

MUSE: Meditation Assistant
MUSE 1 + MUSE 2 + MUSE S

Cost: Free of charge for the app, however the Muse device itself is around \$130.00-\$400.00 depending on which device you choose. Monthly registrations for in app purchases are optional, it is dependent on what kind of features most interest you as the user.

Publisher: Interaxon, Inc.

Platform: iOS only.

Description: This is a wearable EEG device that goes across the user's forehead, and behind the back of the ears. This device will measure 'calibration' of your brain in order to effectively measure your mindful state during the meditation/ mindfulness sessions. It will read your personal brain activity and give you feedback accordingly, both during and after the sessions have taken place. The goal of this device is to help users focus on their breathing in order to help users focus on the present moment. The MUSE 1 focuses primarily on brain activity. The MUSE 2 tracks other activity, such as mind, heart, breath and body. The MUSE S takes it one step further and provides options for sleeping soundly.

Features: During the given sessions, depending on how the user is doing, the MUSE will play either birds or start a heavy storm that resembles the sounds in a tranquil rainforest. When birds are playing, the user knows that they are very focused and mindful. If there is heavy rain that begins to occur, users will then know that they are being less mindful. There is a journal option that allows you to write how you were feeling after the session took place, as well as the option to write notes.

Grade Levels: All

Subject Area: Health

Strengths: This app is a great tool to help users understand what it means to be mindful by having a device track the activity for them. The benefits that mindfulness provides makes this a great health education tool for any kind of learner. This is a very non-invasive way to track brain activity and has the potential to truly benefit the health of users. It is also very user-friendly and intuitive on how to use the app itself.

Weaknesses: It can be on the spendier side depending on the device that you choose. If the user does not have the proper fit of the headset, it can take a while to calibrate. Otherwise, it is fairly straightforward in the adjustment of the best fit in order to properly track brain activity.

Overall Impression: It is certainly worth giving a shot. The benefits far outweigh the minor weaknesses this device has. The fact that it is extremely non-invasive makes for a great tool for any classroom, home, and for any kind of learner.

Connection to UDL Guidelines:

Facilitate personal coping skills and strategies (9.2).

Develop self-assessment and reflection (9.3).