



## 5 Ways a Biofeedback Device Can Help You

### 01 PUTS YOU IN CONTROL

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Biofeedback is all about putting you in control of your body. Impulses, such as breathing, may at first seem involuntary. The fact is that you are very much in control of many of your bodily functions.

Breathing pace is heightened when we get excited, nervous, or stressed. This in turn increases your heart rate, putting your body in a heightened, or stressed, condition. In learning to control bodily functions, you can in turn control your body's reaction to stress.

### 02 CONTROL YOUR BREATHING

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Learning to control your breathing is one of the biggest advantages to biofeedback. Stress management biofeedback devices can help you learn to control your breathing by offering a training program. By breathing with the training mechanism of the device, you can learn to effectively control and slow your breathing, which can directly lower heart rate and stress responses.

### 03 CONTROL YOUR HEART RATE

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With learning to control your breathing, you can directly affect your heart rate. Breathing and heart rate are directly correlated, and if you can control one, you can affect the other. By training yourself with a biofeedback device to manage your breath, your heart rate can be slowed, which can greatly reduce stress effects on your entire body.

### 04 CONTROL YOUR STRESS

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When you are in a stressful situation, your heart rate and breathing increase as your body goes into a fight or flight response reaction. This natural reaction releases adrenaline and other chemicals into our body. Nerve stimulation and muscle contractions occur with adrenaline release, causing tense physical reactions. A biofeedback device can help you control your body's fight or flight response by guiding you through breathing exercises to reduce your heart rate and, in turn, reduce the physical response to stress.

### 05 CONTROL YOUR SLEEP

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Proper breathing can help slow heart rate and promote muscle relaxation, two common factors that lead to insomnia. Stress can bring on insomnia, as well as vice versa. In learning to manage your body, you can decrease the physical manifestations of stress, including increased heart rate and breathing. Controlled breathing can reduce muscle tension, a common physical response to stress.