

GSR (Bio Feedback) Stress Monitor Z901



*A simple, natural way to calm down, de-stress and relax.....
without drugs or any external means*

Stress is a part of everyday life, and it keeps many people from functioning at their optimum level because they do not know how stressed they are or how to control it. Biofeedback is a widely used and medically accepted technique for teaching control of stress.

This compact, hand-held Biofeedback device lets you monitor and control your stress by translating minute tension-related changes in your skin into sound. By concentrating on the tone you can learn to lower the pitch and thereby your stress and anxiety level.

This drug-free, non-invasive stress relief method has been successfully used in practice by physicians, psychologists, psychiatrists and meditation experts for more than three decades.

Apart from general relaxation, biofeedback has proven effective in the treatment of anxiety, hypertension, incontinence, and headaches, among other conditions.

Salient features

- Switches on automatically when it senses finger contact
- Detects anxiety and stress related changes by monitoring skin conductivity
- Provides tonal feedback of stress level through in-built speaker or optional earphones
- *Sensitivity* control to vary response of the instrument to changes in skin conductivity
- *Volume* control for audio output
- Operates on 9V battery costing approx Rs.15/- with long life of 50 – 100 hrs
- Mains operation is intentionally not provided to ensure user safety

Specifications

Skin resistance : 1000 – 3,500,000 ohms
Audio Frequency : 0 to 15000 Hz
Optional extra : Headphone/ earphone
Power supply : 9 V battery. 3mA max
Dimensions : 125 x 75 x 29 mm 150gms
Warranty : 12 months