

**BioFeedback App Version 1.4 Now Available for iPhone and Apple Watch in the App Store**

WASHINGTON — Feb. 26, 2018 — Can combined biofeedback, waking imagination and lucid dreaming enhance sports performance? Our Biofeedback app is an attempt to articulate both this question and the potential responses. The app leverages the Apple Watch OS native functionality to record heart rate, and also allows you to manually record conscious breathing, body temperature (all three biofeedback mechanisms), mental rehearsal and lucid dreaming (an extension of mental rehearsal in an alpha/theta brain wave state) to help enhance an athlete’s performance.

Using this app to track each of these five elements will, over time, help enhance both training and ultimately competition and performance.

The BioFeedback app allows the athlete to train without carrying a phone and can record data via the Apple Watch interface.

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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