

To what extent is audio-visual stimulation scientifically established?

The effects of audio-visual stimulation on the human body and mind have been the subject of many scientific surveys and studies. The alteration of brain waves as a reaction to both visual and acoustic stimuli can be shown with an electroencephalogram (EGG).^{1, 2}

Various clinical studies have shown that audio-visual stimulation had positive effects on stress and anxiety disorders, concentration, and a significant reduction in pain during various diseases.³

In a study of patients suffering from migraines and tension headaches, 49 of 50 patients claimed that they suffered less pain because of the stimulation, and 36 claimed that the pain had disappeared completely.⁴

The University of Hamburg has successfully applied audio-visual stimulation for tinnitus patients for many years now.⁵ The guidelines for successful stimulation were kindly shared with us by Professor S. Tönnies and have been incorporated into MindLights® software.

The MindLights® can be successfully implemented into treatment in consultation with one's therapist and can be of great value to the patient. It is also easy to use MindLights® at home, and the device can also be rented.

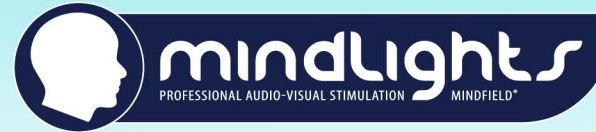
(1) Collura, T.F. (2001). Application of repetitive visual stimulation to EEG neurofeedback protocols. *Journal of Neurotherapy*, 6(1), 47-70.

(2) Frederick, J.A., Timmerman, D.L., Russell, H.L., & Lubr, J.F. (2004) EEG coherence effects of audio-visual stimulation (AVE) at dominant and twice dominant alpha frequency. *Journal of Neurotherapy*, 8(4), 25-42.

(3) Huang, T.L., & Charyton, C. (2008) A comprehensive review of the psychological effects of brainwave entrainment. *Alternative Therapies in Health and Medicine*, 14,5.

(4) Anderson, D. (1989) The treatment of migraine with variable frequency photic stimulation. *Headache*, 29, 154-155.

(5) S. Tönnies (2006) Entspannung für Tinnitusbetroffene durch Photostimulation. *HNO* 2006 • 54:481-486



Contact

Mindfield Biosystems Ltd.
Bogenstrasse 11 · D-14169 Berlin
Germany

Phone: +49 (0)30 319 80 268

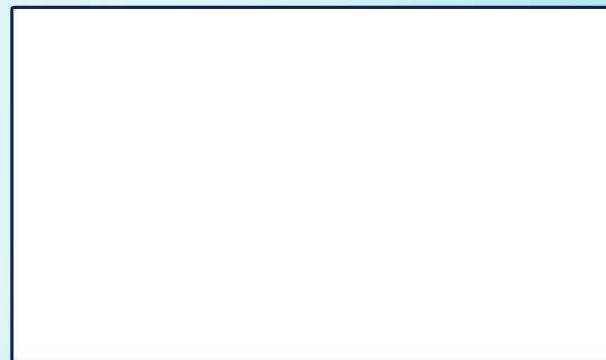
Fax: +49 (0)30 812 96 145

E-Mail: info@mindfield.de

You can order your MindLights®
in our online shop at
www.mindfield.de

or via e-mail and/or phone.

Your personal contact:



PRODUCT INFORMATION AND GENERAL INFORMATION ON AUDIO-VISUAL STIMULATION



Design: c-promo.de | Fotos: "Fabian März" von "Focoboco", alle Infos finden Sie auf www.focoboco.de



A Better State of Mind



A Better State of Mind

What is audio-visual stimulation?

Where do the MindLights® fit in?

The concept of audio-visual stimulation is about the positive stimulation of the central nervous system through specific signals of light and sound. The MindLights® LED mask produces changing fields of colorful light and accompanying sounds, heard through the headphones. Depending on the type of audio-visual signals, different effects on the brain can be achieved.

A very simple comparison is, for example, the calming effect of a campfire. MindLights® have many more potential effects. You can choose between different stimulation programs for various goals or create your own program.

What are the Areas of Application?

- **Mental Fitness and Vitality:** Increase in powers of concentration, comprehension and memory • overcoming tiredness and exhaustion
- **Relaxation and Stress Management:** achieve states of deep relaxation • Elevate stress-resistance
- **Meditation, Mental Training, Trance and Hypnosis:** achieve meditative, trance-like states of consciousness • Hypnagogic experience of images and imagined journeys • Promotion of creativity and brainstorming-ability • Utilization of hypnagogic state for autosuggestion / affirmation
- **Sleep:** Overcoming problems of falling asleep and insomnia • achieve healthy and restful sleep
- **Therapeutical Aid during:** Diseases regarding stress and nervousness • tinnitus • migraine • ADD and ADHD • Depression and anxiety disorders • Pain (esp. fibromyalgia) • Hypertension • Insomnia

Scientific research and publications regarding the mentioned aspects can be found on our website www.mindfield.de

How are MindLights used?

Using MindLights® is easy. You only need a PC or a laptop, and there are no special hardware or software requirements. Software for running and adjusting a MindLights® session is included on a USB stick. Simply connect the MindLights® LED mask to a free USB port of your PC or laptop and connect the headphones to the mask. During the simulation, the MindLights® are controlled by the PC.

The included software makes it easy for beginners to create a stimulation session with the desired effects within just a few clicks. Experienced users have a broad spectrum of opportunities to edit their sessions. For example, you can incorporate your own favorite music or add additional instructions on controlling your breathing.



The colors of the light signals can be selected from the entire color spectrum and can be changed continuously during a session. The subjective effect might be described as a journey into a colorful fantasy world. The specific effects of each stimulation modus are added further. The intensity and many other and many other parameters of the visual and acoustic effects can be adapted.

You can choose sessions from pre-existing themes (e.g. deep relaxation) or create your own. Various demo sessions are included.

More information on our Website:

www.mindfield.de

How long does a session last?

Normally, a session lasts for about 15 to 60 minutes, depending on the goal of the user. We recommend at least 15 minutes because it usually takes some time for the effects to occur. A session lasting longer than 60 minutes is usually not needed.

How often can I use the MindLights®?

Many of our customers use MindLights® daily adjusting the duration and intensity to their daily routine. But even if you can only use the MindLights® once or twice a week, you will still experience the positive effects of the stimulation.

Are there any side effects?

People suffering from epilepsy should not use MindLights® because the alternating light signals, among other things, may trigger an epileptic seizure. There are no other side effects.

