

# Tech gets in your head, literally, to ease stress

January 10 2014

---



Attendees walk around the 2014 International CES at the Las Vegas Convention Center on January 7, 2014 in Las Vegas, Nevada

Yes, technology can get into your head, says the maker of a new brain-sensing headband that promises to reduced stress.

The Muse headband from Canadian-based Interaxon presented at the Consumer Electronics Show uses seven sensors, including five on the forehead and two behind the ears, to monitor [brain activity](#) and help people with stress-reducing exercises.

"It's based on neuro feedback," said company communications manager Gena Meldazy.

"The sensors detect and measure changes in your brainwaves." They then transmit this information to a [smartphone app](#), which enables the user to find ways to relax and reduce stress.

It can deliver results in just a few minutes, for example, "very quickly before an important meeting," Meldazy told AFP.

The system uses a series of training exercises designed to calm and focus the mind, helping keep stress under control.

The product is set to be launched in 2015 at a price of \$269, with the company taking preorders at [www.getyourmuse.com](http://www.getyourmuse.com).

© 2014 AFP

Citation: Tech gets in your head, literally, to ease stress (2014, January 10) retrieved 18 April 2024 from <https://phys.org/news/2014-01-tech-literally-ease-stress.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.