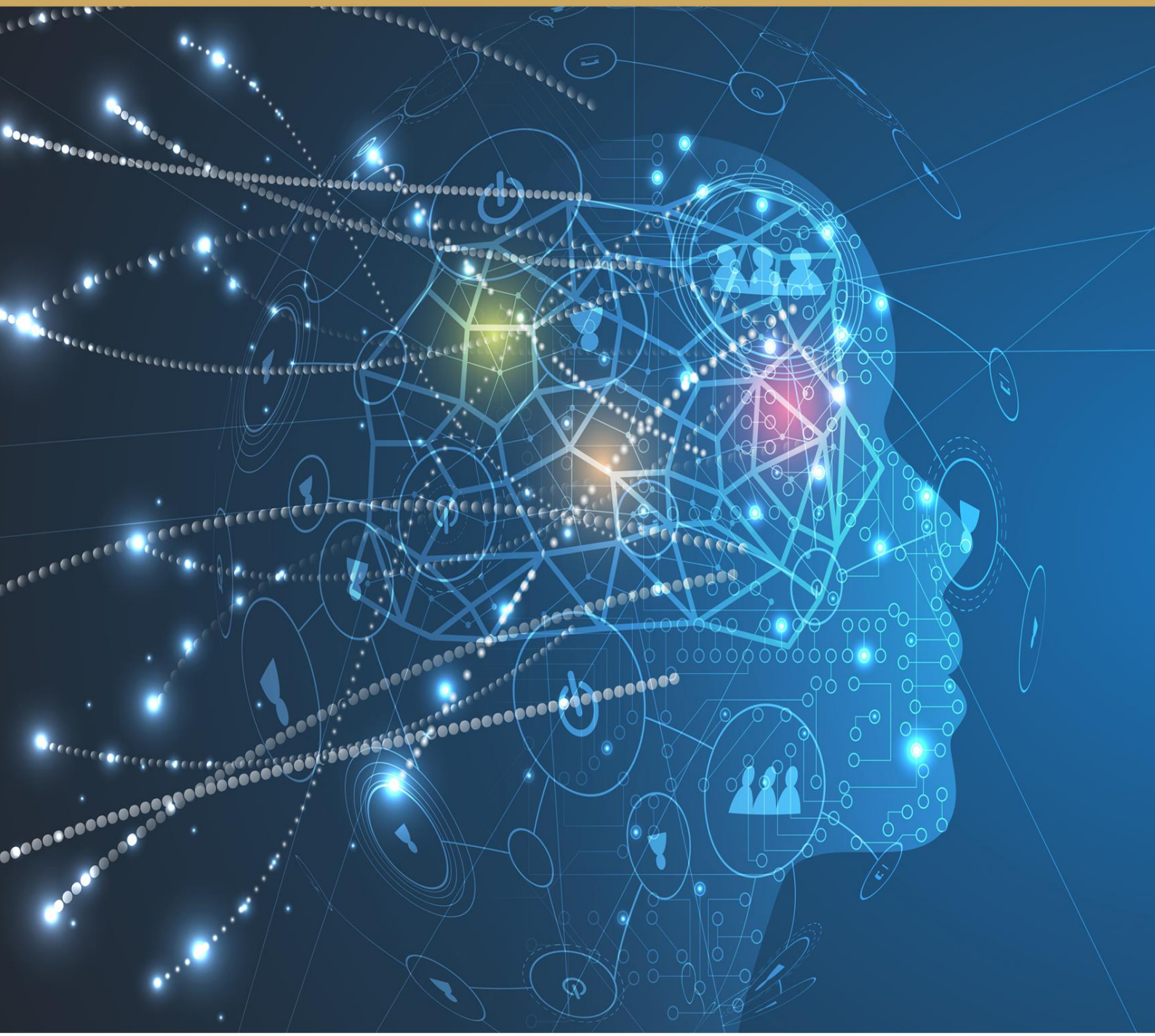
A HIGH PERFORMERS GUIDE

TO TRANSFORMATIVE TECHNOLOGIES



USING WEARABLE TECHNOLOGIES, PLATFORMS, AND DEVICES FOR SELF OPTIMIZATION

Troy A Haines

A HIGH PERFORMERS GUIDE TO TRANSFORMATIVE TECHNOLOGIES

Using Wearable Technologies, Apps, Platforms and Devices for Self-Optimization

Thank you ...

Thanks to Nichol Bradford and all of the team at Transformative Technologies for their inspiration and work to support entrepreneurs and innovators to apply and build exponential technologies that support humanity in becoming what we can become.

From Mental Health > Well-Being > Human Performance > Human Potential > Potential Beyond Human

What Can We Become?

iAMconnected
wellbeing ➤ performance ➤ potential

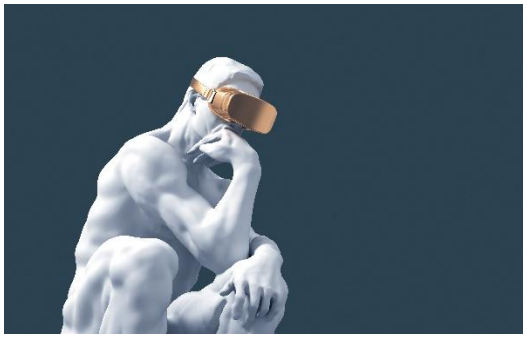
Are You Ready Now?

In our experience, some people are already using Transformative Technologies but want help getting the most from them. If you'd like help getting started with integrating Transformative Technologies, get in touch, and we'll work with you to explore what is right for you. Use the link below to book a 15-minute call with one of our customer service representatives.

BOOK A 15-MINUTE CALL

Book your free, no-obligation, 15-minute consultation to accelerate getting the most from Transformative Technologies.

Foreword



Dating back to when we were primates and first used a stick to get to fruit on a branch outside our reach, we've progressively used tools and technologies in more sophisticated ways to extend our abilities.

That's no different today as we explore tools, techniques, and technologies to realise ever-increasing levels of performance and potential.

This is a guide to help you get started on your journey to integrating emerging technologies that extend your abilities and improve your day-to-day well-being and performance with a particular focus on optimization of the body/mind connection.

Historically, most of these technologies were expensive and confined to clinical use. But today, entrepreneurs and innovators worldwide are making these technologies available to high performers like us. We call these technologies "Transformative Technologies" because they help us transform our lives when applied effectively.

GETTING THE MOST FROM THIS GUIDE

This guide is broken into three parts:

1. We'll share the science, setting the foundation for a) understanding what key metrics we measure and b) what underlying technologies are used to measure and optimize ourselves for increased levels of well-being and performance.

2. We'll showcase a range of emerging Transformative Technologies so you can get a sense of what's available on the market today.

3. Getting started. We'll share some product stacks that, when used together, accelerate personal transformation.

The application of technology in personal development is highly effective as it creates a closed feedback loop, taking what might have seemed esoteric and making it objectively actionable.

I hope you will find this guide useful in getting started with or optimizing Transformative Technologies.

Best,
Troy Haines
Chief Consciousness Hacker
iAMconnected.com

Medical Disclaimer

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Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional or delay in seeking it because of something you have read within this guide.

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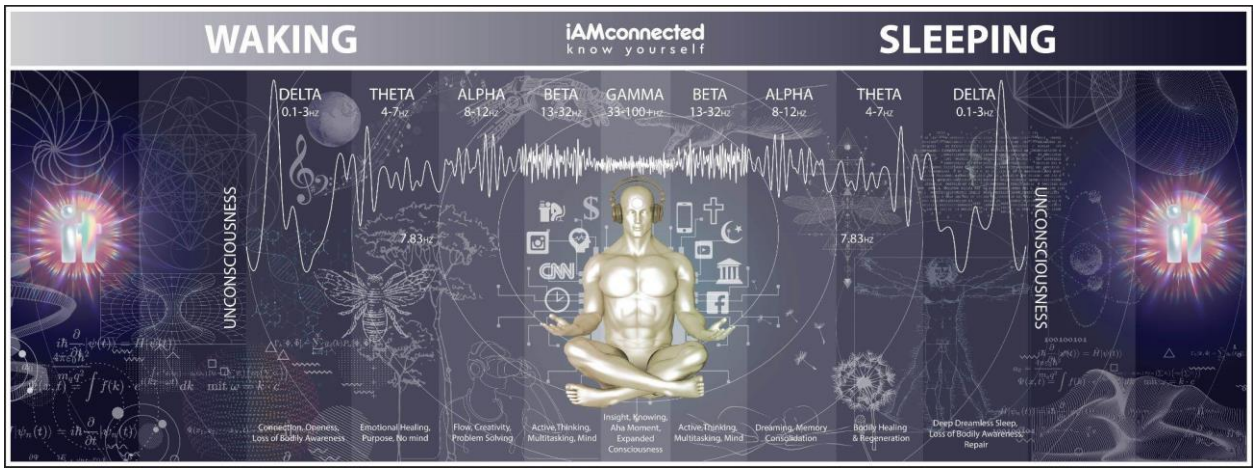
PART 1A – WHAT WE CAN MEASURE & WHY

Brainwave States

Understanding our brainwave states is essential for knowing how to influence our states. The brain functions as an electrochemical organ. Brainwaves are representations of electrical activity emerging from the brain. Millions of electrical pulses flow between neurons when we work, exercise, relax, or sleep. Brainwaves are classified into frequency bands, each with its own properties.



The brain's ability to be flexible and make more or less of each band is determined by the moment's needs. Brainwave states are measured in hertz and are classified as follows:[1]

Delta Waves: 0.1 to 3 Hz – Delta waves are the slowest brain waves that occur during deep sleep (the final stage of non-rapid eye movement (NREM), rest, and recovery. It's worth noting that when we're in this deep-sleep phase (also known as slow-wave sleep), the function in the brain connected with memory is turned off. It is theorized that our consciousness crosses over and into a source consciousness and returns to the body during the sleep cycles, but that's just theory at this stage.

Theta Waves: 4 to 7 Hz – Theta waves have been detected in very deep stages of meditation and during sleep. They are associated with creativity, intuition, daydreaming, healing, subconscious connection, and visualization.

