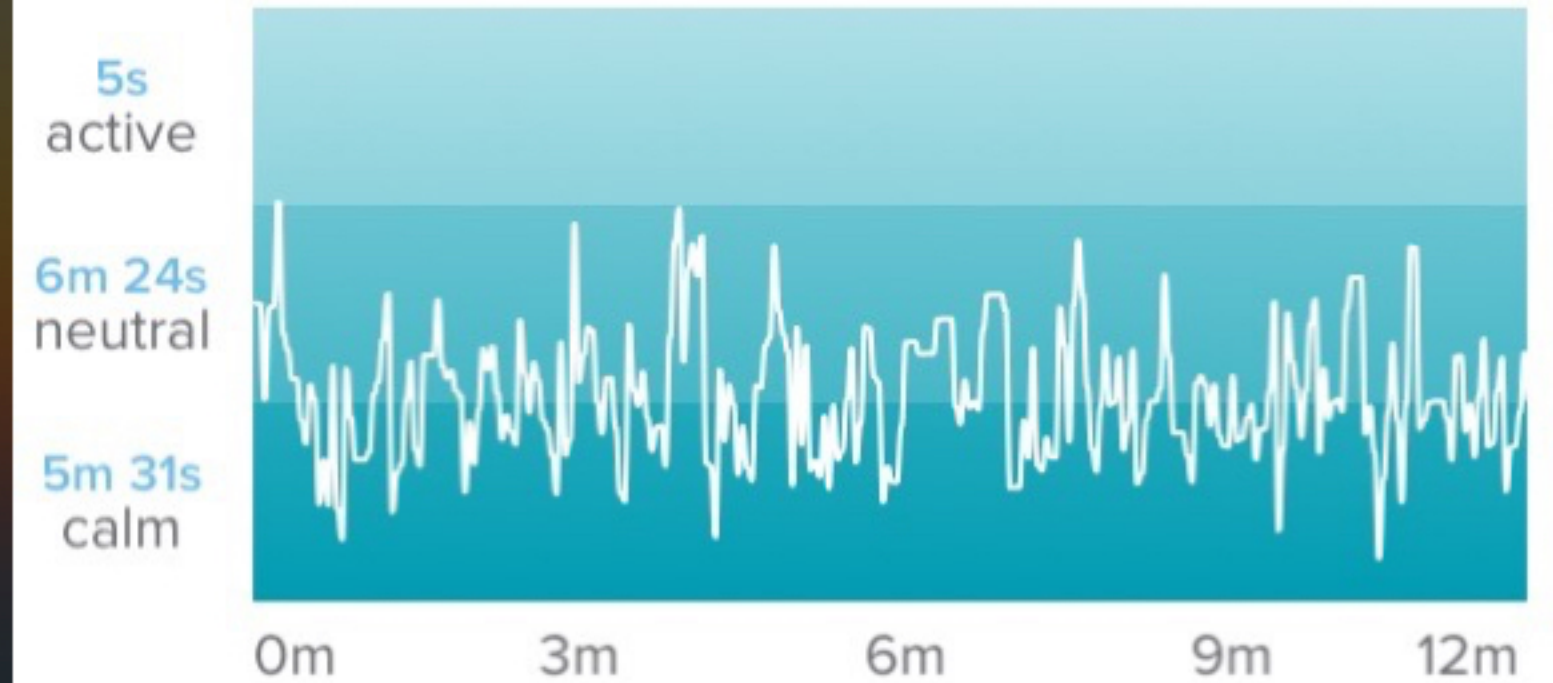
Tap the arrow to see
your data



Thu. Morning Session

Save

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



RESULTS

1377
calm points

3
recoveries

33
birds

AWARDS



Save and Share

Level 6 - Musing Since Feb, 2016

The bar chart displays the number of people in the 18-24 age group in the Netherlands from February 28 to March 11, 2020. The y-axis represents the number of people, with markers at 7 and 20. The x-axis shows the dates. The bars are stacked, with a blue base and a white top. The number of people in this age group remains relatively low until March 10, when it increases significantly, peaking on March 11.

