

Biofeedback



**What is biofeedback?**

* Biofeedback is a treatment that helps you understand and improve stress in your body
* Special equipment is used to measure things like your breathing, heart rate, the temperature of your skin and muscle tension
* Your doctor will use a computer to help you see how stress impacts your body and how you can learn to improve your breathing to reduce stress
* You will use that information to learn how to balance your body and improve your health

**What are the main problems that biofeedback treats?**

* Migraine & tension headaches, other types of pain
* Stress and anxiety
* Stress-related high blood pressure, high blood sugar, insomnia
* PTSD and depression (combined with psychotherapy)

**What should I expect?**

* Usually biofeedback lasts 5-10 sessions that are in-person (San Mateo Medical Center or Fair Oaks Health Center) and last 45-50 minutes each
* To benefit, you need to show up for every appointment and be willing to dedicate at least 15 minutes every day to practice techniques learned in sessions
* Biofeedback is an *active* treatment where your effort will be the biggest factor in your own healing! “*If something can be measured, it can be managed!*”

**How do I get referred?**

* Ask your doctor if biofeedback may be appropriate and to be referred to the Integrated Behavioral Health program
* Someone will contact you to schedule an appointment to make sure biofeedback is a good fit for your goals

To learn more: <https://www.smchealth.org/general-information/integrated-behavioral-health>