

OFFICE BLUEPRINT

Press Release: for immediate release

Good Vibrations - Office Blueprint brings Neurosonic Technology to the Workplace

Office Blueprint, the leading London-based furniture company, is dedicated to bringing the best in health technology to the UK workplace. This May they will be launching N.A.P (Neuron Activation Pod) from Loook Industries, a ground-breaking Finnish technology company. The pod uses Neurosonic technology to increase the user's wellbeing by helping to improve sleep quality, reduce migraine problems, relieve stress and many more ailments both physical and mental.

In recent years forward thinking companies have started to realise the benefits of addressing the issues around health and wellbeing in the workplace. Napping in the office has actively been encouraged in many company cultures for some time now, as multiple studies have shown the benefit to overall staff happiness and consequently company production levels, with different types of sleeping pods and silent capsules being introduced to the market. A quick 'powernap' can greatly improve employee concentration and productivity. However N.A.P is not simply a silent capsule or traditional nap pod. The science behind this pod affects human natural relaxation and recovery mechanisms. The N.A.P technology guides the human body and mind mechanically to a meditation-like state that minimises and prevents stress-related symptoms. Sleep mechanisms are restored, and at the same time, many other stress triggers in the body and mind are corrected.

The Neurosonic technology is based on sensory tissue stimulation, built-in elements transmit a very low-frequency (20-100 Hz) sinusoidal vibration, which is targeted simultaneously to the whole body. As a natural mechanism, vibration affects your body calmly via the autonomic nervous system and the mind. The treatment brings a new dimension to fixing stress-based symptoms and is used to enhance quality of sleep, to ease stress, muscle tensions and swelling. It activates metabolism and assists in both physical and mental recovery.

Marco Kärkkäinen – Neurosonic Founder, Psychotherapist explains

“What does a zebra do when it has managed to escape the lion? It shakes itself. The purpose of this natural mechanism is to calm and relieve the stress reaction. Neurosonic produces this same natural effect – and thus takes relaxation and recovery to a completely new level.”

There are four key effects on the human body and mind, all linked to the influence the technology has on the Autonomic Nervous System, i.e the part of the nervous system responsible for control of bodily functions not consciously directed, such as breathing, heartbeat and digestive processes.

Sleep Quality: NAP has a calming effect on the human body. The production of stress hormones is reduced and sleep mechanisms are restored. You calm down and fall asleep more easily. Nightly awakening decreases, and sleep becomes more restful and effective.

Pain Alleviation: The neural network calms down, lymphatic circulation becomes more active and pain alleviates. Your body feels more relaxed and sleep mechanisms return to a more normal state, which causes many other things in the body and mind to be corrected.

Stress Relieving: Positive changes take place in the neurotransmitter action and the neural pathways in the alarm state calm down. Stressed people are able to fall asleep more easily and at night, the wake-ups that are being monitored are reduced or completely gone.

Recovery: Neurosonic relaxes your body effectively, by balancing the autonomic nervous system. At the same time, muscle circulation and metabolic restoration are restored at a faster pace. On average people report a 50% reduction in recovery time from a strenuous run, work out etc.

Neil Jenkins, Managing Director of Office Blueprint says:

“Our product portfolio is committed to supporting healthy and stress-free office environments and N.A.P is an inspiring addition. When your mind is full, it is difficult to find the mental capacity to help relieve the stress from hectic lifestyles. A research based proven and safe treatment with no side effects, N.A.P is a truly remarkable product with transformative effects that will help employee wellbeing whether mental or physical”.

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Notes to Editors:

About Office Blueprint

Office Blueprint is a London-based furniture company specialising in commercial interiors, acoustics, and workplace flexibility. The company was established in 2003, with the founders coming from within the industry, and our combined expertise spans over three decades. Office Blueprint has a large range of design-led office furniture to create the perfect blueprint for an inspirational office environment. Its solutions help improve productivity and wellbeing in the office, as well as project a modern image reflecting your brand identity.

Its unique combination of excellent furniture design, coupled with proven workplace technology, allows you and your team to focus on what is important – your work.

<https://www.officeblueprint.co.uk/>