enophones platform

Medical-grade EEG sensors measure the microvolts naturally produced by your brain.

enophones

Your brain activity data is processed both on your device and in the cloud.
This provides you with feedback during your sessions, and trend analysis over time.

Raw data

eno app

Cloud

The eno app uses real time brain data to provide visual feedback during each session.

We process your brain data using the latest findings from neurscience research and aplying advanced machine learning models that get smarter over time.

Research

Big Data

We are constantly refining and improving the way we measure different mind states.

Data processing

eno app

We are constantly leraning from your individual data patterns, so that we can personalize the scoring of your data. The more you use your enophones, the smarter your app becomes.

Session type

Each session score is composed of nearly a dozen different features derived from neuroscience research, EEG data best practices, and habit creation principles.

Tracking Only

The Tracking Only mode is used for two main purposes: setting your personal baseline, and tracking your brain patterns during any activity.

After four hours of tracking only use, the system learns to recognize your individual brain pattern.

Your personal baseline serves as the starting point to calculate your session scores.

Wind Down

Features used to score this session type are based on alpha and theta frequency bands, known for their effectiveness in identifying various sleep stages, including the very light sleep Stage 1 (2).

We account for stillness as a feature using power changes in the EEG readings (3).

Sleep

Features used to score this session type are based on alpha and theta frequencies, as well the lowest frequency (2), delta waves, to assess deeper sleep stages.

Sleep cycles (4) are included as a feature.

Calm

The score for Calm sessions is based on the alpha frequency band relative to other frequencies. Power ratios such as alpha to beta are applied to distinguish stress from a resting state (5).

Movement and duration of each session are included as features to asses stillness.

Focus

The score for Focus sessions is based primarly on the beta frequency band, which is a known indicator of concentration and awareness, and is positively correlated with improved cognitive function (6).

We account for mental fatigue and workload, by measuring alpha (7) and the ratio of theta to alpha (8).

Flow

The features used to score the Flow sessions, are based on a combination of frequency bands including beta as an indicator of concentration and awareness, and theta and delta as indicators of flow state (9).

Energy

We score Energy sessions by analyzing the gamma, alpha, and theta frequency bands, which are known to play an important role in creative thinking (10).

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