

Hi Phreaks.

This device makes a special form of biofeedback possible in a very simple way.

It is based on the principle that the more the body is relaxed, the higher the skin resistance is.

With the aid of two “electrodes” in the form of metal rings around two fingers, the skin resistance is used to control the frequency of an oscillator. This is constructed around a

unijunction transistor (T1). The tone produced can be heard through a pair of stereo

headphones and it will become lower the more one relaxes and the resistance between the

electrodes increases. As a reference, an identical oscillator is constructed around T2, the

frequency of which can be set to produce a tone, corresponding to an optimally relaxed state.

The output of the reference oscillator is connected to one channel of the high-impedance

stereo headphones and the skin resistance sensitive oscillator is connected to the other

channel. The idea is to match the frequency of both tones as closely as possible merely by

relaxing.

Cool it man says ...

Ullasmann.

Ps. A very special acknowledgement is due to S.Kaul whose circuit appeared in the  
Elektor Summer Issue (1980).