Date	Number of people (approx.)
Feb. 28	7
Mar. 1	10
Mar. 2	13
Mar. 3	10
Mar. 4	0
Mar. 5	15
Mar. 6	0
Mar. 7	10
Mar. 8	0
Mar. 9	0
Mar. 10	13
Mar. 11	20

701	2.440	574	68.962	>
minutes	birds	recoveries	calm points	

 **12m** / 1h 4m (ends Sunday at midnight) 

Do 4 sessions over 2 days.

GRAPH SETTINGS

  Show Raw Data

  Highlight Bird Regions



Show Recoveries

GRAPH SETTINGS

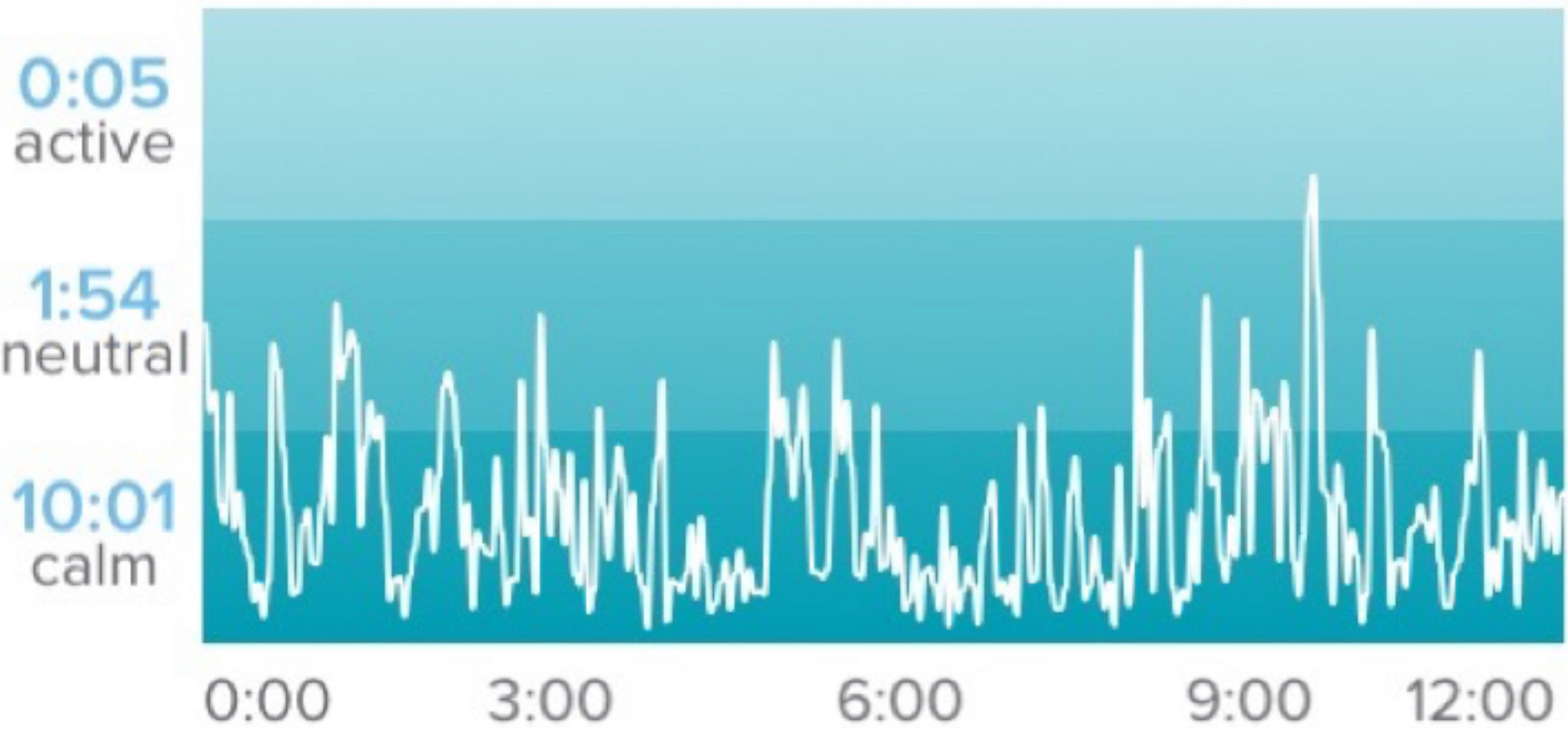
[Show Raw Data](#)

