

Supporting Meditative Awareness through Neurofeedback Wearables

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1 Introduction

1.1 Neurofeedback

1.2 Meditation

1.3 Awareness

2 Goals

3 Measurement Data

3.1 Biological Signals

3.2 Measuring

3.3 Processing and evaluation

4 Available Devices

4.1 Neurosky - Mindwave Mobile 2

4.2 InteraXon Inc. - Muse 2

4.3 Emotiv - Epoc+

5 Conclusion

References

- [BD1] Tracy Brandmeyer, Arnaud Delorme, Meditation and neurofeedback Frontiers in Psychology, Article 688 (October 2013).