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MindReflector Software demonstrated to provide effective home Neurofeedback training

Harrisburg, PA -- Recent research with the MindReflector ® C-1 home neurofeedback trainer has demonstrated its usefulness for aiding relaxation, attention and sleep. In a series of studies, the MindReflector protocols have been shown to increase important characteristics of a person's EEG behavior, as designed, and to promote relaxation and attentions skills. Statistically significant findings were obtained when comparing first half versus second half amplitude scores for targeted bandwidths, consistent with results obtained during typical Neurofeedback training.

Beta testers have provided consistent feedback about the benefits obtained from the device. Testimonials have included, "It calms me. I feel peaceful at the end of training," "After training I am more focused and alert," "After training, I slept well through the night," "It stops my mind from racing," and "It gives me more energy for the rest of the day."

After only five weeks of regular training with the Quiet Focus protocol, a young woman with attention and memory problems following a head injury demonstrated dramatic improvement in attention skills. Her sustained attention and response quotient scores on the IVA+, a standardized test of attention and focus, increased almost three-fold after MindReflector ® training. A 65-year-old woman with chronic insomnia now is able to sleep through the night since she began to use the MindReflector ® Meditative Relaxation protocol. A 55-year-old gentleman with fatigue and concentration problems uses the MindReflector ® in the afternoon to increase his energy level for the rest of the day.

The MindReflector ® C-1 Neurofeedback trainer uses the NeuroSky MindWave or MindWave Mobile headset to provide four contingent feedback protocols for training relaxation, attention, mind openness, and flexibility. When training, users only have to their eyes while listening to music, or open their eyes and watch visual arrays, videos or movies. The feedback is easily customizable on Windows Media Player. A MAC version should be available by the end of the year.

Tullio DeSantis and Dr. Thomas Fink created MindReflector Technologies, LLC in 2011 to bring low-cost and easy-to-use EEG biofeedback training to home users. The device's low cost provides a new self-help tool to consumers interested in improving their self-regulatory skills. The device and data demonstrating its viability for home training was presented at the 2012 meeting of the International Society for Neurofeedback and Research in Orlando, Florida, September 2012.

For more information on MindReflector or how to purchase the device, visit www.mindreflector.com, and for more information on NeuroSky, visit www.NeuroSky.com.