



Calming & Relaxing Technologies

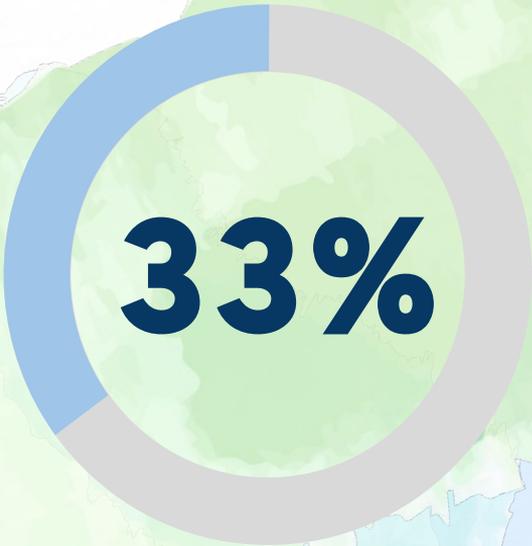
By Snir Dobo and Romi Erez

Table of Contents

01 Introduction

02 Digital
Technologies

03 Physical
Technologies



33%

of the American population

report feeling **extreme stress**
According to The American Institute of Stress

The background features a large, irregular watercolor shape in shades of light blue and teal, centered on the page. Below this shape is a horizontal band of light green watercolor. The entire composition is set against a white background with scattered dark blue dots of varying sizes. A thin, dark teal line curves across the right side of the image, ending in a small, stylized, hand-drawn shape.

Digital Technologies



Meditation



Coaching

**Relaxing
Digital
Technologies**



Relaxing games



Improve sleeping quality

SleepCycle

Context

Prolonged **stress** levels have been correlated with **decreased sleep** duration and reduced REM sleep.

Those leading to poorer quality sleep, impaired memory, poorer mood regulation, which can, in turn, lead to **more stress**.



SleepCycle

Sleep Cycle helps you to get a better mental health through **better sleep**.

The app **tracks** your sleep cycles by listening to your sounds and movements.

Then **analyses** them by machine learning algorithms, to help you understand what you can do to improve your rest and recovery.