Note: The Schumann frequency, or Earth's frequency, is 7.83hz which lies between the Theta and Alpha frequencies. Much of the Schumann frequency is blocked out in modern civilization by the vast volumes of EMF radiation released every minute of every day. This is likely why

[1] https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/brain-waves

many people retreat to spending time in nature, as we consciously and unconsciously crave a connection to this state. Spending time in nature is a simple yet powerful awareness hack.

Alpha Waves: 8 to 12 Hz – Alpha waves are involved in how we think, feel, communicate, sleep, and generally function. Typically linked to problem-solving, insight, flow state, time distortion, alpha waves come with an increased sense of focus, high output, and high quality of work.

Note: Insight or new ideas are frequently preceded by an alpha brain wave state which results in gamma frequency spikes. Individuals often say they get their finest ideas in the shower, on the toilet, or when exercising. These activities frequently induce an alpha state.

Beta Waves: 13 to 32 Hz – With a frequency range of 13 to 32 Hz, these are the most typical daytime brain waves. They are prevalent in regular wakeful states; they are connected with an active mind while concentrating on cognitive tasks or multitasking. High beta brainwaves, in excess, can cause fragmented focus, worry, anxiety, and overload. We appear to be busy, yet we do very little. It's worth noting that many modern workplace environments and cultures cultivate excess beta states which is counter productive to wellbeing and performance.

Gamma Waves: 33 to 100+ Hz – These are the quickest brain waves, ranging from 33 to 100 Hz. They control conscious perception and process information from multiple brain locations. 40 Hz is especially advantageous to the brain and is linked to higher states of consciousness. Our brain cells communicate at a frequency of 40 Hz, according to research.

You can see from the image above that we cycle through the same brainwave states during waking and cycle for 24 hours. The problem with modern living is that connectivity and access to information have evolved exponentially over the past century. Still, our ability to manage this transformation hasn't kept pace, resulting in elevated beta brain frequencies which result in overactive minds, stress, anxiety, and overwhelm, leading to depression, burnout, and disrupted sleep patterns.

The iAMconnected.com website discusses consciousness hacks or ways to intentionally access different brainwave states to transform our experience, wellness, and performance by utilizing evolving technologies, practices, tools, and approaches.

Note: How do we experience what is beyond unconsciousness (the other side of the delta brain frequency)? We explore that in our consciousness hacking series.

Neurofeedback

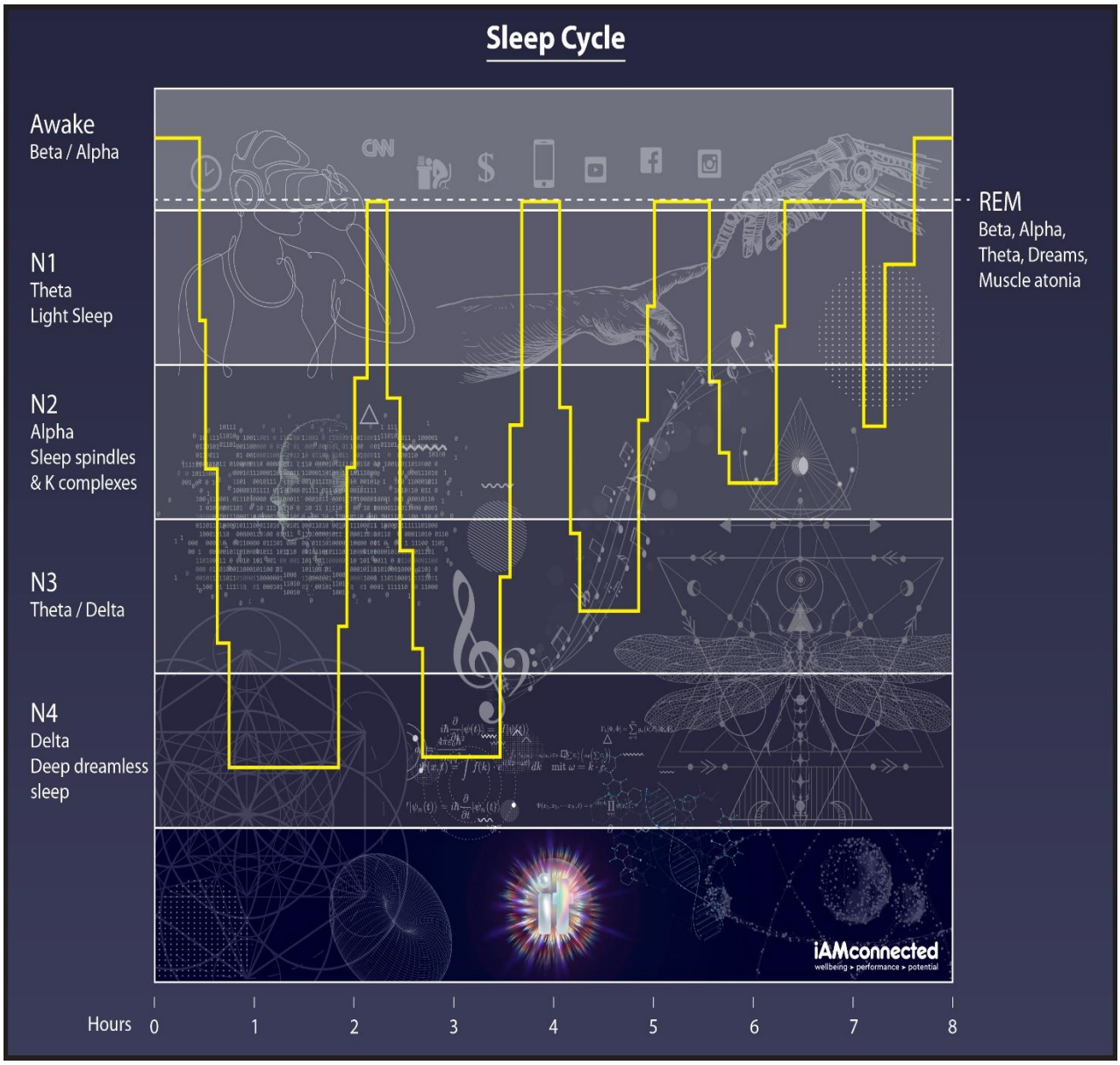
The inherit neuroplasticity of your brain permits it to learn new brain states. Neurotherapy clinics have long used neurofeedback as a tool for mental health, recovery and, more recently, peak performance. It is a type of biofeedback that focuses on the brain's electrical impulses. It has been described as a mental mirror that gradually allows you to train in self-awareness and self-regulation with real-time objective feedback. As showcased in this guide, a growing

number of consumer-level devices are available to support everyday well-being and performance.

Stages of Sleep

Sleep is divided into two categories: rapid eye movement (REM) sleep and non-REM (NREM) sleep. Most individuals will enter NREM sleep from a tired state.

NREM sleep is divided into stages – stage N1, stage N2, and stage N3[2]. However, in the figure below, we have extrapolated them to include N3 and N4 (the older classification of NREM sleep had four stages). Therefore five stages of sleep and the associated brainwave states are listed below.

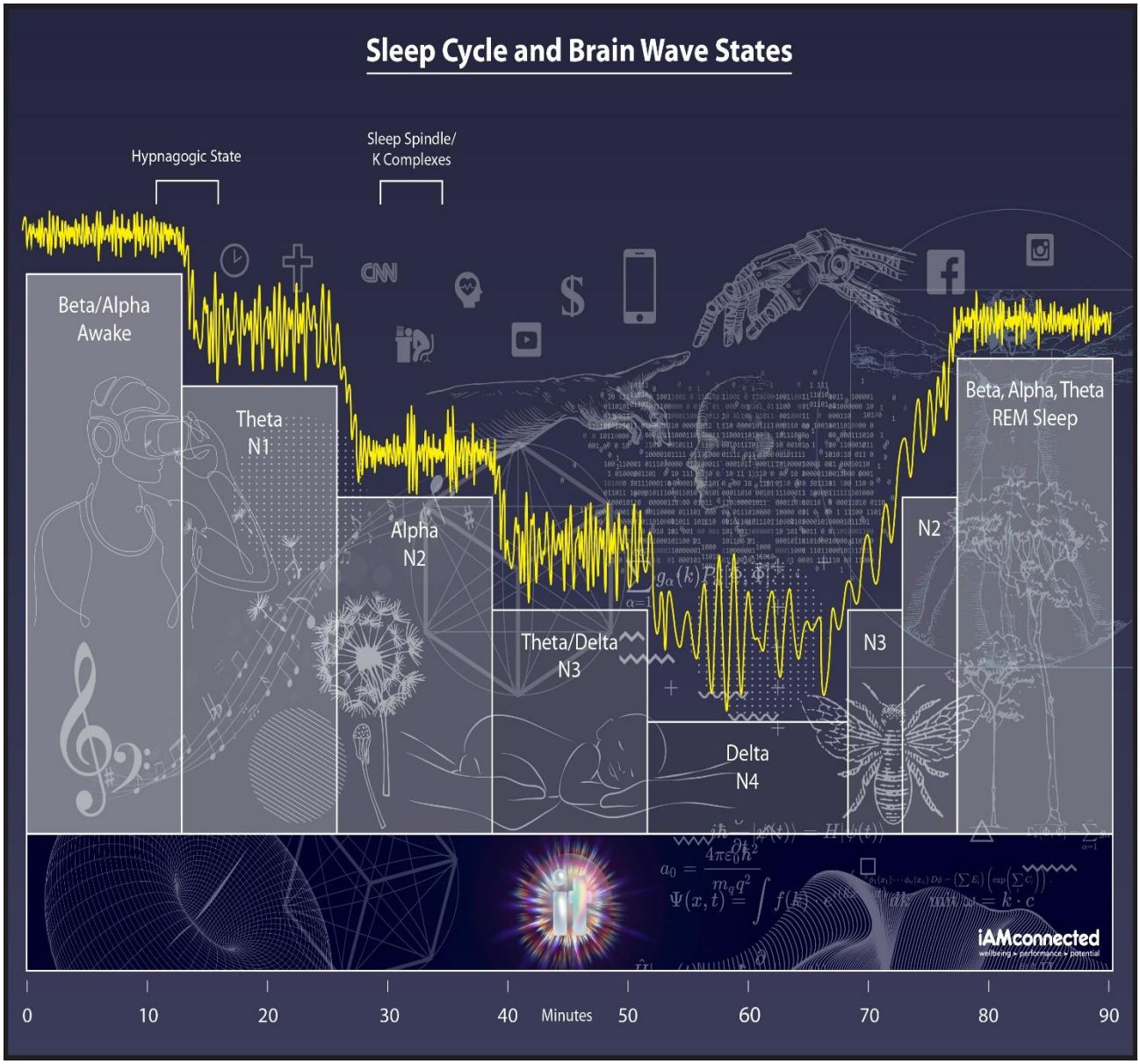


[2] https://www.healthline.com/health/healthy-sleep/stages-of-sleep

Sleep phases are divided into 90-120-minute cycles. During a typical night's sleep, four-to-five cycles occur. Throughout the night, stages shift with a greater percentage of NREM sleep in the early part of the night and REM sleep in the second half.