Show Recoveries

PROBLEMS WITH TRUSTING AND INTERPRETING THE DATA

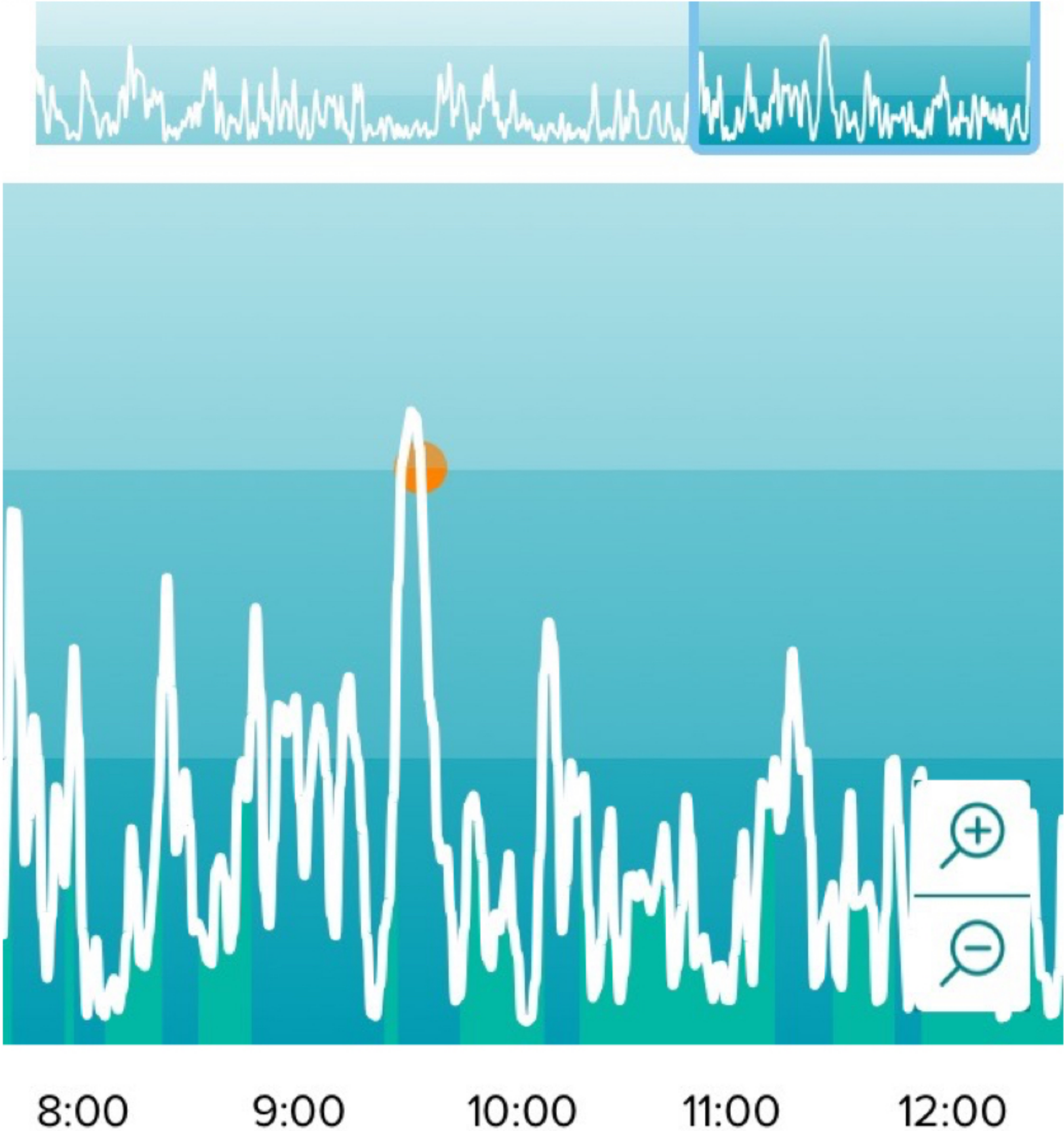
< Back Mon. Evening Session