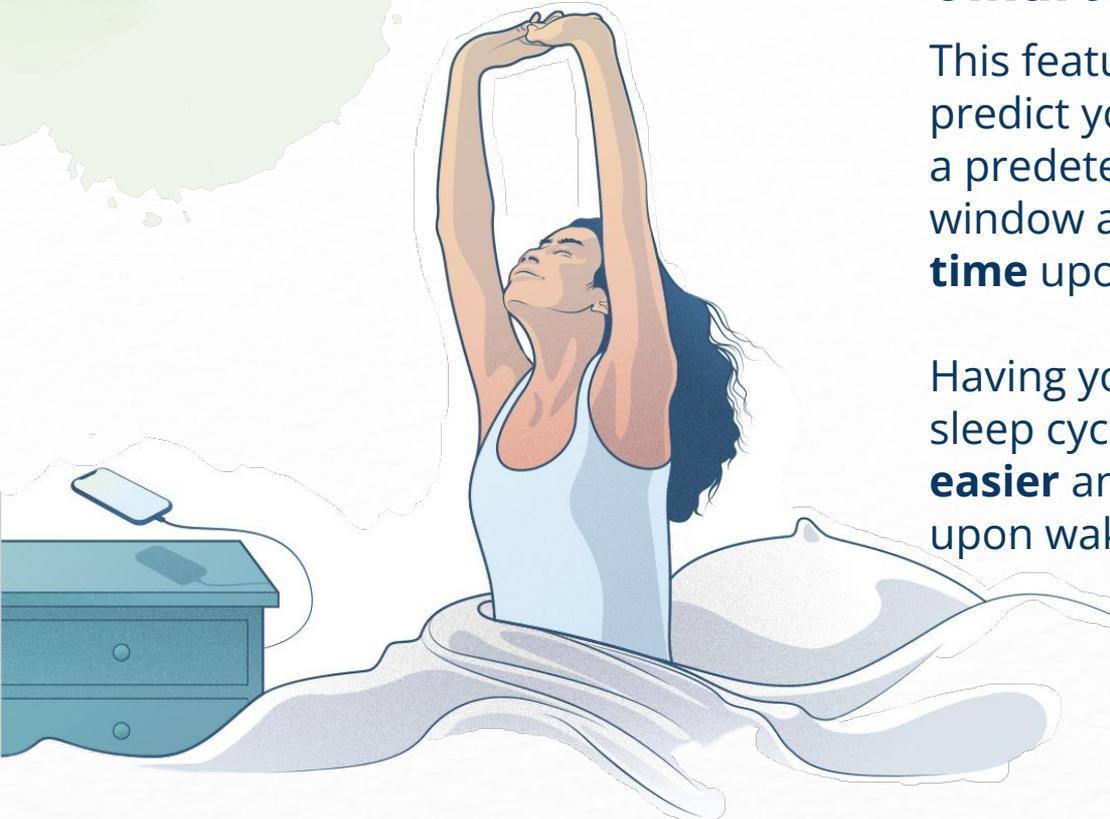


SleepCycle

Smart Alarm Clock

This feature uses your phone's sensors to predict your lightest period of sleep during a predetermined 30-minute wake-up window and wake you up in the **optimal time** upon it.

Having your alarm during your lightest sleep cycle is intended to make **waking up easier** and reduce fatigue and grogginess upon waking.



Relaxing games

For those suffering from anxiety or depression, it can be hard to find motivation to keep working on their issues.

Research suggests that **gamification** generally boosts motivation and user engagement.

For those reasons Mental health apps use gamification, to create **motivation and engagement**.



SuperBetter

SuperBetter builds **resilience** - the ability to stay strong, motivated and optimistic even in the face of change and **difficult challenges**.

Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.

The app got impressive results in two meta-analysis studies, which showed that **SuperBetter** had the greatest effect for reducing anxiety and depression symptoms.



SuperBetter

McGonigal's problems started when she suffered a concussion in the summer of 2009.

She suffered from headaches, nausea, vertigo, memory loss, and, ultimately, serious anxiety and depression.

She spent a decade researching the psychology of games, and writing a dissertation on it.



Personal Zen

Dennis-Tiwary, a psychology professor at Hunter College who studies gamified apps, has developed **Personal Zen**.

The game focus on one cognitive treatment- **Attention-bias modification training (ABMT)**.

The basic idea is that if you're anxious, you tend to **focus on negative** things in the world and **filter out the positive**, a habit that further feeds the anxiety.



Calm

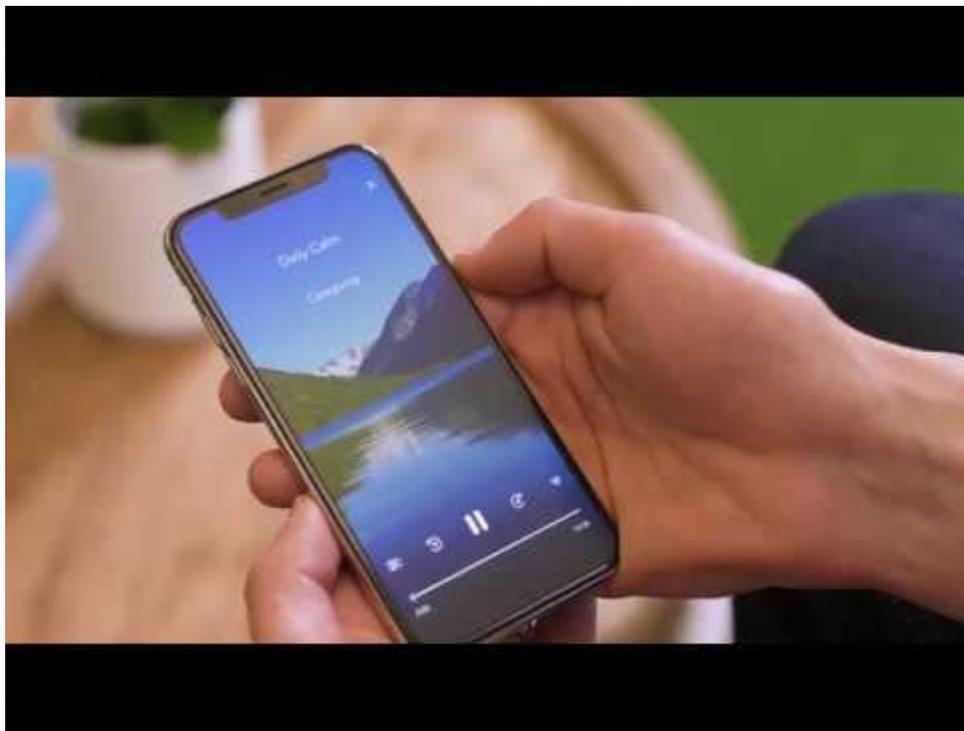
This app targets anxiety, induces deep sleep, improves concentration, breaks bad habits, and much more.

