

Mindball® Trainer



Mindball Trainer is a training device for learning how to improve your ability to relax and focus. Mindball Trainer will help you to perform better in sports, in school, at work - in life.

Mindball Trainer is contained in a neatly designed case. On the top of the case a ball is moving during the session. Connected to the case is a headband with electrodes.

The electrodes are wired up to a biosensor system. The system that is used to measure the body's biological signals registers the electrical activity in the brain - so called EEG (see below).

The brain waves that move the ball forward are called low beta waves. They are generated in the brain when one is focused.

The goal is to be as relaxed and focused as possible and thus moving the ball away from you into its goal on the short end of the box.

The user can follow his/her mental process during a session as the brain activity is presented graphically if a monitor is attached.

There is a vibrator motor inside the lower right part of the case which enables the user to keep his eyes closed and still be made aware of the progress of the session. One vibration indicates that the session is over with success. Two vibrations that the session is over but the ball went back to its starting position without having reached the goal position.

One session

Place Mindball Trainer so that you can see the ball's movements. Turn on the power to Mindball Trainer. The ball will be placed in its starting position close to you. Put on the comfortable headband. Take a deep breath, and start the session by pressing the start button. As you try to relax and focus the ball will move away from you towards its goal.

Variations

The level of difficulty can be changed by a sliding switch. Depending on your current mental status you can increase or decrease the level of difficulty on Mindball Trainer. If you should be very stressed and unfocused you will perhaps not be able to move the ball into its goal even on the lowest level of difficulty. Just try again and again until you succeed.

If you should manage to move the ball into its goal on the highest level of difficulty you are in good shape - keep it up by training every day!

Output Data for Analysis

If you attached a USB memory to the USB port, data from sessions that you perform between you turn power on and until you turn power off will be stored on the USB memory (as many as the USB memory can store). Instruction and files for managing the output files are included on the enclosed USB memory.

EEG

The EEG (electro-encephalo-gram) is an electrical waveform that is recorded from the brain by using electrodes appropriately placed on the head.

Background

The product Mindball Trainer is invented and developed by Interactive Productline. Interactive Productline has also developed the product Mindball Game based on a concept invented by the Interactive Institute. Mindball Game is a two player's game version of Mindball Trainer.

Mindball®

Patented