Demonstration

Wearable Wellness: Real-Time Biofeedback
for Mindfulness and Meditation Training

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Meditation and other types of attentional training practices have been extensively studied in the clinical and academic literature, and seemingly correlate with a wide variety of short and long-term neurological and physiological changes. Here we investigate the potential capabilities and limitations of real-time, wearable biofeedback systems designed to record, analyze and optionally provide reinforcement to users. The goal of these systems are to effectively train users to experience greater subjective impressions of well-being — we characterize our system's efficacy using a psychologically-validated affective state questionnaire. Design decisions related to battery consumption, usability as a wearable device and optional use of mobile smartphones will be discussed during the interactive demo session.