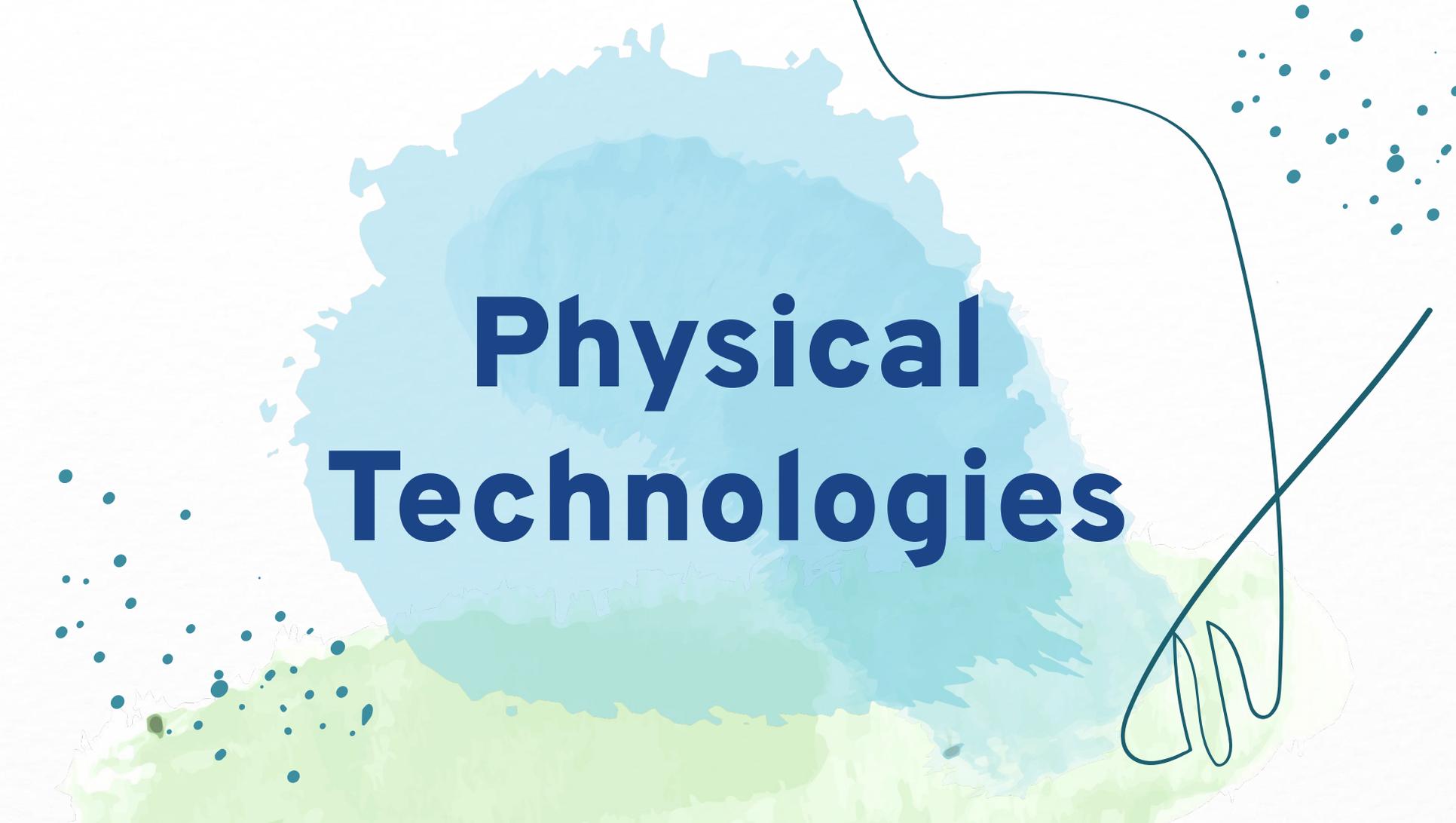
If you experience trouble falling asleep, the **in-app coach** guides you through easy-to-follow **breathing exercises** and teaches meditation classes for users of all levels.

