

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.

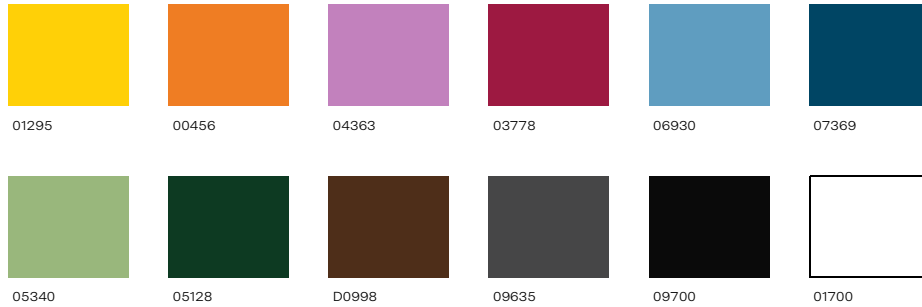
BENEFITS FOR OWNERS:

- 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.

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CONTRAST STITCHING

OUR PRODUCTS AVAILABLE WITH CONTRAST STITCHING OR CONTRAST BUTTONS ARE MENTIONED ACCORDINGLY IN THE PRICE LIST.
PLEASE SPECIFY COLOR OF SEAMS WHEN ORDERING A PRODUCT AVAILABLE WITH CONTRAST STITCHING. IF NOT SPECIFIED, STANDARD IN MATCHING COLOR.



CONTRAST BUTTONS

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PLEASE SPECIFY COLOR OF FABRIC WHEN ORDERING A PRODUCT AVAILABLE WITH CONTRAST BUTTONS. IF NOT SPECIFIED, STANDARD IN SAME FABRIC.



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USER GUIDE

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ABOUT THE USAGE AREAS OF THE DEVICES

Neurosonic technology has been developed to relieve bodily and mental stress, as well as improve recovery. The stress mechanism in the body is very similar regardless of the person or cause of the stress. Additionally, metabolism and hormonal functions are similar between humans. We have found the right frequencies to which the body responds to quickly and which suit the most people. Due to this, the method is quick and effective with most symptoms; sleep quality, in particular, improves, and tenseness, anxiety and restlessness are alleviated. The devices can also pleasantly alleviate muscle tension, numbness, different pains, headaches and migraines.

SAFETY

The devices are safe to use, as the vibrations produced function in the same area as the vibrations in the tissue itself; due to this, the device does not cause side effects. There are no age limits for using the devices. The best effect is achieved by using the devices daily and regularly. However, we do not recommend using the devices for more than an hour daily. There are situations where using the devices is not recommended at all. Do not use the devices if you have some of the following:

- Acute inflammation that can spread
- Acute spinal disc herniation
- Acute thrombosis
- You are pregnant
- Influenza or fever
- Serious eye disease
- If you have been vaccinated, we do not recommend using the device during the same day.
- If you are unsure if the device is suitable for you, consult your doctor.

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GETTING STARTED

1.

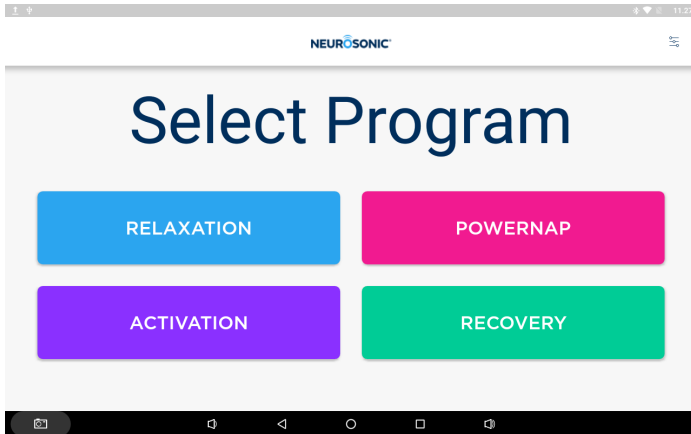


Image 1: After your tablet or mobile phone connects to the Neurosonic device, you can select the desired program area.

2.

