



MindReflector Frequently Asked Questions

1. What are Brainwaves?

Brains produce electromagnetic waves of energy when a person is awake or sleeping. These waves reflect the behavior of the brain and, like all waves, vary in intensity and speed.

2. What is an EEG?

A person's brain waves can be detected and analyzed as they are emitted from the scalp. The EEG (electroencephalogram) is the objective measurement and description of this activity. Typically, the amplitude of the waves is recorded for designated bandwidths. Bandwidths are groupings of the waves with varying speeds, or frequencies. Typical bandwidths, ranked by speed, include Delta, Theta, Alpha, and Beta. Research and increasing recording sophistication has led to further designations, including low and high Alpha, low Beta, and Gamma.

3. What does the EEG reveal about the brain

The EEG behaves differently when a person is sleeping or awake, focused or unfocused, relaxed or anxious, or functioning efficiently or poorly. Distinctive patterns of EEG activity have been discovered that reflect optimal vs. inefficient ways of behaving. A healthy brain generally reflects openness, balance and flexibility.

4. What are some of the common EEG correlates with behavior problems?

Brains that are functioning inefficiently tend to produce high amplitude Delta (slow wave) activity. The ability to focus is often reflected in the ability to produce low Beta activity. Relaxation is reflected in a number of ways, including the absence of high amplitude in bandwidths associated with worry and obsessing, as well as the ability to produce amplitude in bandwidths associated with the relaxation response. The EEG literature should be consulted for more detailed information on the important EEG correlates of consciousness.

5. What is Biofeedback?

Biofeedback is a remarkable technique that trains people to control important bodily processes that usually occur involuntarily, such as blood pressure, heart rate, muscle tension, and skin temperature. This is done by providing information, or feedback, to a person that reflects what the body is doing. Feedback often involves sounds that a person is asked to change. By changing the feedback, the person learns to change the bodily processes as well.

6. What is Neurofeedback?

Neurofeedback involves using information about the brain's EEG to help alter the EEG. Typically a person sits in front of a computer screen that produces sounds, music and visual changes to support positive EEG changes.

7. How does MindReflector™ Neurofeedback training work?

The MindReflector uses information available from the NeuroSky MindWave headset to monitor the brain's EEG patterns in real time. During training with the MindReflector protocols, visual and auditory information occurs as the EEG changes in a positive way. The four protocols are specifically designed to aid attention, relaxation, openness and flexibility. Specific instructions for using the protocols are provided on the MindReflector website.

8. Do I need to think certain thoughts while training?

Thinking usually is a deterrent to successful EEG training. Optimal results are obtained when persons simply allow themselves to listen to the music and/or watch the screen. It is the unconscious mind that is being trained. It is the over-aware conscious mind that typically interferes with relaxation or gets in the way of focus and attention to the outside world.

9. Will I feel anything unusual?

Typical responses to the use of the MindReflector protocols include relaxation, attentiveness, and increased awareness. No unusual effects have been reported.

The MindReflector involves supporting positive changes in the EEG. Most Beta testers have reported that they enjoy using the system.

10. Is it safe?

Extensive Beta testing with the MindReflector protocols has not produced any documented deleterious effects. After training, persons often report feeling relaxed, or even tired, while other persons have indicated feeling increased energy or focus.

A few persons have reported mild increases in arousal levels. However, these immediate responses are short-lived. EEG training with similar broad bandwidth training protocols does not appear to produce documented negative effects. The NeuroSky MindWave device has been available for a number of years and has been used for toys, as well as attention training systems, without any reported negative effects. Of course, if a user does not like the effects of MindReflector, they are encouraged to discontinue using the system.

11. How soon will I notice changes in myself?

Responses to the MindReflector protocols varies from person to person. However, even an initial training session for some persons has produced short-term increases in relaxation and attention. Regular use of the system would be required for longer lasting changes in skill and abilities.

12. What kinds of positive changes have been reported?

To date, positive changes have been reported by Beta testers in their ability to sleep, focus, and stay alert. Efficacy studies are underway to assess long-term positive changes.

13. Does it help with ADHD? PTSD? Anxiety? Depression?

The MindReflector does not provide treatment for any medical or psychological disorder. While it is an educational-oriented training system that can be used to help increase attention skills, teach and support relaxation responses, and improve overall mental functioning, users who would like treatment for any mental condition are strongly encouraged to seek out a licensed professional. There also are a number of professionals with specific training in the use of Neurofeedback to augment treatment who can be consulted (see iSNR site).

14. Where can I get technical support?

MindReflector product and technical support information is here:

www.mindreflector.com/support