Calm has most definitely proved itself: it's the #1 app for meditation and sleep.



Calm



The background features a light blue watercolor wash at the top, transitioning into a light green wash at the bottom. A dark teal line is drawn across the right side, starting from the top right and curving down to the bottom right, ending in a small loop. There are also several small, dark teal dots scattered across the background, particularly in the top right and bottom left areas.

Physical Technologies

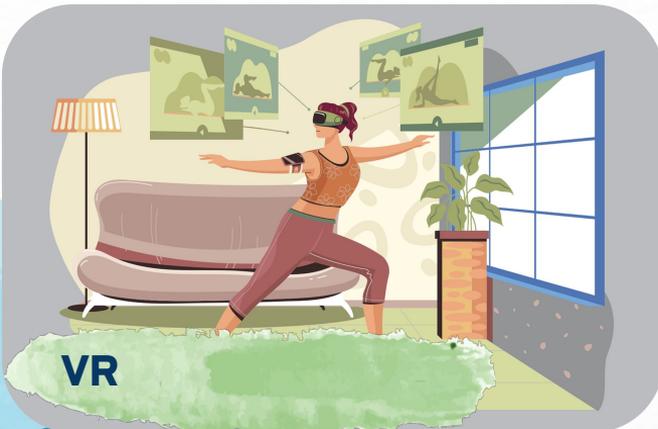


Biofeedback

**Relaxing
Physical
Technologies**



**Massage and body
treatment**



VR



Improve sleeping quality



Muze

A brain-sensing **headbands** that helps you **refocus during the day and recover overnight.**

Transforming Brain Signals Into Real-time Feedback.

Muze

Sleeping

A **bedtime story** that helps you shut off your busy mind and cues your brain to sleep.

Muse “Digital Sleeping Pill” is a **responsive sleep experience** that detect the signal brain changes and **modulate** the sleep experience.

The experience is managed by an app that tracking sleeping data, deep sleep insights, position tracking and a personalized sleep score.



Muze

Focusing

Muse focusing feature **translating the user brain** activity into sounds.

It uses advanced signal processing to interpret the user mental activity in order to help him to **improve his meditation experience**.

The app **tracks data** in order to give you feedback about your meditations progress.



Example of Sounds

Muze

How it works?

Muze measures brain signals with EEG brain sensors on the headband – 2 on the forehead, 2 behind the ears plus 3 reference sensors.