The diagram below showcases a single sleep cycle and the associated brainwave states.[3] This is useful information as we begin hacking our consciousness.

Awake - Beta/Alpha
Stage 1 - NREM Theta
Stage 2 - NREM Alpha (sleep spindles | K-complexes)
Stage 3 - NREM Theta/Delta
Stage 4 - NREM Delta
Stage 5 - REM – Beta/Alpha/Theta



[3] https://courses.lumenlearning.com/wsu-sandbox/chapter/stages-of-sleep/

Circadian Rhythm

A circadian rhythm, also known as a circadian cycle, is a natural internal mechanism that governs the sleep-wake cycle and occurs about once every 24 hours. It can refer to any activity that starts within an organism and responds to its surroundings. Biological clocks aid in the timing of biological activities such as circadian cycles.

Biological clocks are the innate time devices of organisms, regulating the cycle of circadian rhythms. They are made up of specialized molecules (proteins) that interact with cells throughout the body. Biological clocks are found in nearly every tissue and organ. However, a master clock in the brain manages all of a living thing's biological clocks, keeping them in sync. The master clock of vertebrate animals, including humans, is a collection of roughly 20,000 nerve cells (neurons) that constitute a structure known as the suprachiasmatic nucleus or SCN. The SCN is located in the brain's hypothalamus and gets direct input from the eyes.

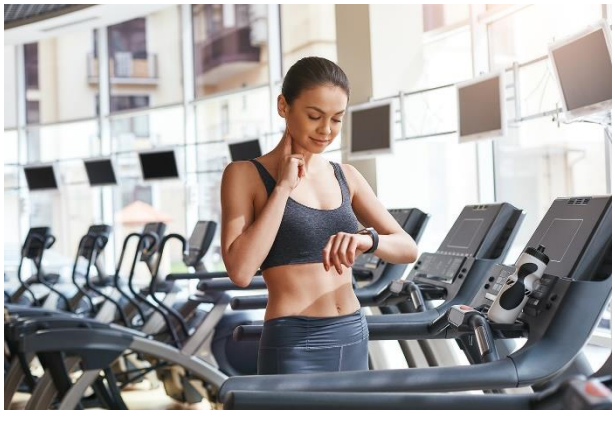
Circadian rhythms can influence important functions in our bodies, such as:

1. Hormone release
2. Eating habits and digestion
3. Body temperature

However, most people notice the effect of circadian rhythms on their sleep patterns. The SCN controls the production of melatonin, a hormone that makes you sleepy. It receives information about incoming light from the optic nerves which relay information from the eyes to the brain. When there is less light—at night, for example—the SCN tells the brain to make more melatonin so you get drowsy.[4] Artificial light can significantly impact the process of the SCN.

Knowing this enables us to use technologies to effectively hack our waking and sleep states.

Resting Heart Rate (RHR)



A healthy heart does not beat with the precision of a clock. Instead, it speeds up and slows down to accommodate your changing oxygen needs as your activities vary throughout the day. So what's "normal" for a heart rate varies from person to person. However, an unusually high resting or low maximum heart rate may signify an increased risk of heat-related illnesses.

[4] https://www.nigms.nih.gov/education/fact-sheets/Pages/circadian-rhythms.aspx

Checking one's resting heart rate is a simple thing that everyone can accomplish. When your heart doesn't have to work as hard to push blood through your body to deliver oxygen to your muscles, your level of fitness rises.

RHR for the typical adult is based on age and gender[5].

RESTING HEART RATE BY AGE AND GENDER

MEN

AGE	ATHLETE	VERY GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
20-39	47-54	55-60	61-68	69-75	76-83	84-94
40-59	46-54	55-60	61-67	68-76	77-84	85-94
60-79	45-53	54-59	60-66	67-74	75-83	84-97

WOMEN

AGE	ATHLETE	VERY GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
20-39	52-59	60-65	66-73	74-81	82-88	89-98
40-59	57-58	59-63	64-70	71-78	79-85	86-96
60-79	52-58	59-63	64-69	70-77	78-85	86-95

Heart Rate Variability (HRV)

Heart rate variability is the difference in time between your heartbeats. For example, if your heart rate is 60 beats per minute, it does not beat once per second. Within the minute, there might be 0.8 seconds between two beats and 1.13 seconds between others. The higher the variability, the more "ready" you are to perform at a high level.

[5] https://www.cdc.gov/nchs/data/nhsr/nhsr041.pdf

HRV AND THE AUTONOMIC NERVOUS SYSTEM

Although HRV manifests as a heart rate function, it originates from your nervous system. Your autonomic nervous system regulates your involuntary physiology and is divided into parasympathetic (deactivating) and sympathetic (activating).

The parasympathetic nervous system (also known as "rest and digest") processes inputs from internal organs such as digestion and hair and nail growth. As a result, it produces a reduction in heart rate.

The sympathetic nervous system (also known as the "fight or flight" reaction) elevates your heart rate and blood pressure in response to stress and exercise.

Heart rate variability is caused by these two competing branches simultaneously providing messages to your heart. If your nervous system is in equilibrium, your heart is continually told by your parasympathetic system to beat slower and faster by your sympathetic system. This creates a variation in your heart rate, referred to as HRV.

HRV is the only viable, non-invasive, cost-effective method for measuring autonomic nervous system activity. Our bodies are constantly readjusting to maintain a condition of equilibrium known as homeostasis. Our heart rate, blood pressure, glucose level, hormones, and other bodily functions respond to the challenges we experience. Whilst the autonomic nervous system works to maintain everything in balance so that we can function optimally. The vagus nerve also controls heart rate variability (HRV).

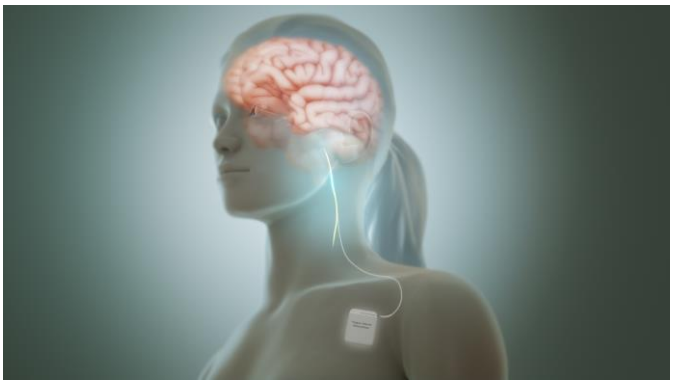
Vagus Nerve

The vagus nerve is also known as the "wandering nerve" because it originates in the brainstem and branches out to the heart, viscera, and several other organs. It is one of the body's longest nerves. The vagus nerve regulates sympathetic and parasympathetic responses. Therefore, the vagus nerve plays a critical role in letting your body know that things will be okay.

In 1921, German-born pharmacologist and psychobiologist Otto Loewi discovered that when you stimulate the vagus nerve, it triggers the release of acetylcholine. Acetylcholine is the parasympathetic nervous system's primary neurotransmitter, a branch of the autonomic nervous

system that contracts smooth muscles, dilates blood vessels, increases body secretions, and lowers the heart rate.

We can send a message to the body to relax and de-stress by stimulating the vagus nerve which leads to long-term gains in mood, wellness, and resilience.

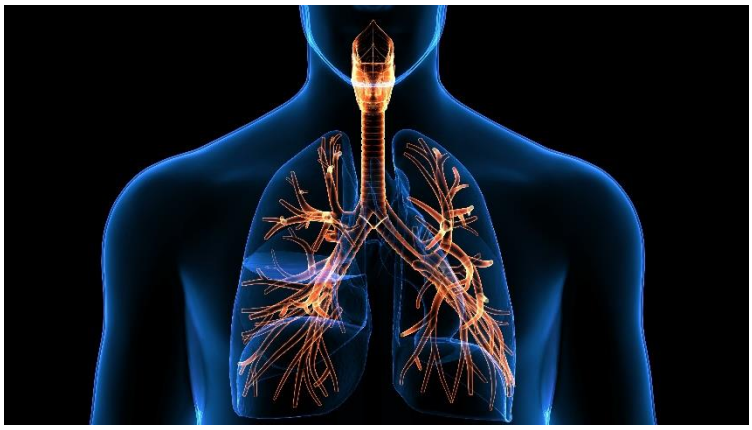


Respiratory Rate

The number of breaths you take per minute is your respiration rate. When a person is at rest, the rate is normally assessed by counting the number of breaths taken in one minute by noting how many times the chest rises.

A high respiration rate exceeds 20 breaths per minute. Anxiety is a common cause of rapid breathing. When people are fearful or nervous, they may breathe quicker. For example, fast breathing (hyperventilation) is a common symptom of panic attacks.

Breathwork involves various breathing practices in which the conscious control of breathing is said to influence a person's mental, emotional or physical state with a claimed therapeutic effect. Different breathing patterns activate our brain networks related to mood, attention, and body awareness



While there are many different forms of breathwork, resonance frequency breathing is one popular example. It is a way of breathing (slow, relaxed diaphragmatic breathing at around three-seven breaths per minute) that regulates the autonomic nervous system and other key body systems such as the circulatory system.

