

N.A.P.

NEURON ACTIVATION POD



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BRINGING TOGETHER THE LATEST HEALTH TECH AND FUTURISTIC DESIGN

A combination of stylish, minimalist Nordic design and latest hi-tech, N.A.P. is bringing the future of well-being to offices and public spaces today. Based on the groundbreaking health tech from Neurosonic, N.A.P. provides an easy and scientifically tested method for full body recovery and relaxation in the midst of a busy workday. The stylish and unique design and choice of high-quality materials make it the perfect centerpiece of any office.

HEALTH BENEFITS IN EVERYDAY LIFE IS WHAT N.A.P. IS ALL ABOUT

The value of short breaks and powernaps in the middle of the working day is quickly gaining more understanding and appreciation. Companies seeking for the ultimate competitive edge are realizing that health tech can improve both comfort and efficiency in the office – and the opportunities are huge!

RELAXATION, RECOVERY, AND ACTIVATION COME AS STANDARD

The Neurosonic technology that N.A.P. uses is based on sensory tissue stimulation, where very low frequency vibration helps in relaxing the body and mind in a safe and research-proven manner. Depending on the chosen program, the effect can also be activating. What happens in detail is a mix of health benefits that N.A.P. brings together in a new and revolutionary way:

- Boosting blood and fluid circulation
- Fixing stress-based symptoms
- Enhancing quality of sleep
- Easing muscle tension and swelling
- Activating metabolism
- Assisting in physical and mental recovery
- Improving sports performance

OFFICES

BENEFITS FOR EMPLOYEES:

Relaxation: The 10-minute relaxation program relieves muscle twitches and completely refreshes the mind. As the modern working life becomes busier and more demanding, requiring extra concentration and tolerance to interruptions, the benefits of a short power nap can be enormous. The result, increased efficiency at work and better sleep at home, also improves the quality of life in general.

Recreation, activation; The 12-minute activation program increases energy levels and helps with headaches and neck problems. Well-suited for both morning and afternoon use, the activation program is also particularly beneficial for office workers sitting down for extended periods of time. It is a great and refreshing break and time well spent.

BENEFITS FOR EMPLOYER:

- a. It is a well-known fact that insufficient recovery may lead to decreased work efficiency and an increased risk of accidents at work places. Therefore, investing in recovery is easily proven to pay off.
- b. Using N.A.P. has a positive effect on the quality of sleep, offering direct savings, as the costs of insomnia are up to tens of millions of euros per year, caused by sickness absences and lowered work efficiency.
- c. A valued brand and company image is a must in finding the right experts and keeping them motivated. Investment in the well-being of employees is an important sign of a nimble and forward-thinking company.

A 10-minute break with N.A.P. is already making health the first priority.

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PUBLIC SPACES

BENEFITS FOR CUSTOMERS:

Relaxation: N.A.P. provides a refreshing break during business trips or a relaxing start to a long-anticipated vacation. Different programs suit even the busiest schedule and provide great results in no time. Vibration balances the autonomic nervous system, and the production of stress hormone cortisol rapidly decreases. Even the 10-minute program is enough to give the brain a much-needed moment of restoration.

Recovery: N.A.P. provides an efficient and convenient recovery from exhausting long-distance flights and jet lag. With the 37/41-minute program you can start recovering already while travelling. The program boosts fluid and blood circulation, relaxes muscles and improves sleep. Cortisol production decreases and the level of serotonin increases, making it easier to calm down and sleep.

BENEFITS FOR OWNERS:

- a. Brand improvement and superiority; the versatile options encourage customers to stay longer and spend more money with the services on offer.
- b. Earning potential; possibilities for offering services with an additional cost and return on investment with N.A.P. is fast.
- c. Educational institutions; improving student concentration, learning outcome and well-being.

GYMS AND SPORTS FACILITIES

BENEFITS FOR CUSTOMERS:

Recovery from sports: The 37/41-minute recovery program helps the body recover faster from heavy training by boosting blood circulation and lymphatic circulation in tissues. Increased blood circulation reduces muscle stiffness and pain. Vibration also has a positive effect on resting heart rate and heart rate variability. Effective recovery is a key in reaching your goals, helping to make your body ready for even the hardest of workout challenges.

Activation: The 12/24-minute activation program will help in preparing and enhancing performance. Vibration stimulates metabolism, and the nervous system gets activated as the frequency range of vibration is within the same range with rapid muscle cell function. The program intelligently prepares muscles for optimal performance and stimulates the production of dopamine, improving arousal level and helping to concentrate better.

The Relaxing cycles of the restorative program have a positive effect on sleep quality, thus continuing the recovery from the workout even at home. Stress hormone cortisol production decreases and melatonin precursor serotonin increases.

BENEFITS FOR OWNERS:

- a. Competitive edge against competitors; additional services that can be priced separately or as an extra.
- b. Return on investment with N.A.P. is fast.