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Somavedic and BrainTap Unveil Study Results Confirming Positive Effects of Audio Brainwave Entrainment and EMF Mitigation Technology on Mental and Physical Wellbeing

New Research Showcases Improvements in Quality of Sleep, Mood and Heart-Rate Variability

SAN FRANCISCO--([BUSINESS WIRE](#))--[Somavedic](#), pioneers in digital pollution-neutralizing frequency therapy technology, announced today the results of their pilot [study](#) conducted in partnership with [BrainTap](#), the leading company in brain fitness. The results indicated a statistically significant improvement in the quality of sleep and mood, and a decrease in stress and depressive mood, following the introduction of audio brainwave entrainment (ABE) and EMF effects mitigation technology (EEMT). The results signify a considerable stride forward in the field of brain fitness and frequency therapy technology, with the potential to transform millions of lives.

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The six-week study featured 20 participants, aged 34-65, who underwent two daily BrainTap sessions, utilizing a BrainTap headset while in close proximity to a Somavedic™ device. Results of the study found that 100% of participants experienced deeper, more restful sleep, while 90% noted a boost in happiness and overall disposition. In order to evaluate the results and effectiveness, the following assessments were distributed: Pittsburgh Quality of Sleep Index, The Profile of Mood States (POMS) questionnaire, and The Depression, Anxiety and Stress Scale (DASS-21). Participants were not making use of analgesics, anti-inflammatories or sleep aids at least seven days prior to, as well as during the study, and had no hearing disabilities.

“As a researcher, I was pleased to see that the results of the study will allow us to positively recommend our users to combine the BrainTap and Somavedic technologies to improve sleep, mood, stress and depression,” said Dr. Francisco Cidral, ND, PhD, Scientific Officer at BrainTap. “Overall results indicate positive effects of Audio Brainwave Entrainment and EMF effects mitigation technology.”

The study is particularly significant in light of National Sleep Awareness month, as it highlights the importance of sleep hygiene and offers a potential solution to the problems associated with electronic devices and sleep disruption. According to the National Sleep Foundation, about 90 percent of Americans regularly use an electronic device in the hour before they go to bed. Somavedic offers a way to mitigate the effects of EMFs given off by digital devices, and this study underscores the importance of understanding how the brain functions during sleep, as well as how Somavedic can have a broad impact on various health issues that stem from stress and lack of sleep.

The promising results of this pilot study lends itself to further research and development in this area, potentially resulting in more effective and accessible solutions for people experiencing sleep-related issues or struggling with stress, anxiety, and depression. The study may also encourage more widespread use of audio brainwave entrainment (ABE) and EMF effects mitigation technology (EEMT) to improve overall well-being. This study has the potential to significantly impact the future of brain fitness and frequency therapy technology and could offer new possibilities for individuals looking to enhance their health and well-being.

ABOUT SOMAVEDIC

Somavedic is an innovative, always-on, rest and recovery frequency therapy device. It works on the principle of controlled release of natural energy from precious minerals, stones and metals, together with supportive frequency therapy technology, to provide a unique and one-of-a-kind wellness-tech experience that renders a myriad of scientifically-studied functional health benefits. Thanks to this pioneering combination, the digital pollution-neutralizing effects generated by Somavedic devices have therapeutic effects on cells, which manifests into improved sleep, energy levels, and cellular regeneration. Visit [Somavedic.com](https://www.somavedic.com) or follow the brand on Instagram at [@somavedic](https://www.instagram.com/somavedic).

ABOUT BRAINTAP

BrainTap® is the leading brain fitness app platform. BrainTap's unique technology improves neuroplasticity through audio sessions led by renowned health & wellness experts across mental health, longevity, endurance, nutrition and more. Visit www.braintap.com for more information.