

LIFE

IN BALANCE

brainLight Human-Centered Relaxation Technology



LIFE IN BALANCE

The Meaning of Relaxation

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.





LIFE IN BALANCE

The Impact of Experiencing Lasting Stress

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.





LIFE

IN BALANCE

The Impact of Experiencing Lasting Stress

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.



LIFE IN BALANCE

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

LIFE IN BALANCE

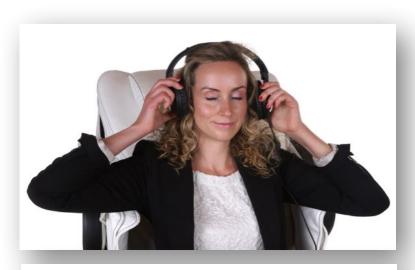
How to start your **brainLight** session:



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



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





LIFE IN BALANCE

How to start your **brainLight** session:



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.







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



LIFE IN BALANCE

brainLight Human-Centered Relaxation Technology



Indulge yourself.