DOES BIOFEEDBACK HELP IMPROVE FOCUS AND MEDITATION?

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SCIENTIFIC BENEFITS OF MEDITATION

FOCUS

- Control
- Meditation

Meditation increases focus 10 times compared to control.

IMMUNITY

- Control
- Sport
- Meditation

Meditation reduces the risk of disease by 50% compared to control.
Benefits of Meditation:

- Less Depression: 75%
- Less Anxiety: 30%
- More Well-being: 65%

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

- **Seventh Mind Meditation**
- **Insight**
- **Buddhify**
- **Equanimity**
- **Headspace**

Meditation made simple with daily programs.
➤ 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
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.
PROBLEMS WITH TRUSTING AND INTERPRETING THE DATA

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

RESULTS

1917 calm points
1 recoveries
97 birds
What have I learned then?

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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