

Press release :

## *Imagine ... a world without sleeping pills or antidepressants: PSiO, the alternative !*

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Psychomed invents the PSiO glasses and with it the "**power-nap**" and the "**audioceuticals**".

The PSiO is a real breakthrough with regards to sleep and stress management ... and is finally a serious and safe alternative to the overconsumption of drugs (sleeping pills, antidepressants, anxiolytics, etc.)



## Relaxation by Light & Sounds

The P*S*iO device is equipped with a MP3 player that broadcasts programs of relaxation by voice, music and light. Thanks to these three techniques broadcasted in simultaneous action, a distraction of the attention is operated and the overflow of thoughts decreases progressively during the session. The flickering lights technique has also been used in hospitals in France since 1994. While sleep, quick recovery, jet lag management and stress management are the main applications, there are also many themes developed by doctors and adapted to various stress-related disorders. The method is based on sophrology techniques and positive visualizations that act on the subconscious. Indeed, once the person reaches the state at the edge of sleep, the mind is optimal to receive positive suggestions.



## Scientific Research - Clinical Experiences

Downloadable applications in the P*S*iO are safe. They have been used in clinic and university settings for over 20 years, since 1994 in sleep laboratories namely at the Brugmann hospital, in recovery rooms namely at the St Pierre hospital.

This technique has also been used for many years for the management of stress during surgical operations (anesthesiology) in several French hospitals such as the Dumont and Nancy clinic (Dr Litchincko & Dr Diebold).

These techniques are based in part on research undertaken at the base by its designer Stéphane Dumonceau (originally a researcher at the ULB in the psychology of Physical Education - scientific advisor at the ISEPK-ULB from 1987 to 1992). He has naturally appealed for the technological part to various Walloon subcontractors and the famous Professor Habraken of ULG (University of Liège) already known for his numerous patents in optical physics and his collaboration with the space agency. But the techniques implemented in the PSiO are numerous and come from recognized researchers like Dr. Erickson ,the creative genius of indirect suggestion, Dr. Caycedo the inventor of sophrology and many others who have contributed for half a century to push forward the techniques of relaxation.

## Immediate action

What happens once the PSiO is placed on your face? Audio quality is excellent through the earphones; colors vary gently and can be flashing which progressively generates a distraction of the attention and rests the mind by stopping the overflow of thoughts. Finally, the light used in the PSiO also plays a role in the regulation of circadian rhythms (the biological clock) and the regulation of jet lag. Main effects: total rest of the mind and stimulation by light (especially the one that influences hormones related to recovery).

## Psioplanet.com

More than 150 programs of relaxation by voice and music can be downloaded from the PSIOPLANET platform. You can select the audio programs available and adapted to your needs on [www.psioplanet.com](http://www.psioplanet.com) (an iTunes-like download platform but full of color MP3 version).

## Guarantees of efficiency

NASA has purchased the PSiO to test its effectiveness in regulating jet lag and managing astronaut stress. For more than 20 years, PSiO technology has been used with great success in hospitals (in Belgium and France) to manage stress in local anesthesiology, in the recovery room and in the sleep laboratory. Champions like Duathlon World Champion or the 17th World Wake Board champion. It is true that in

his time one of the secrets of the team of the great winner of the Tour de France, Greg Lemond, was the ancestor of the PSiO.

## The company

Psychomed is an SA whose capital is held by Stéphane Dumonceau (former manufacturer of the sensory insulation boxes, designer of the "audioceuticals" label in pharmacy) and Thierry Pierson (former founder of the well-known OGONE), a Belgian payment company Online, recently resold to the French "INGENICO"). Psychomed, the company behind this breakthrough, is also behind the "audioceuticals" (recordings to allay stress-related disorders).

## Next step

In the coming years, Psychomed announces tens of thousands of color MP3 recordings and bundles of applications to enjoy the benefits of combined sounds and rhythmic, synchronized colors. Soon in development.

## More information

Visit <http://www.psiocom/en>

## To purchase Psio

[www.psiocom](http://www.psiocom) > Shop > Enter the "Ambassador ID" or "Promo Code" field

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## Useful links to download

- [Video](#)
- [PSiO](#)
- [HD pictures](#)