



MindReflector® C-1 Neurofeedback System

Instructions for Use

**NOTE: Before you can use the MindReflector® Neurofeedback system, Install the NeuroSky MindWave or MindWave Mobile headset by following instructions included with MindWave and MindWave Mobile.**

Once the MindWave or MindWave Mobile headset is installed you may install the MindReflector® application

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### **MindReflector® Installation Instructions**

System Requirements: MindReflector® C-1 EEG-Neurofeedback Training Software runs on Windows XP, Windows Vista, Windows 7, Windows 8 and 8.1 operating systems. Starting with the downloaded compressed (zip) file, right click and extract all files to their own folder, then Click the Startup.bat file to initialize installation

You will also need a recent version of Windows Media Player. You may download Windows Media Player from Microsoft.com.

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### **Install MindReflector® C-1 application**

Inside the application folder, open the setup.bat file, by double clicking. Follow the installation instructions to install the MindReflector® C-1 application. Before running for the first time, a Registration window will appear, Enter an e-mail address and click submit. A Registration Key will appear and also be mailed to you. In order to register MindReflector software, you must be connected to the Internet.

## Running the application

### Open the MindReflector® C-1 application

When the application opens, you may familiarize yourself with the interface and controls before connecting the MindWave headset. When you are ready to connect to the headset and begin training, insert the USB dongle, turn on the NeuroSky MindWave and verify the MindWave is on by noting the red light. Place the headset on your head according to the instructions that accompany the MindWave.

Press the “Connect” button on the MindReflector® Application.

Within a few seconds, you should see the MindReflector® application becoming animated displaying your EEG signals, as represented by the bar graph on the right side of the screen. This may take several seconds, while MindReflector analyzes your brainwaves.

*Troubleshooting Connection Problems (see below)\**

\*From the “File” dropdown menu, choose “Options” and select one of the four listed protocols.

The default music file is pre-selected: *“Endless Fall” by Tullio*. This 25 minute mp3 file will accompany your MindReflector training session. You may also choose your own audio or video files by choosing “Select New” and navigating to the file of your choice. (Any audio or video file that can be played by Windows Media Player can be selected). To return to the default music selection, choose “Reset Default”.

Choosing “Enable Statistics” will allow you to track your progress and obtain an achievement level score. It is recommended that you keep that box checked.

Click the “Begin Training” button to begin your MindReflector® neurofeedback training session. The media player window will open. Adjust the media player window to the desired size by dragging the corner and resizing the window.

The Control Panel will fill approximately half of your monitor. You may wish to position the media player screen to fill the remaining half of the screen, or if you have an additional monitor, you may drag the media player window to the second monitor and fill the entire screen.

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Set the “Difficulty” slider to a point at which the music stops and back up just a bit until the music begins again. This is the beginning point of reference for your neurofeedback training session. Once you become adjusted to a specific level of training, you may increase the degree of difficulty using the slider. The recommended method for selecting a degree of difficulty is to select a level which allows the media file to be played continuously with just several interruptions per minute.

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A training session can last from 15 minutes to 45 minutes. You can use the Training Session Timer for checking the time. Click the “Stop Training” button to end your session. When you are ready to remove the headset, press “Disconnect” on the MindReflector® application. You may disconnect from the headset at any time.

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### Tracking your Progress, Achievement Levels, Results, Scoring

With “Enable Statistics” checked at the start of your session, the “Results” screen will appear at the end of your session. This provides a way to measure your level of achievement. The number of cycles divided by the number of successful cycles times the average degree of difficulty yields a score from 0 to 100 for each protocol.

This score activates the “About your score” link. Clicking the blue hyperlink takes you to a web page on the MindReflector® web site ([www.mindreflector.com](http://www.mindreflector.com)) which corresponds to your score. You may reset the session counter to reset the degree of difficulty and scoring algorithms to the default level.

Additional information on interpreting your score is on the specific page containing your score.

For a complete description of the MindReflector® C-1 Neurofeedback Training Application in operation please download the following PDF file:

[http://www.mindreflector.com/docs/MindReflector\\_C\\_1\\_Product\\_Description\\_Launch\\_Build.pdf](http://www.mindreflector.com/docs/MindReflector_C_1_Product_Description_Launch_Build.pdf)

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*Thanks for using MindReflector® Products. We appreciate working together in this new and exciting field of mind training, education, and research. We are interested in your feedback. To send us your comments, contact us at [info@mindreflector.com](mailto:info@mindreflector.com) and see MindReflector Technologies, LLC on Facebook, Twitter, and Google Plus.*

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*\*Troubleshooting connection problems:*

*The COM Port should be selected automatically. If you find that there is no connection...*

*Make sure your MindWave has a fresh battery installed, then check the Messages displayed by the MindReflector® program, follow on-screen instructions. If these do not solve the connection issue, close the program and restart it. If this does not solve the problem, restart the computer.*

*If you are not able to pair your MindWave Mobile headset, make sure that your system supports Bluetooth connections and that Bluetooth is enabled in your System Settings.*

*If your system is not Bluetooth enabled, you will need to purchase a Bluetooth dongle. See info here: <http://support.neurosky.com/kb/store/where-can-i-purchase-a-bluetooth-dongle>*

*And here: [http://www.amazon.com/IOGEAR-Bluetooth-Micro-Adapter-GBU521/dp/B007GFX0PY/ref=dp\\_ob\\_title\\_ce](http://www.amazon.com/IOGEAR-Bluetooth-Micro-Adapter-GBU521/dp/B007GFX0PY/ref=dp_ob_title_ce)*

*Additional Resources are available at: <http://www.mindreflector.com/support>*

*You may also contact MindReflector® support at [support@mindreflector.com](mailto:support@mindreflector.com)*