

WiredVibe

The Science Behind Explained.

1 in 3 Employees is Stressed at Work

In fact, a third of workers say they are stressed at work. Stressed employees are less engaged, produce less, and have greater absence and turnover rates, according to research.

Furthermore, anxious employees spend more money on healthcare than their less-stressed counterparts.

Stress-related disorders cost American businesses about \$200 billion each year, ranging from depression to heart disease.

If you or your employees have experienced stress, many of these statistics won't come as a surprise.

Businesses are increasingly taking note and investing in employee wellness solutions, including science-backed mindfulness training.

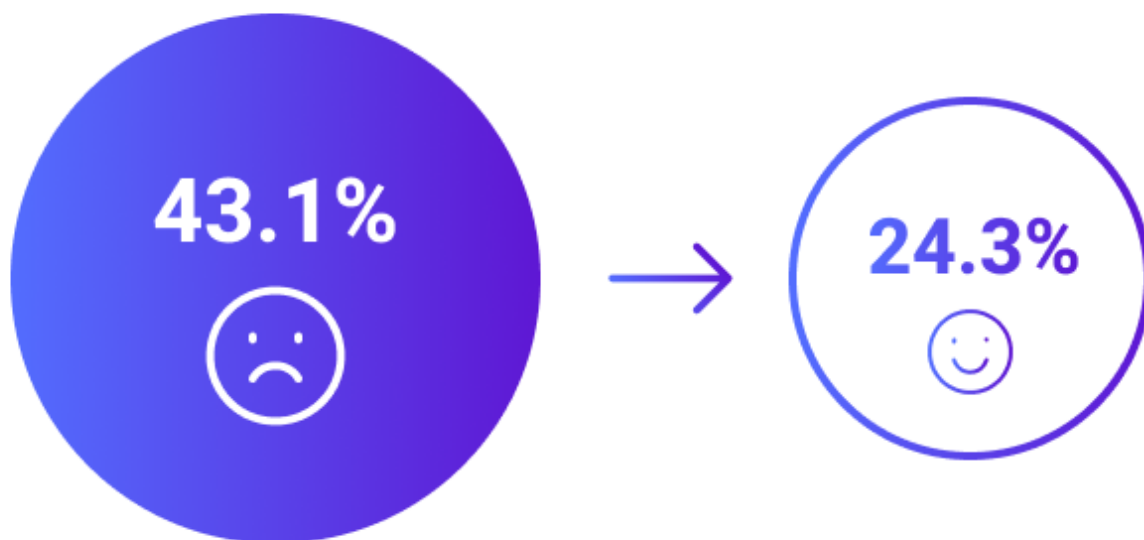
**Here's how
we can
help.**

Current Statistics

*Involving brainwave technology

Decrease in Anxiety

(1) Anxiety scores improved by 56%
Score scale: 0 (no anxiety) to 100 (very high anxiety)



Improved Sleep

58%

of subjects who used delta stimulation nightly for one month experienced improvements in sleep quality and fatigue reduction. (2)

Better Focus

(3) Subjects undergoing beta stimulation have reported an overall improvement in focus of

81%

Lower Stress

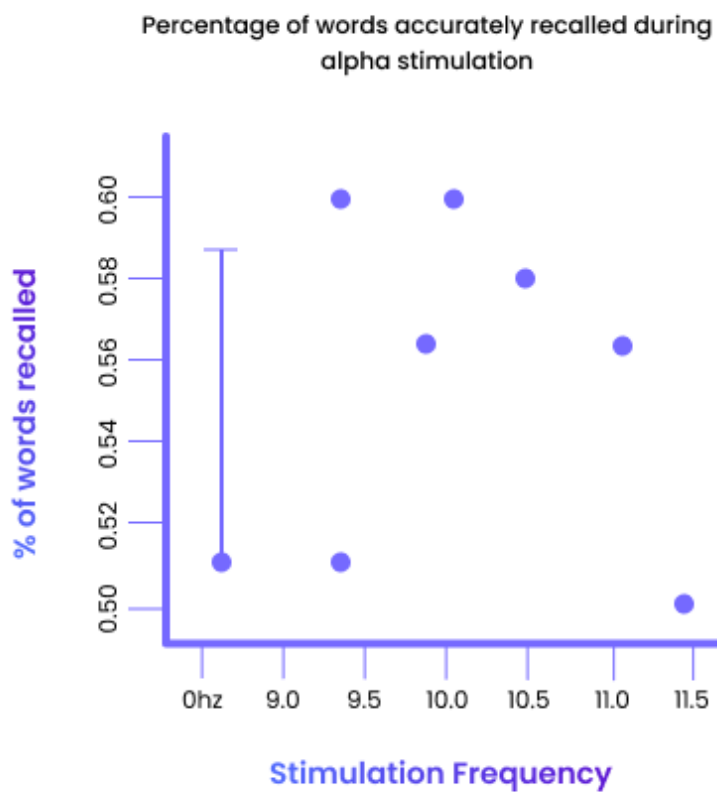
14%

lower inflammatory molecules and stress hormones have been reported in a recent study on eight weeks of mindfulness training. (4)

Memory Improvement

(5) During 10.2 Hz stimulation, the experimental group outperformed control group by

15%



References:

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3. Patrick GJ. Improved neuronal regulation in ADHD: An application of 15 sessions of photic-driven EEG neurotherapy. *J Neurother*. 1996;1(4):27-36.
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6. Grossman PI, Niemann L, Schmidt S, Walach H. Mindfulness-based stress reduction and health benefits. A meta-analysis. *J Psychosom Res*. 2004 Jul;57(1):35-43.