gamma 32 - 100 Hz



beta 13 - 32 Hz



alpha 8 - 13 Hz



theta 4 - 8 Hz



delta 0.5 - 4 Hz



Psious virtual therapy platform

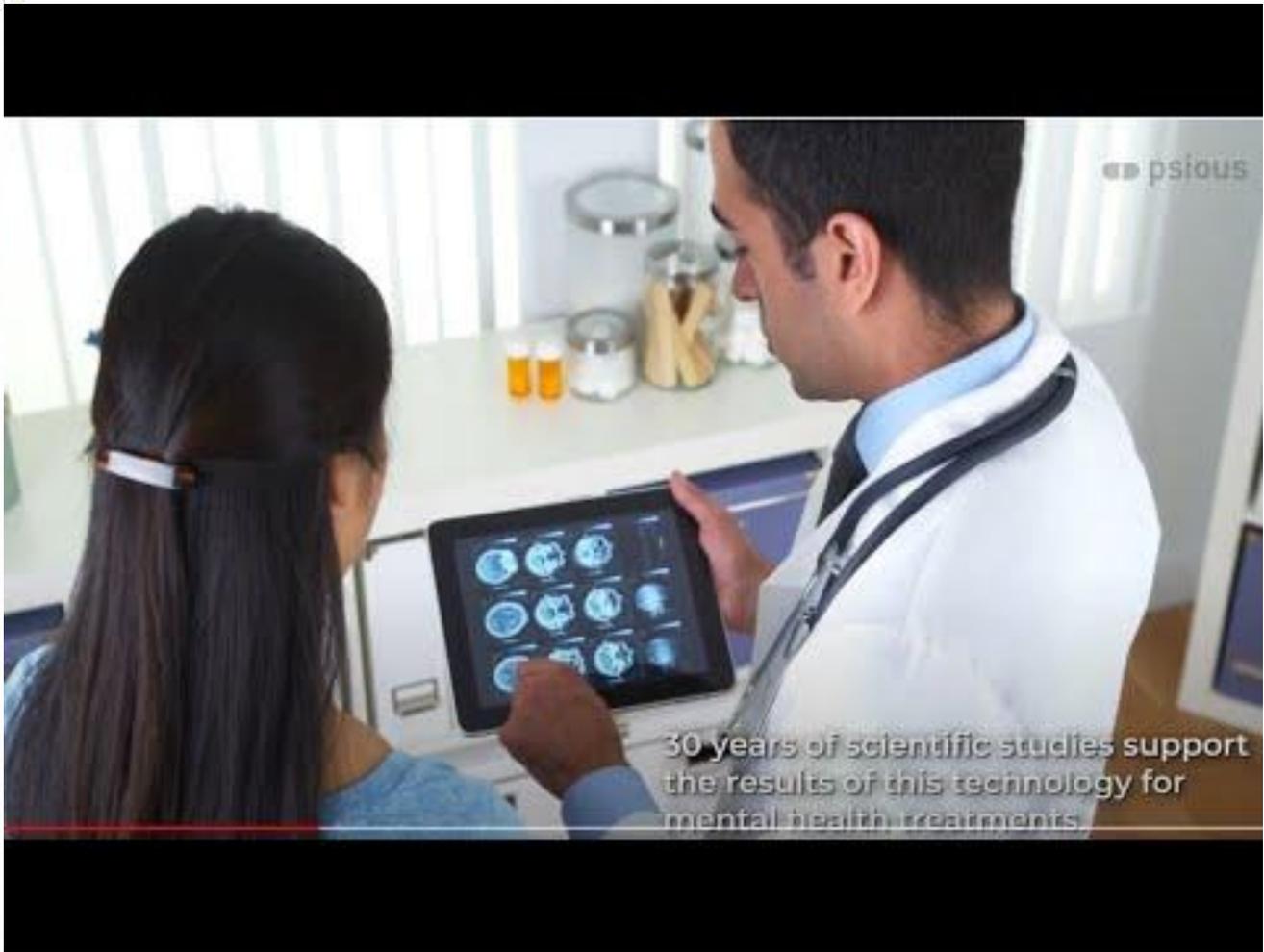


The all-in-one **virtual reality solution** for mental health professionals.

Multiple features specially designed for psychotherapy, the platform allows you to **plan and control** your therapy sessions easily.

The Psious platform includes more than 70 virtual reality environments, with dozens of scenes and 360° videos, that allows **the patients to deal with their biggest fears and anxieties.**





30 years of scientific studies support the results of this technology for mental health treatments.

Doppel

A watch like tool works by creating a silent **vibration** on the inside of your wrist which feels just like heartbeats.

Slower rhythms are **calming** and faster rhythms helps feeling **focused** - just like music.

doppel has been tested and shown to both **reduce stress and increase focus**.



Doppel

The Doppel is managed by a mobile app.

The app allows to create, save and sync the **personalized rhythms**.

It recommends which rhythms are suitable in order to feel relaxed, calm, focused, alert or energized.



ProsourceFit Acupressure

Context

Acupressure is an ancient healing art that's based on the traditional Chinese medicine practice of acupuncture.

