



# Neuron Activation Pod

## TECHNOLOGY OVERVIEW



*Relax. Heal your Body + Mind.*

The **Neuron Activation Pod** uses technology developed by Neurosonic. The technology was invented by March Karkkainen, a Psychotherapist based in Finland. In 2009, he collaborated with doctors and physiotherapists to refine the technology. They conducted numerous client studies, performed meticulous measurements, and calibrated the perfect intensity of vibration waves. With all of this research complete, the first device equipped with the Neurosonic technology was launched in 2011.

### History & Vision

Since 2011, we have accumulated feedback from thousands of customers, which has proven the positive effects of vibration in terms of sleep quality, pain relief, enhanced recovery, and stress relief. In addition to subjective customer experiences, the technology has enjoyed strong scientific evidence from several studies that are constantly being conducted to improve the quality and health effectiveness of our products.

Sleep, stress management, and recovery are global interests and megatrends in well-being. The attention the technology has received has guided research towards discovering the effects of vibration therapy on health and well-being. We believe that vibration therapy will be the next remarkable health promoter.

“As a Inventor of Neurosonic, which is the technology inside this pod, I must say that it can be a game changer, but sometimes even life saver. It was originally developed for the needs of psychotherapy clients.”

This groundbreaking technology is now available here, in North America.

### Marco Kärkkäinen

Founder  
Psychotherapist

NEUROSONIC



# Neuron Activation Pod Technology Overview



## How It Works

The Neuron Activation Pod produces very low-frequency vibration that has a relaxing effect on the autonomic nervous system. This guides the body into a meditation-like state that relieves stress, enhances recovery, and restores healthy sleep mechanisms. Different effects are achieved in different power and frequency ranges: For example, relaxation and recovery programs help an athlete or a stressed individual recover faster, and activation programs increase alertness and prepare the body for future performance.



## Health Benefits

Extensive research data supports the positive effects of vibration on metabolism and health, as well as potential uses to reduce the effects of stress, improve sleep quality, and promote overall recovery and health. The research evidence is also supported by thousands of positive feedback comments accumulated since 2011.

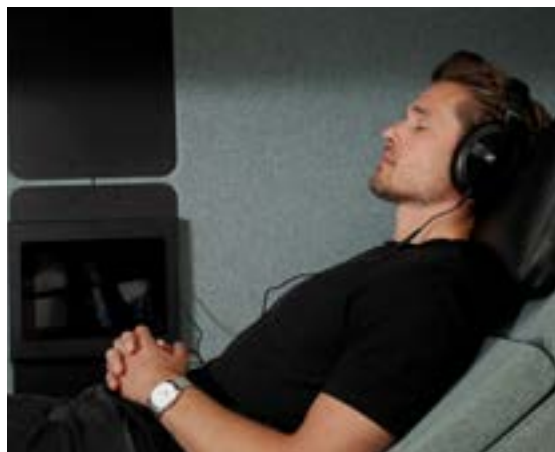


## Sleep Disorders

The investigation under the direction of sleep researcher Markku Partinen, conducted at the Helsinki Sleep Clinic (2013), studied the effects of Neurosonic low-frequency treatment on the sleep quality of patients with primary insomnia, and examined patients with sleep disorders, using a randomized controlled trial. Sleep actigraphy measurements indicated a significant reduction in sleep movement, which correlated directly with more profound sleep.

Significant changes in anxiety and fear response states that may significantly interfere with sleep were also found in the study-related surveys. The studies found that 70% of the subjects benefited after five treatments, which significantly reduced anxiety, obsessive-compulsive disorder symptoms, and fear response states.

A study by Heli Haapaniemi (2013) focused on the effects of the Neurosonic treatment on stress and sleep disorders. The study was based on Neurosonic therapy chair products, assessment of subjective sensations, and bio-signal measurements that evaluated cardiac electrical activity (EEG, EMG, and ECG). According to the research data, it can be stated that the treatment affected the function of the autonomic nervous system by increasing the activity of the parasympathetic, recovery promoting part of the autonomic nervous system. This was also evident from heart rate variability results, which indicated that subjects were more relaxed after the study period than before.



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## Recovery

A research study conducted by Veera Ikonen (2013) investigated the acute effects of the Neurosonic low frequency treatment on physiological and subjective recovery variables. The study measured the immediate effects of the Neurosonic treatment, after exercise, on resting heart rate, heart rate variability, blood lactic acid levels, subjective feeling of recovery, and sleep quality the following night. In summary, a single treatment with Neurosonic appears to have a positive effect on the activation of the recovery nervous system, as well as on recovery from physical exercise.



## Immune System

There are preliminary studies indicating that vibration transmitted to the whole body reduces inflammation in the bowels and achieves the same types of metabolic benefits as exercise. According to one study, exercise and vibration both increase muscle mass and insulin sensitivity, especially in overweight individuals. Vibration transmitted to the whole body also affects the immune system and increases the amount of cytokines, which reduce inflammation. Thus, there is research evidence that anxiety, among other things, may result partially from the wrong intestinal microbial strains and that balanced microbial activity in the bowels may alleviate, for example, negative stress reactions.

According to the study, vibration also promotes glucose tolerance and renal function, which results in a decrease in inflammatory factors and peripheral neuropathy. Vibration also seems to have an effect on body composition, bone density, and the amount of fat in the body.

Consequently, according to studies and customer feedback, everything suggests that inflammatory conditions in the bowels and muscles are reduced by vibration. At the same time, the body's immunity levels increase, which has positive effects in the prevention and treatment of several diseases, such as MS, Alzheimer's, Parkinson's, and fibromyalgia.



