

brainLight[®]

LIFE IN BALANCE

brainLight Human-Centered

Relaxation Technology

Rejuvenate

Power nap



Indulge yourself

Relax

The impact of stress

Eustress

- Requirements are seen as a positive challenge
- The necessary skills are in place
- ➔ The task is likely to be solved with success.

Distress

- Requirements are seen as a burden
- The necessary skills are not in place
- ➔ The task is likely not to be solved.



Stress symptoms that manifest physically, mentally, or in your behavior:

- Heart and circulatory problems like high blood pressure, dizziness, heart palpitations, breathing difficulties
- Headaches, neck pain, back pain, joint pain
- Gastrointestinal disorders like diarrhea, constipation, stomach pressure, an irritable stomach or colon, heart burn
- Insomnia
- Convulsions, muscular spasms
- Allergies, skin irritations
- Concentration disorders, thinking barriers, forgetfulness, difficulties finding words
- Irritability.



Stress symptoms that manifest psychologically:

- Feeling not in control, helpless, overwhelmed, trapped
- Feeling irritable or even aggressive
- Feeling dissatisfied and sluggish - also sexually
- Being anxious - worrying that you are not fit to meet work-related challenges and might be dismissed
- Feeling annoyed with yourself about your decreasing psychological and emotional resilience
- Feeling depressed because of self-doubt and not knowing how to relieve the issues experienced.



What the **brainLight**-Systems do for you:



Immediate effects after one session:

- immediate stress reduction
- deep relaxation after approx. 10 minutes
- replacement for approx. 2 hours of sleep (deep regeneration)
- aids long-term memory

Short-term effects after approx. 5 sessions:

- more peace and serenity in daily life
- increased resilience and resistance to stress
- better achievements
- increased mental clarity and decision-making skills

Long-term effects with regular use:

- better concentration
- enhanced memory and learning performance
- heightened reflexes
- lasting resistance to stress
- continued increase of performance in many areas of life
- enhanced brain activity

1

Please choose a program and enter the corresponding number. Afterwards, please put on the headphones.



2

Please put on your visualization glasses if you pick a program that includes the visualization.



How to start your **brainLight** session:

3

You can adjust the volume and the intensity of the light with the small regulator on each respective cord to create the perfect listening environment for yourself.



4



Now simply lean back and enjoy your well-deserved break.

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