

## **What is Biofeedback?**

Biofeedback is a technique that measures bodily functions and gives information about them, in order to help train you to control them.

Biofeedback uses feedback from the following measurements:

- GSR (Galvanic skin response) which measures electric conductance due to minute amounts of sweating on the skin,
- Heart Rate Variability (HRV), which is an advanced method of measuring the heart rate using inter-beat – interval using many mathematical algorithms such as FFT (fast fourier transform),
- Continuous Skin Temperature measurement,
- EMG (Electro Myo Graph) which measures muscle tension,
- Respiratory Rate monitoring, which monitors breathing patterns which can get erratic under stress.
- EEG (Electro Encephalograph), most important indicator of Brain activity, to measure the levels of relaxation.

These all are combined with various software, which helps in providing accurate measure of stress levels.

By watching these measurements, you can learn how to alter these functions by relaxing or by holding pleasant images in your mind.

While the doctor describes stressful situations and then guides you through relaxation techniques, you can see how your heart rate and blood pressure change in response to being stressed or remaining relaxed.

## **How do we help you using Biofeedback?**

Biofeedback teaches you how to control and change these bodily functions. By doing so, you feel more relaxed and may be able to help treat such conditions as:

- Anxiety, Stress and insomnia
- Tension and migraine headaches
- Urinary incontinence