## Conclusion

Although there is already a good amount of research evidence and subjective customer experience on the preventive and healing effects of vibration therapy, Neurosonic is not a medical device. However, the process is ongoing and new research data, as well as customer experiences, are being accumulated all the time.

Nevertheless, we want to emphasize that Neurosonic is not a substitute for medical treatment prescribed by a doctor, nor does it eliminate the real root cause of musculoskeletal disorders. However, it may well serve as a form of support in addition to medical treatments, for example, to improve sleep quality.



## Neuron Activation Pod Testimonials



### Jani Hakanpää

NHL Player  
Dallas Stars

Dallas Stars' ice hockey defenseman Jani Hakanpää is known not only for his physical style of play but also for his world championship with the Finnish team in 2019. But how does this NHL star take care of his recovery after tough games and workouts? The answer is Neurosonic.

Jani says that during the competition season, the biggest challenge is the late timing of the games. "When you come home late from a game, your body is revved up, and falling asleep can be challenging." The same challenge recurs during the training season after intense workouts and Neurosonic has been a great help to Jani in these challenges.

“When I tested it in the summer, I noticed that when you take a half-hour treatment after eating, the body calms down quickly. The revs start to drop, and the rest of the day goes by more energetically.”

He has also noticed an improvement in his sleep quality, and the next day there's more energy to train.

During the test period, Jani did not encounter challenges or setbacks with the use of Neurosonic. "The device has always worked when needed. There's nothing to complain about."

Jani highly recommends Neurosonic to other athletes. "The vibration thing has worked well, and my body reacts to it very positively." He advises others to boldly try different programs to find the most suitable settings for themselves. "Every time has been a positive user experience, but finding the optimal settings requires usage."

## Neuron Activation Pod Testimonials



**Mirka Laukkanen**

Midwife & Psychiatric Nurse

Mirka suffers from two rare diseases. People diagnosed with EDS have a genetic defect. Due to the disease, the body does not produce enough collagen. The patient experiences a lot of pain, and recovery from exertion is slow. SEID disease, which causes chronic fatigue, is often associated with this diagnosis.

“As a young girl, I was completely healthy. Eight years ago, I began to experience symptoms, joint pain, and other sensations of pain. I couldn’t recover from exertion; even washing my hair was difficult because holding my hands up was so heavy. I am a midwife and psychiatric nurse by profession. I have been on long sick leaves and very tired also because I couldn’t sleep properly due to the pain. I ended up trying Neurosonic therapy on the recommendation of my occupational health doctor, as I couldn’t find help anywhere and painkillers didn’t bring relief either.”

“I tried a Neurosonic product in Mikkeli in March. After the first treatment, I was able to sleep through the night. Initially, I took treatments 2-3 times a week. My condition improved, and the pain decreased. After a few months of use, I decided to buy a product for myself. At home, I used the programs initially three times a day, both relaxing and restorative ones. Since summer, I have been completely pain-free. My other medication has also been reduced. If there is no extra stress in life, maintaining well-being requires treatment once a week. I recommend that the first treatments be done with a professional who knows how to use different programs. After that, you will know for yourself which program is right for you.”

“I have fulfilled a big dream and moved to Norway to work – a dream I thought would never come true. We have also used the device for my 12-year-old son’s severe migraines. He previously had several vomiting migraine attacks every week. Sports hobbies had to be stopped, and he had many absences from school. Now the migraine stays away when the treatment is repeated once every three weeks. My son has also been able to resume swimming as a hobby.”

“I can recommend the Neurosonic device and treatments for everyone who suffers from pain and insomnia and also for healthcare professionals to complement another treatment method. I have woken up to life again with the help of this treatment – anyone with chronic pain knows what that means. I can work and even engage in sports. The help I get from this means a lot to me.”



## Neuron Activation Pod Testimonials



### Pete Parkkonen

Finnish Singer, Songwriter  
and Television Personality

“As a frequent traveler and entrepreneur, sleep and rest are crucial for me. I sleep on various-sized and -quality beds approximately 100 nights a year. When I finally return home, the first thing on my mind is always getting some rest. However, working full-time doesn’t always allow for flexibility, and getting enough sleep can be a challenge when you need it the most.”

“While I’ve always been able to fall asleep easily, it doesn’t necessarily indicate the quality of my sleep. However, this spring has brought about a significant change in that aspect of my life.”

“Last year, I caught a glimpse of the Neurosonic device at the I Love Me Expo, but due to the long queues, I couldn’t try it right away. Later on, I visited their store and had the opportunity to try out the Neurosonic-Tempur bed. Impressed by the experience, I decided to bring home their mobile mattress for further testing.”

“As someone who is sensitive to sensations, Neurosonic has made a tremendous difference in my daily life. The most evident improvement, of course, has been the significant enhancement in the quality of my sleep. But what surprised me even more were the changes in my post-workout recovery and metabolism.”

“I engage in physical activities for 5-10 hours each week, and recovery hasn’t always been the easiest. Especially when I find it challenging to stay still in my daily life. Since using the Neurosonic x Tempur mattress, my sports and exercise routines have become much more manageable, thanks to improved recovery and metabolism. Moreover, the fact that all of this works in conjunction with my familiar Tempur base makes the overall experience and daily life even better.”

“The “power naps” feature is also highly effective. I practice short meditation sessions, and the Neurosonic moment is perfect for that. Taking a 10-minute break from my office work has helped me gain energy several times throughout the day.”