

Biofeedback Applications

Breath-Based Biofeedback Applications

	<p>Paced Breathing: Free</p> <p>Paced Breathing helps a user to control their breathing cycle by providing visual and auditory feedback.</p>
	<p>Tactical Breather: Free</p> <p>Visual and auditory input for breathing in, holding the breath, and breathing out. Very simple app.</p>
	<p>Breathe2Relax: Free</p> <p>Assesses stress levels before and after breathing sessions. The app has information about how stress impacts different parts of the body, and leads users through a body scan. Stress data is graphically represented over time. Audio and visual input for breathing in and out.</p>
	<p>BioBreathing: Free <i>(for iPhone products only)</i></p> <p>Simple breath pacer application that allows users to keep count of inhale and exhale breathing cycles. User can set the lengths of the breath independently.</p>
	<p>BellyBio Interactive Breathing: Free <i>(for iPhone products only)</i></p> <p>BellyBio turns your iPhone/iPod Touch into a highly-sensitive deep breathing sensor providing a real-time, objective stress-level index based on your breathing pattern.</p>
	<p>BreathPacer: \$2.99</p> <p>Visualization of when to breathe, ability to change the breath rate, and the length of the session is virtually unlimited. Only downside is there is not auditory cue to breathing.</p>
	<p>Breathing Zone: \$3.99</p> <p>Breathing Zone is a breath pacer that reduces the breaths per minute from 5 to 30 minute sessions in order to increase heart-rate variability. Provides visual and auditory feedback. (Free version only 5 minutes)</p>
	<p>Pranayama: \$6.99</p> <p>Pranayama trains deep breathing through guided steps at different levels of expertise. Ability to change many features (e.g., music, how long to inhale/exhale/hold, etc.) and track time spent at each level of breathing. (Free version has ads; only for beginner level)</p>

Mindfulness Meditation-Based Applications

	<p>Stop, Breathe & Think: Free <i>(for iPhone products only)</i></p> <p>Assesses how you are feeling and thinking by using emoticons. Based in mindfulness meditations, guided trainings, and compassion-building.</p>
	<p>SATiFY: Free <i>(for Android products only)</i></p> <p>Mindfulness mediation with many different options for sounds and guided meditations. Some services are free, but some require payment. Free services include stress prevention, nature sounds, several guided meditations, and brainwave enhancers.</p>
	<p>Calm: \$9.99 annual fee, \$6.99 for 6 months, \$4.99 for 3 months</p> <p>7 steps toward a more calm life with 50 guided meditations, 10 scenes, and 16 music tracks from 2 to 30 minutes. (Free version only has one meditation)</p>

Heart Rate Biofeedback Applications

	<p>Instant Heart Rate: \$0.99</p> <p>Use your phone's camera to detect your heart rate and provide instant access to your body's stress level. (Free version may be the same as paid version)</p>
	<p>Stress Check: \$1.99</p> <p>Immediately quantify your level of stress to determine the effects of different stressors and control your stress throughout the day. Stress check will make recommendations for activities based on your current level of stress. Observe your progress over time to see improvements. (Free version similar, but with advertisements)</p>
	<p>Stress Doctor: \$4.99 <i>(for iPhone products only)</i></p> <p>Stress Doctor uses your iPhone's camera to visualize the rising and falling of your heart rate when you breathe in and out. Stress Doctor helps you synchronize your breathing with your autonomic nervous system. This training has been shown to correlate with reduced symptoms of psychological stress, stress reactivity, and depression.</p>