O2 Levels

A typical oxygen level is usually 95 percent or greater. Some individuals with chronic lung illness or sleep apnea, on the other hand, can have typical levels of approximately 90%. A pulse

oximeter's "SpO2" value indicates the proportion of oxygen in a person's blood. Call your healthcare provider if your home SpO2 reading is lower than 95%.[6]

Body Temperature

The average body temperature is 98.6° Fahrenheit (37° Celsius). On the other hand, normal body temperature can fluctuate between 97°F (36.1°C) and 99°F (37.2°C) or higher. In addition, your body's temperature might change based on your activities or the time of day. A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.

[6] https://www.health.state.mn.us/diseases/coronavirus/pulseoximeter.html

PART 1B – TECHNOLOGIES THAT MEASURE & OPTIMIZE

Electroencephalogram (EEG)

An electroencephalogram (EEG) is a technology that measures the brain's electrical activity (brainwave states). It can be used to diagnose or monitor brain-related activity related to performance optimisation and diseases in a clinical setting. These can be things such as epilepsy and sleep disorders. The electrical impulses exchanged between brain cells are recorded by an EEG. This electrical activity is shown on a computer/app as “brain waves” which an expert interprets. The EEG recording reveals anything unique or unusual about the brain's electrical activity.[7]

EEG dvices are non-invasive and do not hurt; it merely records the brain's electrical activity. A growing number of consumer level EEG devices are entering the market and used day to day and professionally by physicians and coaches as neurofeedback devices to help optimise day to day wellbeing and performance

Functional Near-Infrared Spectroscopy (fNIRS)

An alternative to an EEG is functional Near-infrared Spectroscopy (fNIRS), a growing neuroimaging technology that measures real-time hemodynamic (blood flow) brain activity. fNIRS has been validated successfully against functional magnetic resonance imaging (fMRI). However, unlike fMRI which is capable of whole brain measurement, the number of sources and detectors in the fNIRS setup determines the size of the brain area that can be measured, which is often limited to frontal regions.

[7] https://www.mayoclinic.org/tests-procedures/eeg/about/pac-20393875

Neurostimulation

Transcranial Photobiomodulation (tPBM)

(tPBM) uses specialized, non-evasive light-emitting diodes (LEDs) to stimulate the brain. The light energy is absorbed by photoreceptors in your brain cells and initiates metabolic processes in your brain. The result is improved circulation and oxygen utilization. This health boost for your brain cells is experienced as an energy lift and an accelerated learning ability.[8]

Transcranial photobiomodulation (tPBM) is a unique form of photobiomodulation. It is a non-invasive neuromodulation modality for neuroenhancement and brain wellness.

Near-infrared light (NIR) therapy is the most common form of tPBM. Studies show that NIR light can penetrate deep enough into the brain to affect its modulation.

Pulsed Electromagnetic Field (PEMF)

(PEMF) the technology applies non-invasive energy to the body and stimulates the cells to help them function as intended. Research studies have proven PEMF therapy to be an entirely safe way to encourage our brain to mimic external signals provided by a device. Magnetic energy is delivered into the body via pulsed PEMF device. These energy waves promote healing by interacting with your body's natural magnetic field. Magnetic fields promote the formation of electrolytes and ions. This affects both electrical changes at the cellular level and cellular metabolism. Many studies show that PEMF therapy works, but more medical study is needed to determine the long-term consequences and how it may improve an individual's quality of life. Users may not see effects until they have used the technology for some time.

Transcranial Direct Current Stimulation (tDCS)

(tDCS) is a painless, non-invasive brain stimulation technique that employs direct electrical currents to activate particular areas of the brain. A low-intensity continuous current is supplied through two electrodes placed over the head, modulating neural activity. Anodal and cathodal stimulation are the two forms of tDCS stimulation. Cathodal stimulation suppresses or lowers neuronal activity, whereas anodal stimulation excites neuronal activity.

[8] https://www.sciencedirect.com/science/article/abs/pii/S1011134421000865

Although transcranial direct current stimulation (tDCS) is still an experimental technology, it may have significant advantages over other brain-stimulation approaches. It is inexpensive, non-invasive, painless, and secure. It is very simple to use, and the equipment is portable. The most prevalent adverse effect of tDCS is scalp itching or tingling.

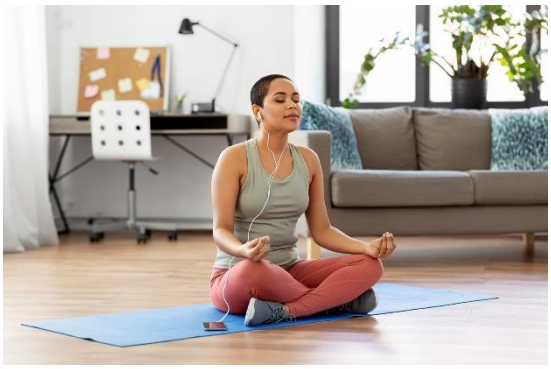
Several studies indicate that it may be an effective treatment for neuropsychiatric diseases such as depression, anxiety, Parkinson's disease, and chronic pain. In addition, some individuals who received tDCS showed cognitive improvement.

Ultra-Low Radio Frequency Energy (uLRFE®)

Magnetic fields have been employed for thousands of years for various reasons. For example, they are now used in magnetic resonance imaging to expedite bone fracture repair, boost wound-healing rate, decrease pain, and other human therapies. In addition, extremely low frequency (ELF, LF; 3-300 kHz) and low-intensity magnetic fields have reported effects in biological systems, from tissue and cell culture to whole organisms (i.e., birds, bats, dogs, and humans, to name a few). For example, ELF/LF magnetic fields can interact with small components such as DNA, proteins, and cell membranes.[9]

Ultra-low Radio Frequency Energy (ulRFE®) technology emulates specific magnetic fields to produce desired feelings and states in the body (i.e., happy, alert, focused, relaxed, calm, and deep sleep).

Binaural Beats



Binaural beat treatment is a relatively new type of sound wave therapy. It uses the fact that each ear receives a slightly different frequency tone, but the brain hears them as a single tone. Proponents now recommend this therapy for treating anxiety, stress, and associated problems. This type of self-help treatment is often provided in the form of audio recordings that are listened to using stereo headphones.

While most research on the effects of binaural beats has been limited, numerous studies show that this auditory illusion has health advantages, particularly regarding anxiety, mood, and performance.

[9] https://hapbee.com/blogs/about-hapbee/the-science-of-hapbee

Sleep & Recovery

(PPG) Infrared Photoplethysmography Sensors for Heart Rate and Respiration

Many wearable devices employ PPG sensors (comparable to those used in select hospital devices) to monitor heart rate. The PPG system transmits light through LEDs and receives it through a photodiode which records how light pulses through your arteries to represent the action of your heart.

Negative Temperature Coefficient (NTC) Sensor for Body Temperature

NTC monitors your skin temperature. Your body temperature transmits much information about your body, such as how well you're healing, whether you're becoming sick, or if your hormones are working overtime.

3D Accelerometer for Movement

The 3D acceleration sensor is made for measurement in three axes simultaneously. The sensor itself handles the complexity of multi-axis internal calibration and dynamic adaptive sensor fusion. The 3D accelerometer captures your activity during the day and restlessness at night and helps identify your sleep stages.

Gyroscope

Gyroscope sensors, also known as angular rate sensors or angular velocity sensors, are angular velocity sensing devices. Angular velocity is defined as the change in rotational angle per unit of time. Angular velocity is commonly stated as deg/s (degrees per second). The difference between accelerometers and gyroscope sensors is that accelerometers measure linear acceleration (specified in mV/g) along one or several axes. A gyroscope measures angular velocity (specified in mV/deg/s). If we take an accelerometer and impose a rotation on it (i.e., a roll) (Figure 1), the distances d1 and d2 will not change.

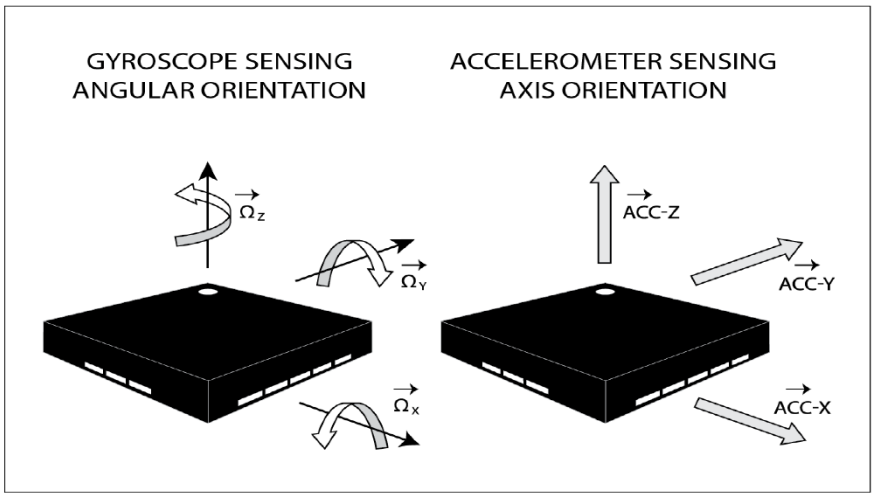


Figure 1. The difference between accelerometers and gyroscope sensors

Electrocardiogram (ECG)

An electrocardiogram (ECG or EKG) is a test that measures the time and intensity of electrical impulses that cause the heart to beat. A physician or a coach can obtain insights into your heart rhythm and search for anomalies by examining an ECG.

Pulse Oximeter

The pulse oximeter (pulse ox) is an electronic device that measures the saturation of oxygen carried in your red blood cells. Pulse oximetry is a non-invasive method for monitoring a person's oxygen saturation. Peripheral oxygen saturation readings are typically within 2% accuracy of the more desirable reading of arterial oxygen saturation from arterial blood gas analysis.

RMSSD

HRV is measured by the root mean square of successive differences (RMSSD) which measures the integrity of vagus-nerve-mediated autonomic regulation of the heart. RMSSD is highly supported by research and often regarded as the most meaningful and accurate short-term marker of autonomic nervous system activity. RMSSD between normal heartbeats is obtained by first calculating each successive time difference between heartbeats in ms. Then, each value is squared, and the result is averaged before the square root of the total is obtained.

