

CES 2022: Reduce Your Stress with Sensor Ball Feedback

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Your body has messages for you. We've written about biofeedback in several forms and purposes. In 2014 we wrote about Galvanic Ltd.'s Pip, a guitar pick-shaped device that measures galvanic skin response (GSR) to help users manage stress. In 2015 and again in 2017 we covered Upright, a posture-training device with a feedback app. Just last month, November 2021, we wrote about the Muse S, Interaxon's latest brain-sensing headband that uses biofeedback to help users improve sleep.

Reflect will be showing the Reflect Orb at CES 2022 in Las Vegas in January. If you think "mood ball" you won't be far from the mark. Users hold the soft, round Reflect Orb in two hands while meditating to relax and for biofeedback on stress and anxiety levels. The Orb measures pulse and GSR with ECG (electrocardiogram) and EDA (electrodermal activity) sensors. The ECG tracks your heartbeat and the EDA measures how much you sweat. A glowing LED light ring on the Orb changes color in response to your stress level.

The Orb runs for more than 24 continuous hours per battery charge, according to Reflect. The Orb connects with the Reflect app for iOS and Android devices via Wi-Fi and Bluetooth. The app tracks your meditation sessions and the impact as measured by the Orb. You can also use the app as a mindfulness and wellbeing journal.

The Reflect Orb Is on sale for \$199, a discount from the regular \$229 list price. The first manufacturing run sold out, according to the company, but the next shipments will begin in February or March 2022. Shipping is free and the Orb is backed by a one-year warranty and a 30-day money back guarantee.

Biofeedback works, especially when used consistently. The \$199 price seems a bit steep, but we haven't touched or seen one in person. You can check out the Reflect Orb for yourself during CES 2022.