
Melomind : un miroir cérébral pour découvrir et entraîner son cerveau à volonté

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Résumé

Neurofeedback training is a relatively well-known procedure to enhance cognitive functions and alleviate neuro-psychological disorders. However, it is still difficult to train our brain through neurofeedback at home, at work or at hospital. Melomind is a portable and user-friendly neurofeedback system. The solution is composed by an audio-EEG headset with dry sensors and a mobile App. Melomind gives access to users and patients to self-management therapy, especially for stress and anxiety management. In this presentation, I will explain the solution and how we evaluate its efficacy. We showed that melomind dry sensors signals had enough resolution to capture classical brain phenomenon such as P300 or SSVEP, in comparison to classical gold standard EEG wet sensors. I will also detail our double blind randomized study to assess melomind effects. Finally, I will present briefly the melomind SDK, an open access to melomind raw data.

Mots-Clés: R&D

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