PSG

Polysomnography, a sleep study, is a comprehensive test used to diagnose sleep disorders. Polysomnography records your brain waves, the oxygen level in your blood, heart rate and breathing, and eye and leg movements during the study.

Bioresonance

Bioresonance treatment is a complementary or alternative medical therapy. It uses a machine to determine the frequency of energy wavelengths emitted by the body. These measurements are then utilized to detect illness. According to its supporters, it can even treat some disorders. However, there is no solid scientific evidence that bioresonance has a function in illness diagnosis or treatment. Bioresonance is based on the belief that humans emit electromagnetic waves which bioresonance devices can measure. Advertisers claim these devices can measure the waves to detect illness in the human body and send “rehabilitated bad” waves to the patient to alleviate illness.

PART 2 – EMERGING TRANSFORMATIVE TECHNOLOGIES FOR WELL-BEING AND PERFORMANCE

The following is a list of technologies that allow us to measure and influence our neurology and biology across waking and sleep states.

Meditation

Millions have practiced meditation across the world for thousands of years. Meditation comes in many forms with countless benefits. In essence, you feel better by focusing your attention and letting go of the stream of jumbled thoughts that often crowds and overwhelms your mind. By focusing your attention, you increase the propensity of alpha and theta brainwaves producing a deep state of relaxation, insights, clarity, and a more tranquil mind. This procedure frequently results in increased physical and mental well-being and confidence.

Meditation Apps

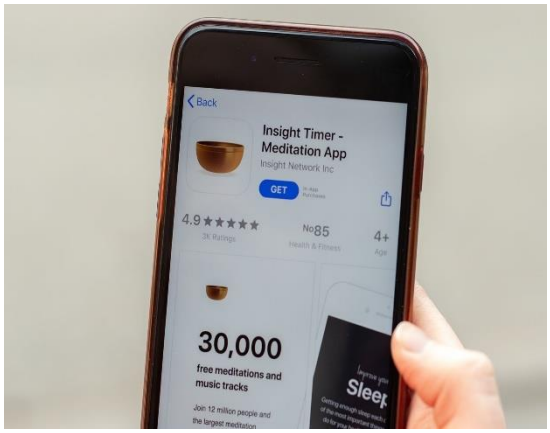
Essentially, meditation apps offer pre-recorded audio clips (a female or male voice guiding you through mindfulness exercises) or timed sound effects (chimes that sound at the beginning, middle, and end of a mostly silent mindfulness practice session). Some of the most popular meditation apps are listed below:

Calm - Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more. Meditation techniques for mindfulness, stress relief & peace of mind. Suits your mood/lifestyle. Build healthy habits. Hundreds of sessions. Use anywhere, anytime.

Applications:

- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual Development

Free to download, premium priced from US$69.99 per year or US$14.99 a month. Free trials are available; cancel anytime.



Insight Timer - The self-proclaimed #1 free app for sleep, anxiety, and stress with over 100k guided meditations led by Australia's and the world's greatest teachers.

Applications:

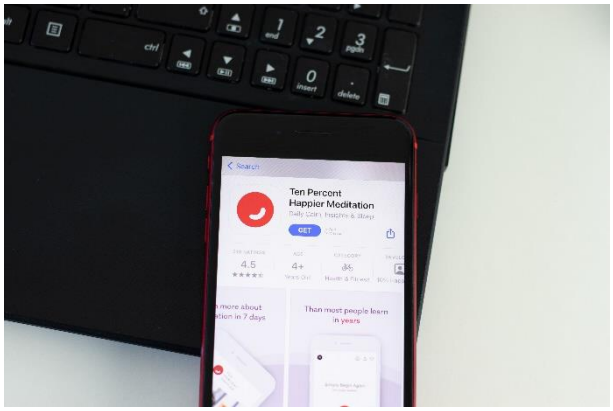
- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual Development

Free to download, premium priced from US$59.99 per year or US$9.99 a month. Free trials are available; cancel anytime.

Headspace - Stress less. Sleep soundly. Make yourself joyful. With Headspace, you can learn the life-changing techniques of meditation and mindfulness in only a few minutes daily.

Applications:

- Stress
- Anxiety



Ten Percent Happier - With the Ten Percent Happier app, you'll discover guided meditations and practical teachings you can carry anywhere.

Applications:

- Stress
- Anxiety
- Overwhelm

- Overwhelm
- Sleep
- General well-being
- Spiritual Development

Free to download, premium priced from US$69.99 per year or US$12.99 a month. Free trials are available; cancel anytime.

Happify - By delivering effective tools and programs to increase emotional health, Happify's science-based activities and games can help decrease stress, conquer negative thoughts, and create stronger resilience.

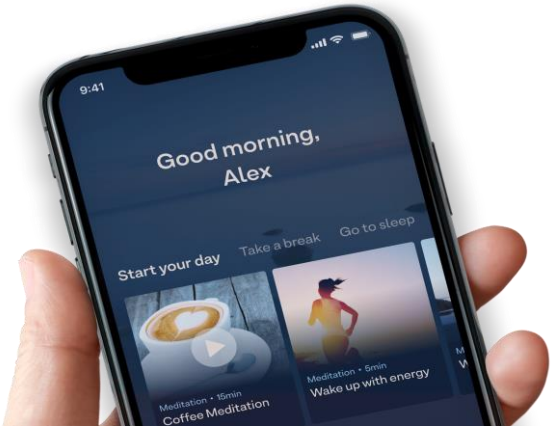
Applications:

- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual Development

Free to download, premium priced from US$139.99 per year or US$14.99 a month. Free trials are available; cancel anytime.

- Sleep
- General well-being
- Spiritual Development

Free to download, premium priced from US$99.99 per year or US$14.99 a month. Free trials are available; cancel anytime.



Breethe - Relaxing sounds and guided meditation to sleep better, breathe, and be calm. De-stress and be happier and healthier with Breathe's masterclasses on how to meditate, practice mindfulness, and much more.

Applications:

- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual Development
- Breathwork

Free to download, premium priced from US$89.99 per year or US$12.99 a month. Free trials are available; cancel anytime.

Othership - Offers 500+ music-driven guided breathwork classes to lift and ground you, kickstart your day, cultivate focus, fight fatigue, sleep deeper, regulate your emotions, and learn the science-backed how and why of breathing mechanics.

Applications:

- Use the power of your breath to get your day started. Develop your attention and productivity. Combat weariness and boost vigor. Investigate elevating techniques to get and remain raised.
- Create a pattern for deep sleep and deeper sleep. Relax with de-stressing and quiet activities. Find your version of the center to calm your anxieties and restlessness.
- Esoteric encounters can help you achieve altered states. Affirmations and manifestations allow you to relax. Train yourself to control your emotions when dealing with all aspects of yourself.
- Movement routines can help you stretch your muscles. Massage yourself to relax. Learn how to breathe mindfully while walking and ice bathing.

Technology:

- The Breathwork app is available on iOS, Android, and the Web.

Free to download, premium priced from US$129.99 per year or US$17.99 a month. Free trials are available; cancel anytime.

Tripp - Winner of Best VR Meditation App by Men's Health and VR Fitness Insider, TRIPP instantaneously shifts your mood to leave you feeling happier, calmer, and more focused.

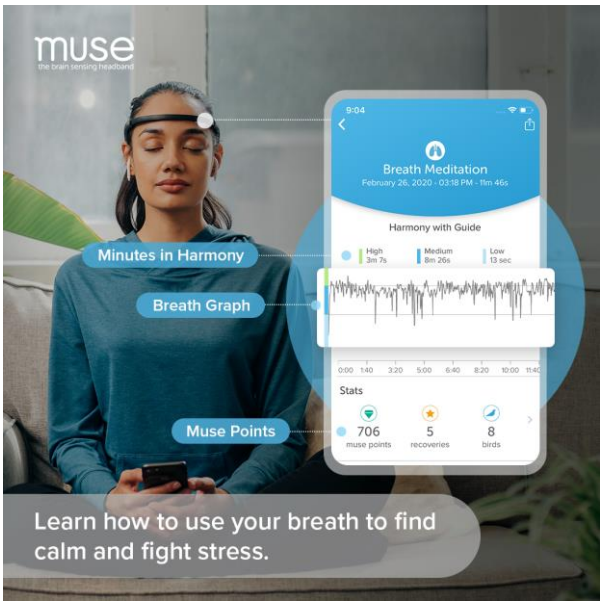
Applications:

- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual development
- Psychedelic

Free download, premium priced from US$19.99 per year to US$4.99 monthly; cancel anytime.

Neurofeedback Devices

Neurotherapy clinics have long employed neurofeedback for recovery and, more recently, peak performance. It is a type of biofeedback that focuses on the brain's electrical impulses. It has been described as a mental mirror that gradually allows you to train in self-awareness and self-regulation with real-time objective feedback.



Muse - EEG-powered meditation & sleep device + app. Muse is a brain-sensing headband that provides real-time biofeedback to assist you in refocusing throughout the day and recovering overnight.

Applications:

- Meditation
- Focus
- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual Development

Technology:

- EEG. Seven sensors – two on the forehead, two behind the ears plus three reference sensors. Designed to detect and measure brain activity through EEG.
- Neurofeedback
- Guided meditations
- PPG
- Accelerometer
- Gyroscope

From US$249.99.

Focus Calm - EEG-powered meditation device + app. Train your brain to be more focused and tranquil. Use the power of neurofeedback to reduce stress and improve your sense of well-being.

Applications:

- Meditation
- Focus
- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Spiritual Development

Technology:

- Three EEG sensors are located within the front of the band and used to read brain activity.
- Neurofeedback
- Guided meditations
- Brain games

From US$199.99 + app subscription.

FocusBand – EEG-powered meditation and sleep device + app. The world's #1 in-motion brain-training system, helping you get into a flow state. By teaching you how to enter your flow state more frequently, FocusBand educates your brain to attain peak performance.

The FocusBand device and app provide real-time neurofeedback using audible and visual cues while you're in motion.

Applications:

- Flow training
- Training
- Sport performance
- Focus
- Stress
- Anxiety
- Overwhelm
- Sleep
- General well-being
- Purpose

Technology:

- Three EEG sensors are located within the front of the band and are used to read brain activity.
- Neurofeedback
- Guided meditations
- Brain games

From US$399.