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

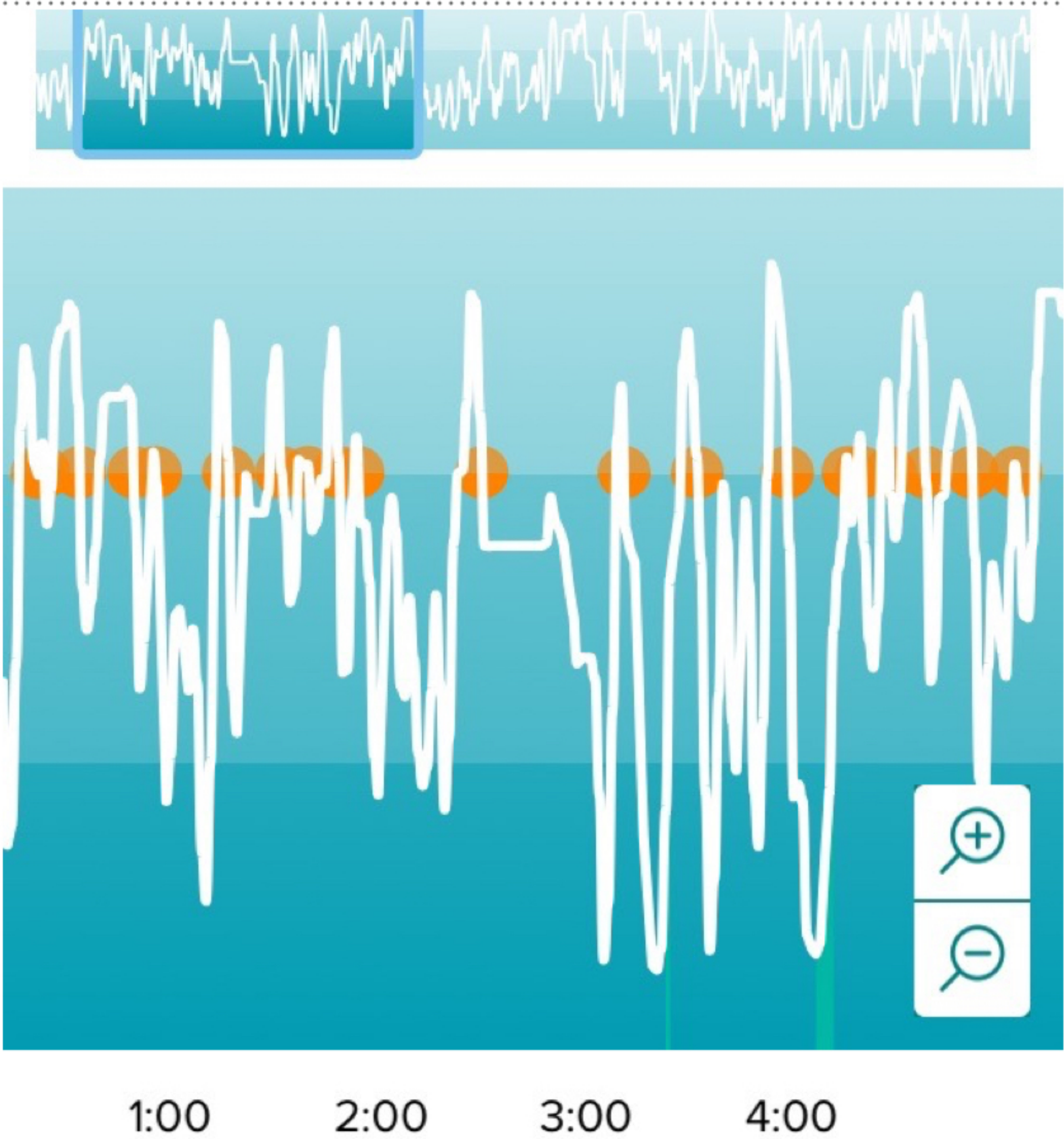
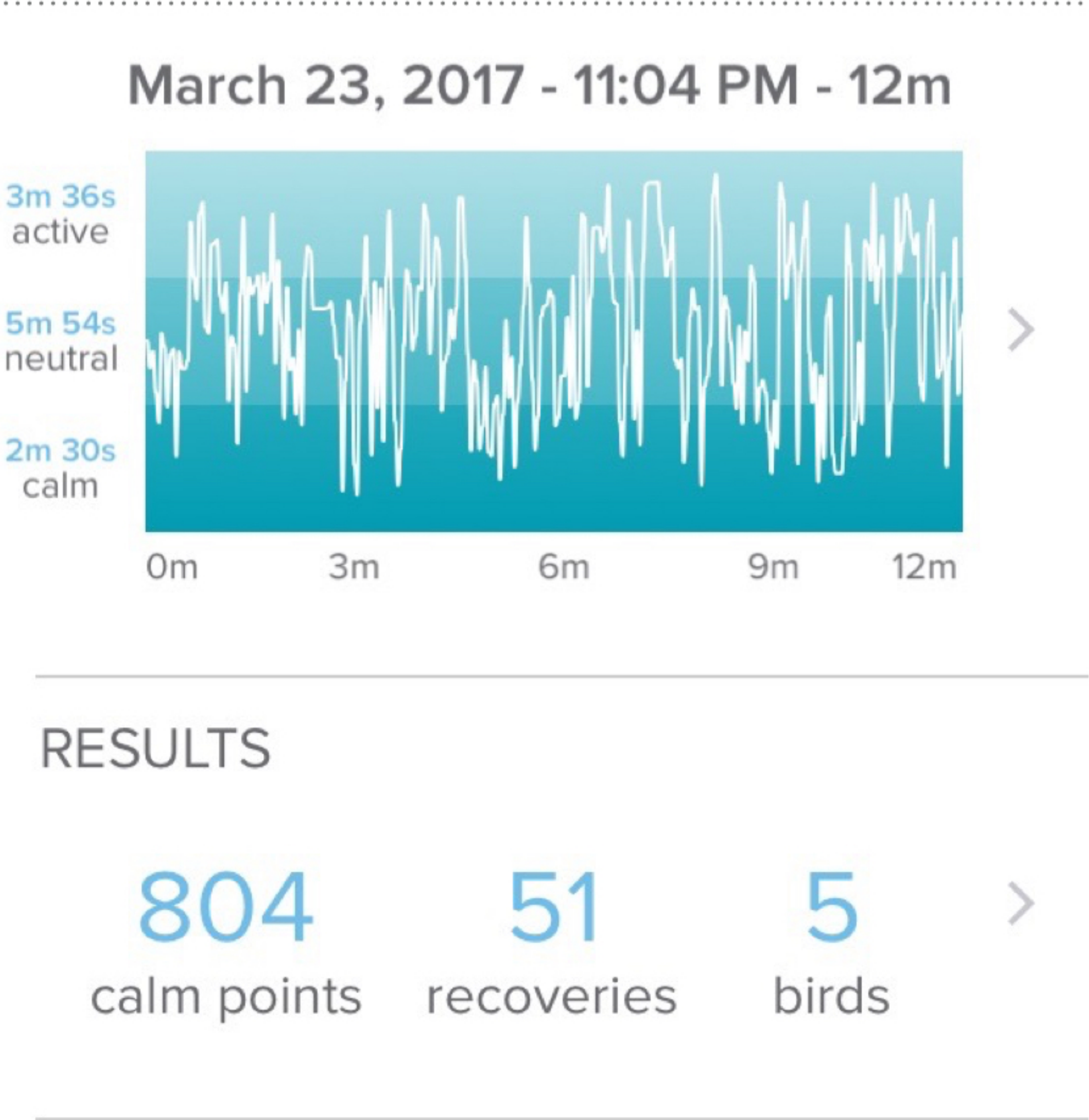


RESULTS

1917 calm points 1 recoveries 97 birds



PROBLEMS WITH TRUSTING AND INTERPRETING THE DATA



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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