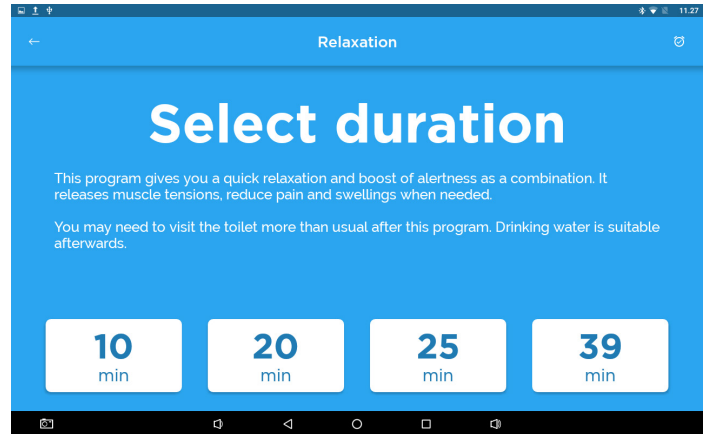


Image 2: Select the duration of the program. You can find more specific info of each program later in this manual.

3.

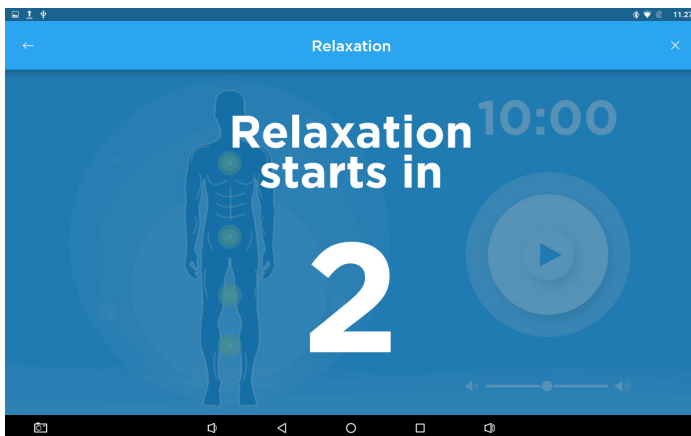


Image 3: The program counts down from 3 and starts. When the program has started, clicking the screen will automatically pause the program.

Note!

If you click on the screen when the program is just starting, the program start will be paused. If you still wish to start the program, click the play button to start. If you want to choose another program, click the cross on the upper right screen, which takes you back to the program main menu.

4.

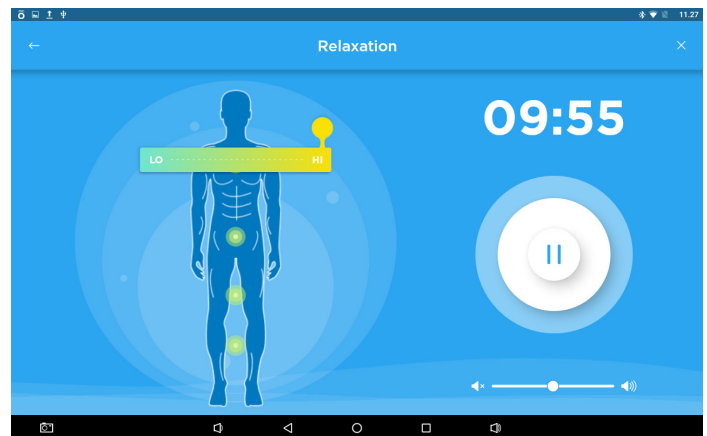


Image 4: This display allows you to adjust program intensity for calves, thighs, and upper back/shoulders. Quick selection icons: LO=minimum intensity, HI=maximum intensity. Use intensity control with care. Especially in case of sleep disorders and different stress symptoms you should not go above normal settings but lower setting is recommended. Additionally intensity for head and neck area should be used with care if your symptoms often include headache, dizziness or nighttime numbness of hands. In this case, turn the vibration from head area totally off. For calves you can usually use higher intensity already in the beginning. The total intensity of the treatment being comfortable is most important. You should use maximum intensity only if you want to boost your metabolism and recovery. Please note that this might disturb sleep quality for some.

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5.

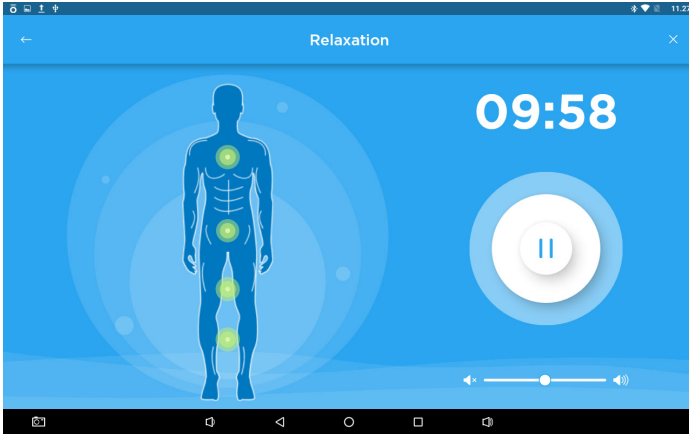


Image 5: As the program advances, the screen shows time remaining, as well as the program type. Also screen color changes as the program advances.