Mendi – fNIRS-powered brain training + app. Your brain, like the muscles in your body, can be trained. The more you train it, the better you will get at controlling your brain activity and reaching new levels of brain function.

Mendi uses powerful sensors to detect your brain activity. The activity of your brain is then shown in a fun and simple training software. Mendi training efficiently strengthens the prefrontal cortex (PFC) portion of your brain, which governs the connections in your brain.

Applications:

- Brain training
- Attention/Focus
- BCI
- Sleep
- Memory
- Mental Processing
- Well-being
- Learning
- Creativity
- Self-Discipline
- Emotional Regulation

Technology:

- Inside the front of the band are three fNIRS sensors that it uses to read brain activity.
- Neurofeedback
- Accelerometer
- Gyroscope
- Brain games

From US$299.

Neurosky – EEG-powered brain training device + more than 130 related apps. The gadget is comprised of a headset, an ear clip, and a sensor arm. The reference and ground electrodes of the headset are attached to the ear clip, while the EEG electrode is attached to the sensor arm and rests on the forehead above the eye (FP1 position). Apps are available for purchase from the Neurosky App Store.

Applications:

- Games
- Education
- Wellness
- Research & Development
- BCI

Technology:

- EEG – 1 sensor on the forehead
- Neurofeedback

From US$109.99 + apps.

Sens.ai – The Sens.ai system includes a headset and a downloaded app. There are three use modes, Boost, Train, and Assess, which all work together cohesively to maximize results. Boost Mode is non-invasive light stimulation that adapts to biosignals in real-time. Train Mode is audio and visual neurofeedback with integrated heart coherence training for faster and more holistic effects. Assess Mode provides objective functional testing of cognitive enhancement progress.

Applications:

- Boost and quickly prime your brain for any state.
- Train multiple brainwaves essential for peak performance.
- Assess meaningful differences in focus, memory, sharpness, stress levels, and more.

Technology:

- Three EEG sensors
- Transcranial Photobiomodulation (tPBM) - seven specialized LEDs which provide light and stimulation up to 1024 Hz
- PPG sensors for HRV training
- Neurofeedback

From US$1099.

EMOTIV Insight 2.0 – Gather, analyze, and experiment with brain data through EMOTIV's portable and accessible brain-measuring hardware and software solutions. Insight 2.0 is the only consumer EEG gadget that monitors activity from all cortical lobes of the brain, delivering detailed information often seen only in research equipment.

Applications:

- Games
- Education
- Wellness
- Research & Development
- BCI

Technology:

- Five-channel EEG – whole-brain sensing
- Neurofeedback

From US$499.

Neurosity Crown – The Crown includes inbuilt computing as powerful as a Macbook Air. With a quad-core 1.8Gz CPU, the Crown can get thousands of data points from the brain every second without losing data in transmission. In addition, the new sensor configuration includes access to the visual cortex, completing coverage to all four lobes of the brain.

Applications:

- Research & Development
- BCI
- Productivity
- Focus
- Education
- Wellness

Technology:

- Eight EEG sensors. Whole brain sensing
- Two Haptic motors
- 1.82GHZ CPU
- 400 Mhz co-processor
- 8 GB flash storage
- 1 GB RAM
- Motion-detecting accelerometer
- Near-field communication

From US$899.

iAMconnected

iAMconnected is a digital coaching platform with a focus on providing structured programs for high performing Entrepreneurs, Executives and Leaders who are committed to becoming more. iAMconnected enables members to connect different wearable devices to their user accounts, creating a customized dashboard of objective data across meditation, sleep, activity, dreams and recovery, along with subjective data from daily logs.

Members can share their dashboards, including their daily log, with expert coaches to better understand their data, patterns of thinking and behaving and, through curated challenges and programs, evolve into the next version of themselves.

iAMconnected is becoming the worlds largest community of consciousness hackers committed to realising higher states of consciousness. Through the application of technology, facilitation, supplements and experimentation, we heal and explore ourselves, expand our awareness and will realise our potential.

Applications:

- Healing
- Sleep optimization
- General well-being
- Performance optimization
- Connecting to meaning
- Spiritual development
- Exploring the fabric of consciousness
- Finding expert mentors and coaches

Technology:

- Mobile first, web-based application that connects with multiple wearable devices
- Native meditation timer

Priced from US$14 per month. Cancel anytime.

Take the 6 Week Challenge to level up your consciousness
Join the Consciousness Hacking Mastermind

Neurostimulation Devices

Neurostimulation is the purposeful modulation of the nervous system's activity using invasive (e.g., microelectrodes) or non-invasive means (e.g., transcranial magnetic stimulation or transcranial electric stimulation, tES, such as tDCS or transcranial alternating current stimulation, tACS)[10]. The following are examples of these technologies and the implicated benefits.

Vielight, tPBM (transcranial-intranasal design) – The Vielight Neuro is a leading brain photobiomodulation device. Vielight's patented transcranial-intranasal technology accesses the brain's ventral and cortical layers.

The Vielight Neuro is available in three configurations: Alpha, Gamma, and Duo (combination of both). Additionally, the Vielight X-Plus is a versatile and hybrid photobiomodulation device – it can be used as an add-on to the Neuro. X-Plus stimulates regions not covered by the Neuro, such as the posterior of the brain (cerebellum/brain stem), the vagus nerve, or the shoulder.

Applications:

- Research data shows that tPBM has the potential to improve brain function. Improving cognitive acuity by modulating mitochondrial and cellular functions in the brain
- The Neuro Gamma pulses light at the 40 Hz frequency, supporting increased memory activity, perception, cognition,

Neo Rhythm, PEMF – NeoRhythm is a frequency-emitting pulsed electromagnetic field (PEMF). NeoRhythm is an app and gesture-controlled. Connect it to your smartphone, choose between 12 different programs, or create your own custom program.

By emitting Delta, Theta, Alpha, Beta, and Gamma frequencies, NeoRhythm devices can efficiently help improve meditation practice and sleep problems and help you relax, focus, and improve overall physical well-being. In addition, research studies have proven PEMF therapy to be an entirely safe way to encourage our brain to mimic external signals a device provides.

Applications:

- Theta Meditation
- Improve Sleep
- Pain Control
- Improve Focus
- Meditation for Calming
- Deep Relaxation
- Energy & Vitality

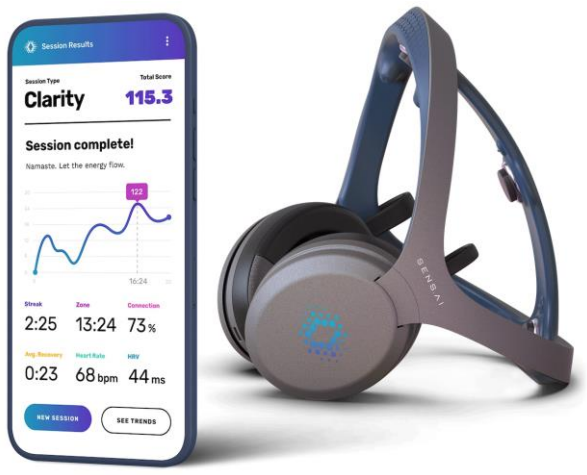
[10] https://en.wikipedia.org/wiki/Neurostimulation

and creativity.
- The Neuro Alpha pulses NIR energy at 10 Hz, supporting mental coordination, mindfulness, and learning.
- Posterior brain stimulation (X-Plus)
- Systemic circulation (X-Plus)
- Vagus nerve stimulation (X-Plus)
- Thymus gland stimulation (X-Plus)
- Gut stimulation (X-Plus)

Technology:

- Vielight Neuro Alpha, Gamma, and Duo features microchip-boosted transcranial LEDs which generate sufficient power to penetrate the skull.
- Vielight Neuro uses four transcranial LED modules and a nasal applicator to deliver 810 nm near-infrared (NIR) radiation. The transcranial LED modules of the headgear target the hubs of the brain's default mode network (DMN) which frequently indicate the brain's general health.
- Vielight X-Plus comes with an additional 633nm intranasal applicator that complements the module's 810nm beam.
- Neurofeedback

From US$1,799.11.



Sens.ai – The Sens.ai system includes a headset and a downloaded app. There are three use modes – Boost, Train, and Assess – which all work together cohesively to maximize results. Boost Mode is non-invasive light stimulation that adapts to biosignals in real-time. Train Mode is audio and visual neurofeedback with integrated heart coherence training for faster and more holistic effects. Assess Mode provides objective functional testing of cognitive enhancement progress.

Technology:

- A frequency-emitting pulsed electromagnetic field (PEMF)

From US$249.

Happee – Happee uses proprietary ultra-low radio frequency energy technology (ulRFE®) that emulates specific magnetic fields to produce desired feelings and states in the body (i.e., happy, alert, focused, relaxed, calm, and deep sleep).

The Happee AC100 generates these sensations by delivering precise low-power electromagnetic signals. In addition, the Happee Companion App for iOS and Android controls play, allowing you to

Applications:

- Boost and quickly prime your brain for any state.
- Train multiple brainwaves essential for peak performance
- Assess meaningful differences in focus, memory, sharpness, stress levels, and more.

Technology:

- Three EEG sensors
- Transcranial Photobiomodulation (tPBM) - seven specialized LEDs which provide light and stimulation up to 1024 Hz
- PPG sensors for HRV training
- Neurofeedback

From US$1099.

choose how you feel anytime, anywhere.

Applications:

- Create feelings such as happy, sleepy, alert, focus, calm, and relaxed.
- Hapbee is working on several new performance, memory, and diet signals.

Technology:

- Ultra-low radio frequency energy technology (ulRFE®)
- Power in the spectrum 0-22 kHz

From US$299.

Sleep and Recovery

On the market, there are two types of sleep trackers – wearables (rings, watches, bracelets, etc.) and under-the-mattress trackers. It depends on what you're comfortable with. Some users find wearables irritating at night, while others like wearables because they often provide more than just sleep data. The standard gold method for sleep analysis is polysomnography (PSG), also called a sleep study. It is a complete sleep disorder diagnostic test. During the study, PSG records brain waves, blood oxygen levels, heart rate, breathing, and eye and leg movements. Actigraphy is another well-established method used for sleep analysis. It is enabled by a 3D accelerometer that captures the movements of a limb to monitor sleep. This method is easier to administer and is accurate enough compared to PSG.

