

## Mindwave tips

- If the headset connection is not good, give the ear-clip a gentle squeeze – this usually improves things
- Also, make sure the forehead sensor is gently resting against skin

## Useful MindWave info

- [How to wear the MindWave properly](#)
- [Tips on getting MindWave to connect to Focus Pocus](#)
- [MindWave Mobile User Guide](#)

## Where to purchase

There is are several options for purchase in Australia

- [Amazon](#)
- [Core Electronics](#)
- For other regions, see [NeuroSky's distributor page](#).

## Brain state tips

**For Relax**, low numbers mean you are feeling tense, while high numbers mean you are feeling calm. To get high numbers try to take a deep breath and exhale slowly, or relax your muscles

**For Focus**, low numbers mean you are not very focussed, while high numbers mean you are very focussed. To get high numbers try to concentrate on your wizard, or imagine what you want your wizard to do

**Zen** is a combination of Focus and Relax, with low numbers meaning you are tense and not focussed and high numbers meaning you are calm and focussed – high is ideal! To get high numbers try to breath slowly and concentrate on your wizard, or relax your muscles and imagine what you want your wizard to do



# FOCUS POCUS

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