6.

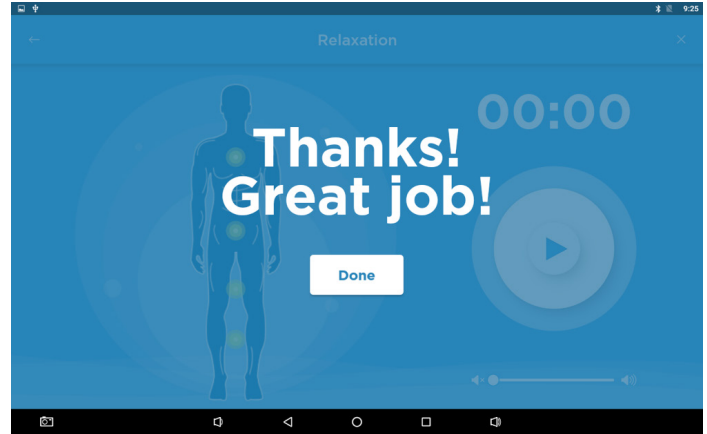


Image 6: When the program ends, please press "Done" to go back to the main menu

TREATMENT PROGRAMS

RELAXATION PROGRAMS

10-MINUTE RELAXATION PROGRAM

Eases muscle tension, headache and muscle pain. Due to a refreshing effect this program is also good to use during the workday.

20-MINUTE RELAXATION PROGRAM

This program relaxes muscles intensively and eases especially upper body tensions and pains.

25-MINUTE RELAXATION PROGRAM

This program helps especially with sleep disorders and with different stress symptoms.

39-MINUTE RELAXATION PROGRAM

Impacts are very similar to the 25-minute relaxation program. The 39-minute program activates metabolism more. Very relaxing.

ACTIVATING PROGRAMS

12-MINUTE ACTIVATION PROGRAM

A short program to boost alertness and to ease muscle tensions and headaches. Can be used both in the morning and afternoon due to activating effect.

24-MINUTE ACTIVATION PROGRAM

Suits well to be used before physical work to warm up the muscles. Don't use this program in case you suffer from sleep problems, stress, migraine or epilepsy, use the 12-minute program instead.

RECOVERY PROGRAMS

37-MINUTE RECOVERY PROGRAM

This program improves physical and mental recovery, sleep and to help with different kinds of pain issues. Boosts blood and fluid circulation and relaxes the muscles.

41-MINUTE RECOVERY PROGRAM

This program relaxes, recovers and enhances sleep quality. This program is more relaxing than the 37-minute recovery program.

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EFFECTS OF THE TREATMENT

The method has been tested with hundreds of people, and according to the measurements and feedback from the participants the treatment has wide range of effects.

- It stimulates blood circulation, and due this you can feel warmth in your tissues and skin during the treatment. In some this might cause heavy redness of the skin, however this is not dangerous.
- Improves removal of metabolic waste, and due this you might feel slight temporary nausea during or after the treatment.
- Improves flow of oxygen in tissues, and improves oxygen saturation especially for patients with asthma or chronic obstructive pulmonary disease. Improved oxygenation relieves pain, alleviates restless leg syndrome symptoms and promotes recovery.
- Stimulates fluid circulation and metabolism. Physically passive persons might experience strong elevation of alertness, which might cause insomnia the night after the treatment. You might also experience increased need to urinate. Swelling is relieved due to activation of fluid circulation, which improves recovery and relieves pain.
- Some people might experience dryness of mouth during the treatment due to increased metabolism. Drinking water after the treatment is recommended for all.
- We recommend that those with diabetes eat light before the treatment as blood sugar might decrease especially when using recovery programs.
- Absorption of nutrients and medications might be improved. Strong psychoactive or pain medication can cause slight nausea during or after the treatment. This is temporary.
- Changes to neurotransmitter functions combined with decreased cortisol levels increase parasympathetic functions. This calms the autonomic activity in the body, which promotes functioning of the internal organs. Usually this is seen as improved functioning of intestines or lungs, decreased blood pressure, alleviation of unexplained pains, improved sleep quality, as well as more relax feeling in general. Often also alertness and mood are improved.
- Some people might experience increased pain or headaches after the treatment. This usually passes after 1-2 treatments. If pains increase even after this, you should pause the treatment due possible inflammation.
- Treatment can be very tiring to those people, who have been sleep deprived for longer periods. Operating vehicles is not recommended in these cases.