Oura Ring – Oura gives you insights by monitoring your sleep, heart rate, activity, temperature, and

Muse S[11] – EEG-powered meditation and sleep device + app. Muse is a brain-sensing headband

[11] https://choosemuse.com/muse-s/

SpO2 with personalized insights. Understanding your body in a new light is made possible by three basic scores based on your body's baselines.

Applications:

- Sleep
- Recovery
- Performance optimization
- Workout/movement tracking
- Meditation
- Period tracking
- Cold & flu responses

Technology:

- Heart rate and respiration sensors using infrared photoplethysmography (PPG)
- Using the rMSSD to calculate your HRV
- Body temperature sensor with a negative temperature coefficient (NTC)
- 3D accelerometer for movement
- Pulse Oximeter for SpO2 sensing
- Sleep measurement and optimization, including time spent in light, deep, and REM sleep, and nighttime movement
- Recovery and performance via daily readiness score – resting heart rate, heart rate variability, number of breaths per minute (respiratory rate), body temperature
- Monitoring activity levels – step count, calories burnt, inactive times, and more
- 24/7 heart rate (including workout HR)
- Guided audio sessions - over 50 audio sessions for meditation, sleep, focus, energy boosts, and more.

The Ring:

- Durable titanium
- PVD coating
- Non-allergenic, non-metallic, seamless inner moulding
- Water resistant up to 100m (more than 328 ft.)
- Weight: four-to-six grams
- Four-to-seven days of battery life
- Full charge in 20-to-80 minutes
- Bluetooth low-energy (Bluetooth Smart®)
- EMF-safe and allows airplane mode

From US$299.

that provides real-time biofeedback to assist you in refocusing throughout the day and recovering overnight.

Applications:

- Digital Sleeping Pill (sleep aid)
- Sleep Tracking
- Meditation
- Focus
- Stress
- Anxiety
- Overwhelm
- General Well-being

Technology:

- EEG. Seven sensors – two on the forehead, two behind the ears plus three reference sensors – designed to detect and measure brain activity through EEG
- Neurofeedback
- Guided meditations
- Smart-fade technology
- PPG
- Pulse oximetry
- Accelerometer
- Gyroscope
- One headband, multiple users
- 10 Hours of battery life, three hours charge time, wireless connection: BT 4.

From US$399.99.

Whoop – WHOOP is a fitness tracker that continuously tracks sleep, healing, and strain to provide practical tips on improving your performance. The device is best known for its use by athletes.

Applications:

- Sleep
- Recovery
- Performance optimization
- Workout/movement tracking
- Meditation
- Period tracking
- Cold & flu responses

Technology:

- Five LEDs (three green, one red, and one infrared) and four photodiodes to capture your data
- A haptic alarm that softly vibrates to wake you up at the best moment for your sleep needs and cycles
- A powerful sensor suite allows you to track essential vital indications, such as blood oxygen levels, skin temperature measurements, and heart rate data.
- Charge your WHOOP wirelessly with a waterproof* battery pack and gather data continuously—even while in the shower or doing the dishes.

From US$44 per month (minimum 12 months subscription).

Fitbit – Fitbit produces wireless-enabled wearable technology, physical fitness monitors, and activity trackers such as smart watches, pedometers, and monitors for heart rate, quality of sleep, and stairs climbed as well as related software.

Applications:

- All-day activity
- Exercise tracking
- 24/7 heart rate tracking
- Sleep tracking and tools
- Nutrition and weight
- Motivation and friends

Technology:

- Daily readiness score
- Health metrics and SpO2
- ECG sensor
- Stress management
- 24/7 heart rate
- Sleep tracking
- Active-zone minutes
- Voice assistants
- Fitbit pay

From <US$100.

Sleep Cycle App – Place your phone on your bedside, and the Sleep Cycle App measures and analyzes your sleep, waking you up refreshed!

What Is Measured/Influenced:

- Using the microphone, Sleep Cycle listens to and analyzes your sounds with the help of machine learning.

Applications:

- Sleep
- Recovery

Technology:

- Your mobile phone and sleep cycle app
- If you have an Apple Watch, use Sleep Cycle on the watch instead.

From US$9.99 per month or US$39.99 per year (offers a one-week free trial).

Samsung – The Samsung Galaxy Watch series is a line of smartwatches. The line features various health, fitness, and fashion-related features and is integrated with Samsung's other products under the Samsung Galaxy brand.

Applications:

- Daily activity tracker (steps, exercise)
- Sleep: Make sure you get the right amount of sleep and track your blood oxygen while resting.
- Heart rate
- Stress
- Blood oxygen
- Body composition: Provides your percentage of body fat.
- Food: View the foods you've eaten and the number of calories you've ingested.
- Water: Keep track of your water consumption and establish a goal to increase it.
- Women's health: Track your menstrual cycle.

Technology:

- Accelerometer,
- Barometer,
- Gyrosensor
- Geomagnetic sensor
- Light sensor
- Optical heart rate sensor
- Electrical heart sensor
- Bioelectrical impedance analysis sensor
- Hall sensor
- Other apps

From US$199.

Garmin – One of the world's largest GPS smartwatch and fitness wearable manufacturers, Garmin technology can offer access to everything from last-mile navigation maps, vehicle-connected biometrics monitoring, and contactless payment scanning to smart notifications, smart keys, and other wireless media options. In addition, Garmin offers various products of all types mainly targeted toward athletes, including sports watches, smartwatches, and fitness trackers.

Applications:

- 30 + device options
- Fitness tracking and training support
- Wrist-based heart rate (constant, every second)
- Recovery
- On-the-go performance monitoring and feedback
- Sleep
- Hydration
- Women's health

Technology:

- Daily resting heart rate
- Abnormal heart rate alerts
- Respiration rate (24x7)
- Pulse ox blood oxygen saturation
- Relaxation breathing timer
- GPS
- Glonass (global navigation satellite system)
- Galileo
- Multi-frequency positioning
- Barometric altimeter
- Compass
- Gyroscope
- Accelerometer
- Thermometer
- Garmin Pay

Priced from US$199.

Apple Watch – Apple Watch has powerful apps that make it the ultimate device for a healthy life. Now, with new notifications and the ECG app, it can provide you with important information concerning your heart health.

Applications:

- Steps
- Walking + running distance
- Flights climbed
- Walking steadiness
- Respiratory rate
- Headphone audio levels
- Cardio fitness
- Heart rate
- Nutrition
- Sleep analysis
- Heart rate variability
- Weight
- Fall detection

Technology:

- Optical heart sensor
- Electrical heart sensor
- Accelerometer
- Gyroscope
- The rear crystal beams red and green LEDs and infrared light onto your wrist during a blood oxygen test. The amount of light reflected is then measured using photodiodes.

From US$279.

State Management

Apollo Neuro – The Apollo Neuro is a wearable device, about the size of a large wristwatch, that emits specifically calibrated vibrations designed to reduce stress, increase mental clarity, lower anxiety, and improve sleep. These gentle, calming vibrations tap into the natural reflexes of your autonomic nervous system to signal the emotion-driving section of your brain that everything is fine and you may rest. Touch activates nerve endings that communicate with the vagus nerve, and all programs on the Apollo Neuro are meant to heal your body by enhancing heart rate variability (HRV). When we stimulate the vagus nerve, our neural systems calm down and our heart rate and blood pressure drop.

Applications:

- Reduce stress
- Improve sleep
- Reduce anxiety
- Increase performance and recovery
- Improves stress resilience by using revolutionary touch treatment.

Technology:

- The Apollo wearable employs non-invasive touch therapy to provide gentle, calming vibrations to the body, allowing you to feel safe and in control.
- The Apollo wearable works by signaling safety to the body through your sense of touch, restoring balance to the nervous system.

Priced from US$329.

HeartMath – HeartMath measures heart rate variability (HRV) which represents how much variation there is in your heartbeats in a specific timeframe. Your autonomic nervous system controls this variation. Therefore, a higher and steadier HRV equates to higher resilience and flexibility, allowing you to switch gears faster.

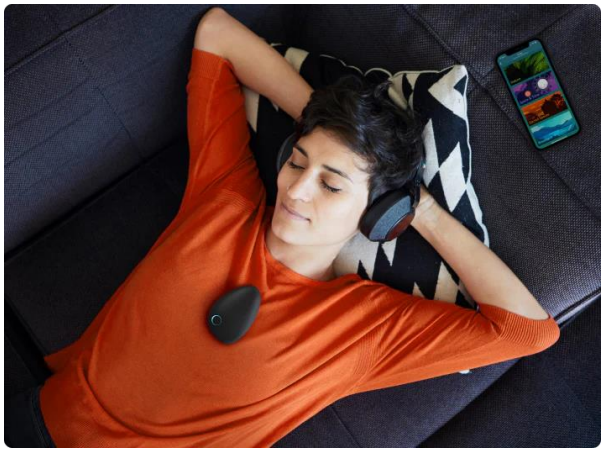
Applications:

- Heart coherence
- Release stress
- Find balance
- Build resilience
- Improve sleep
- Restore energy
- Balance emotions
- Increase focus
- Tap into your intuition

Technology:

- A science-based biofeedback technology
- Inner Balance BlueTooth device (connects to your ear) + app
- Used in conjunction with breathing interventions (i.e., guided breathing and meditations) to increase HRV and heart coherence

Priced from US$199.



Sensate – Sensate uses infrasonic waves to tone the vagus nerves. Each session is a synchronized soundscape that is both felt and heard simultaneously.