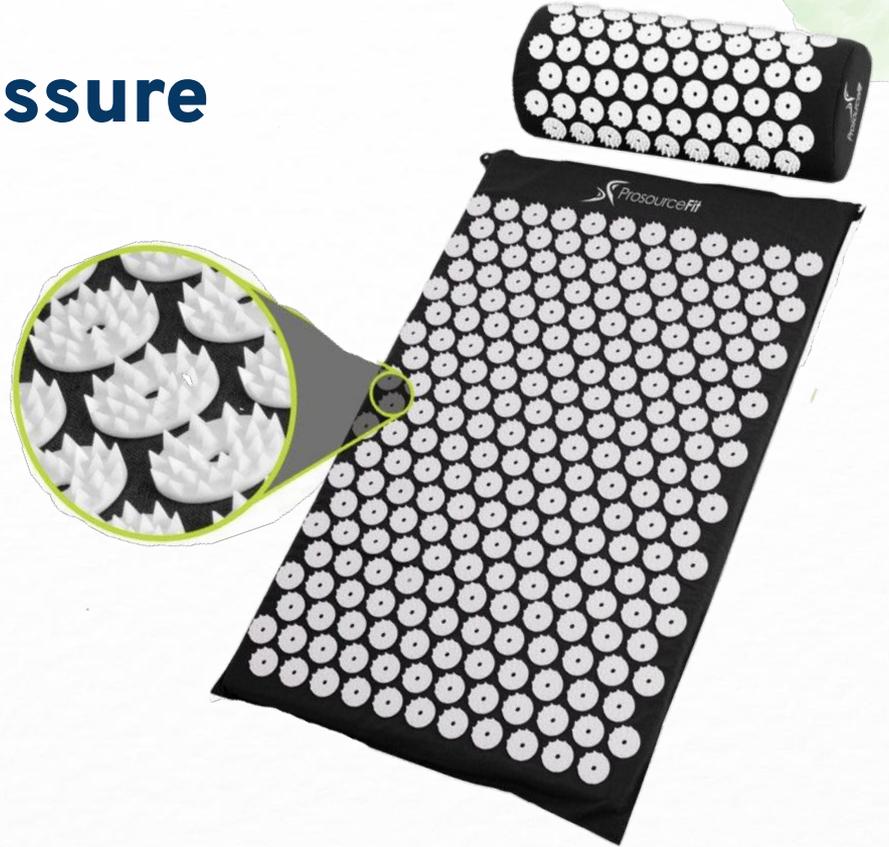
Acupressure uses **pressure** on a specific places **on the body**.

These places are called **acupoints**. Pressing these points can help **release muscle tension** and promote blood circulation.



ProsourceFit Acupressure

ProsourceFit Acupressure Mat is a simple bed of 9,000 acupressure points that helps relax and unwind the body.



ProsourceFit Acupressure

Benefits

INCREASED ENERGY & CIRCULATION -

Thousands of points stimulate nerves and improve blood circulation for **increased energy** and faster muscle recovery.

PAIN REDUCTION -

Acupressure releases endorphins that block pain, **reduce muscle tension** and helps relax the muscles.

RELAXATION & STRESS RELIEF -

The massage pressure points help relieve stress. Can be use prior to bedtime to improve sleep.



F



Dreamlight Sleep Mask

A sleep mask designed for better sleep.

It uses **light therapy** technology to help meditate, relax, and drift off to sleep faster.



Dreamlight Sleep Mask

Dreamlight radiant **orange** light in order to **help fall asleep**.

It can also used as an **alarm clock**.
It provides soft **green** light that wakes up the user at the optimal time during the sleep cycle.

It tracks and analyzes the sleep patterns.

It also provides diverse sounds of nature to help you fall into a deep sleep.



- A wavelength between 590-635nm of orange lights can stimulate the production of melatonin the sleep hormone





Thank you!



Sources

1. <https://choosemuse.com/>
2. <https://psious.com/>
3. <https://dreamlight.tech/>
4. <https://www.prosourcefit.com/products/acupressure-mat-and-pillow-set>
5. <https://feeldoppel.co.uk/>
6. <https://personalzen.com/providers/>