



GEORGETOWN SPORTS MASSAGE

## **BioFeedback App Now Available for iPhone and Apple Watch in the App Store**

WASHINGTON — Aug. 24, 2017 — Beginning today, athletes can download the BioFeedback app, a platform to record data that, when analyzed, will guide the athlete to improve performance. The app allows you to record data about conscious breathing, heart rate, body temperature (both biofeedback mechanisms), mental rehearsal and lucid dreaming. The data is collected and can be used for research or supplied to the athlete to improve training.

Using this app to track each of these five elements will, over time, help enhance both training and ultimately competition and performance. Future versions of the app might rely more on physiological tracking for conscious breathing, mental rehearsal and lucid dreaming.

The BioFeedback app allows the athlete to train without carrying a phone and can record data via the Apple Watch interface. Future releases will leverage the Apple Watch's heart rate monitor and thermometer.

Mobile Associates ([www.mobileassociates.com](http://www.mobileassociates.com)) out of Atlanta, Ga., developed the app and, based on user feedback, will continue to iterate on future versions.

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For more information about the BioFeedback app, please contact:

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