

INSOMNIA & SLEEP DISORDERS

Low-frequency vibration is effective for insomnia and sleeping disorders

Neurosonic low-frequency vibration and muscle stimulation greatly improves metabolism and blood circulation. At the same time, the body and muscles relax and tensions ease. Insomnia and sleep disorders are relieved, while bodily stress is alleviated and neurotransmitter production is balanced. Neurosonic makes it easier to fall asleep, stay asleep, and reduces night time waking up. In addition, it improves your sleep quality by producing more recovering sleep.

Neurosonic increases periods of deep sleep and REM sleep

According to studies, Neurosonic increases periods of deep sleep and REM sleep for most customers. Many users begin to have more dreams after the treatments begin. Approximately 80% of users are significantly affected by 1-5 treatments and see improvement in their sleep quality. The essential effect of Neurosonic is the change in the functioning of the body's internal clock cycle, so the periods of recovery sleep move more to the early hours where they naturally occur.

Vibration reduces the alertness activating neurotransmitter levels

Long-term stress produces too much cortisol, adrenaline, and other neurotransmitters activating alertness levels in the body. In particular, excessive cortisol production inhibits GABA (gamma-aminobutyric acid) activity, which is the most important brake mediator in the brain and central nervous system. In this case, falling asleep becomes more difficult or inhibited. Neurosonic produces muscle stimulation which reduces overly high cortisol production and thus helps neurotransmitters to function better. Decreased cortisol production also has very positive effects on the health of diabetics.

Treatment restores serotonin production

Stress slows down and destroys serotonin production. In regards to sleep quality and the ability to stay asleep, serotonin is a very important neurotransmitter. Serotonin changes to melatonin in the brain, which allows for uninterrupted sleep. Most of the serotonin (95%) is generated in intestinal serotonin receptors. Neurosonic balances the intestinal function through the parasympathetic nervous system and improves blood flow. This also has a direct effect on mood and many other body functions.

Customer testimonials regarding sleep:

I fall asleep easier, even during the treatments
My sleep is deeper
I have more dreams
My sleep quality is more restorative and nightly awakening reduce