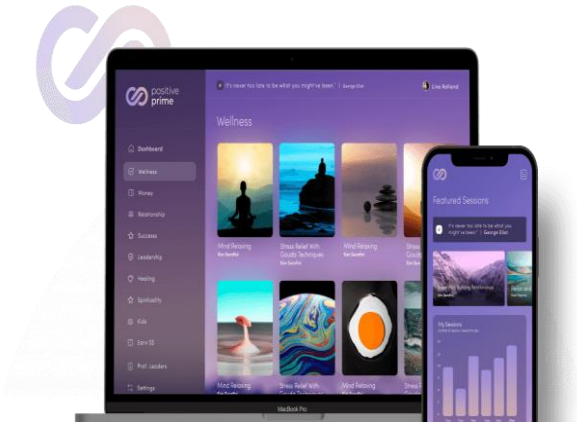
Applications:

- Reduce stress
- Improve sleep
- Reduce anxiety
- Increase performance and recovery
- Increase general well-being

Technology:

- Sensates tap into the phenomenon of bone conduction. Your chest resonates, sending out a frequency that signals the vagus nerve to relax. Vagal tone influences HRV.

Priced from US$359.



Positive Prime – Expertly curated visual content and carefully phrased statements accompanied by an evocative soundtrack act as an ever-changing vision board to aid you in cultivating a positive growth mindset.

You can even personalize your audio-visual content with images and messages that are meaningful to you and your goals. You can start Positive Priming your life in as little as three minutes a day.

Applications:

- Accelerate change
- Conditioning the mind
- Access flow states
- Increase productivity
- Reduce stress
- Manifestation

Technology:

- An evolution from a vision board, Positive Prime features visual content themed to specific outcomes and is easily customizable with personalized content, acting to condition the reticular activating system (RAS).
- 1,000 images in three minutes stimulate dopamine release and access to the unconscious.
- Expertly chosen content triggers mirror neurons, eliciting a positive state.

Priced from US$19.95 per month.

PART 3 – GETTING STARTED

If you're reading this, you're either a high performer or want to be one. But where do you begin with technology? Technology is great because it helps create a closed-loop system. Why is that important? Glad you asked … because it gives you data you can use to correct your course and adjust your thoughts, feelings, and behaviors.

The challenge we see is that many people investing in these Transformative Technologies don't understand their data, how to use the technologies effectively, and often are not taking effective action with the data from their devices, so … nothing changes.

Technology (1) is one important component, but it doesn't do everything. It's most effective when used in combination with other things. We believe there's 4 keys. We recommend linking your devices with an integrative Digital Platform (2) that is supported by expert coaches (3) and with a structured model (4) for change.

1

Using Transformative Technologies
to understand yourself.

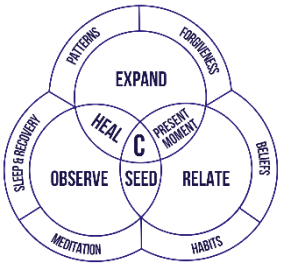
2

Connecting devices with an Integrated Digital Platform
where your data is securely displayed in one place and easily shared with trusted parties, i.e., a coach.

3

Being supported by expert coaches
to take away the guesswork.

4



Participating in structured programs
With proven outcomes to accelerate your results.

But we get it – getting started with technology can be a daunting task. To make it easier, we encourage you to reach out to speak with one of our expert customer service representatives.

Simply click the link here and schedule a 15-minute discovery call with one of our technology experts. On this call, we'll explore your needs, and if we can help, we will. Otherwise, we'll point you in the direction of someone who can.

BOOK YOUR 15-MINUTE CALL HERE

That being said, as promised, here are some technology stacks we recommend.

Recommended Technology Stacks

Top Three

Getting Started Stack

A great technology stack to get you started with sleep optimization, meditation practice, reducing stress and anxiety when you need it, and integrated with iAMconnected digital platform and support.
.

 +  +  + 

Oura Ring	**Muse**	**Apollo Neuro**	**iAMconnected**
Sleep, Recovery, and Activity	Neurofeedback Meditation	HRV/Vagus Nerve Stimulation. State management	Integrated Digital Platform, Sharing Progress with Coach

Go Next Level

Explore the power of breathwork and meditation in the one app with Othership while using the manifestation power of Positive Prime; this tech stack will help you get your mindset strong and have your unconscious mind working for you in the background.

 + 

 +  + 

Oura Ring	**Othership**	**Positive Prime**	**iAMconnected**
Sleep, Recovery, and Activity	Breathwork, Meditation, and State Optimization	Mindset Influence Your RAS (Reticular Activating System)	Integrated Digital Platform, Sharing Progress with Coach

I Can't Meditate Stack

Meditation is beneficial for many reasons, but not everyone has the patience to develop the skill; this stack helps you get the benefits of meditation without needing to do the work.

Oura Ring
Sleep, Recovery, and Activity

+

NeoRhythm
Meditation

+

Positive Prime
Mindset
Influence Your RAS (Reticular Activating System)

+

iAMconnected
Integrated Digital Platform, Sharing Progress with Coach

Okay, this is #4 – a bonus one.

Chill Me Out Stack and Help Me Sleep

A great technology stack to help you chill out and sleep … both NeoRhythm and Apollo Neuro are great tools to help you sleep (one works on your brainwave states and the other on your autonomic nervous system); Oura is a great sleep measuring kit and is integrated with iAMconnected digital platform and support.

Oura Ring
Sleep, Recovery, and Activity

+

NeoRhythm
Meditation

+

Apollo Neuro
HRV/Vagus Nerve Stimulation. State Management

+

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While not exhaustive, this guide is intended to get you started on your journey of using Transformative Technologies to level up your well-being and performance.

If you have any questions or suggestions, please email info@iamconnected.com.

May your journey toward becoming the best version of yourself be smooth and exciting!

Troy A Haines
Chief Consciousness Hacker
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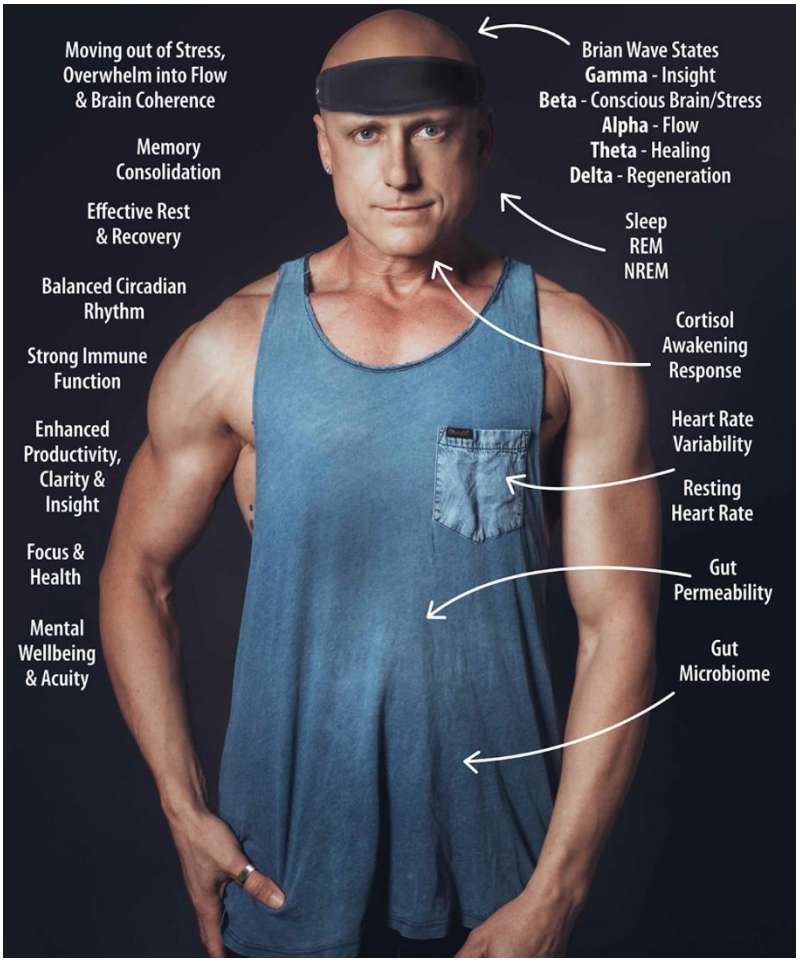
About The Author



Troy A Haines

Drawing on 20 years of experience in personal development and meditation and a decade of experience as an ecosystem builder, mentor, and participant in the Australian startup scene, Troy is the chair of Transformative Technologies AU, part of a global movement at the forefront of the wellness tech revolution that supports entrepreneurs and innovators to build technologies that elevate human well-being. As a founder and mentor, Troy is exploring and applying new applications of technology to well-being, human performance, and our ultimate potential.

Troy is the founder of iAMconnected, a digital platform that enables members to connect numerous wearable technologies while being supported through transformative programs with expert coaches. iAMconnected's vision is to help reconnect humanity to the underlying field of consciousness that permeates everything – to feel whole.

How will we interact with people from here? What systems will we create? What structures are we going to build? How will we use technology to explore? What will we explore? What might we become collectively when we are already whole individually?

Two Paths Podcast

Subscribe to Two Paths Podcast

Dating back to when we were primates and first used a stick to get at fruit on a branch outside our reach, we've progressively used tools and technologies in more sophisticated ways to extend our abilities. That's no different to today as we progressively explore tools, techniques and technologies to realise ever increasing levels of performance and potential.

We are fast approaching a convergence point where exponential technologies such as Artificial Intelligence, Neurotech, BioTech, Virtual & Augmented Reality (among others) will blur the lines between artificial and the real, and between the virtual and the real.

In addition as meditation becomes more mainstream, many are experiencing a greater disidentification with the mind made concept of self, the trauma and conditioning which keeps us small, being replaced by an alignment with our seed of potential within.

And furthermore the subsequent psychedelic renaissance that is unfolding is set to expand our awareness of who and what we are...individually and collectively in ways that we can't even imagine from this current point in time.

Two Paths is an exploration of two narratives (the pink path and the grey path) into the fundamentals of wellbeing, performance optimisation, human potential and potential beyond human. The pink path in our organic capacity and, the grey path the integration & augmentation with technologies as part of the emerging transhuman, post human movement

The Two Paths podcast is where we have these conversations, exploring the opportunities that are unfolding and providing an evidence based approach as we interview leaders in science and research, wellbeing & performance optimisation, technology entrepreneurs &

innovators, leaders in consciousness and those at the forefront of psychedelic research, among many others relevant to wellbeing, performance and potential.

Receive weekly Consciousness Hacking Tips

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