



More Health Awareness Through Sustainable Sensitizing

Interim Findings 06/2024

This Project was started in June, 2016 as health promotion activity for companies.
Additional companies can join anytime to participate.



Cooperation

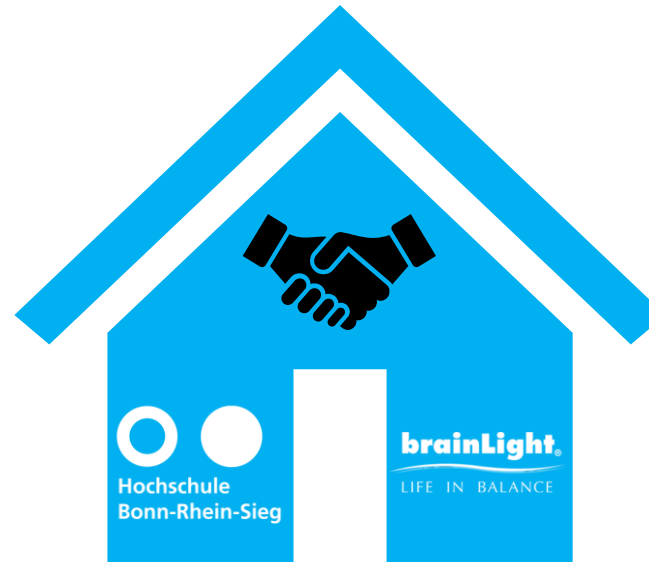
Hochschule Bonn-Rhein-Sieg

(University of Applied Sciences)

Founded: 01.01.1995

Locations: Sankt Augustin, Rheinbach and Hennef

- 38 Bachelor and Master courses
- Practice-oriented studies
- Approx. 1000 employees, thereof 150 professors
- Approx. 9500 students



brainLight GmbH

Founded: 31.10.1988



Synergy of audio-visual relaxation and Shiatsu-Massage



Application of innovative technologies

- Audio-visual Deep Relaxation- and Learning programs
- Shiatsu-Massage-Chairs
- **brainLight**-Complete-Systems



Allgemeine Informationen

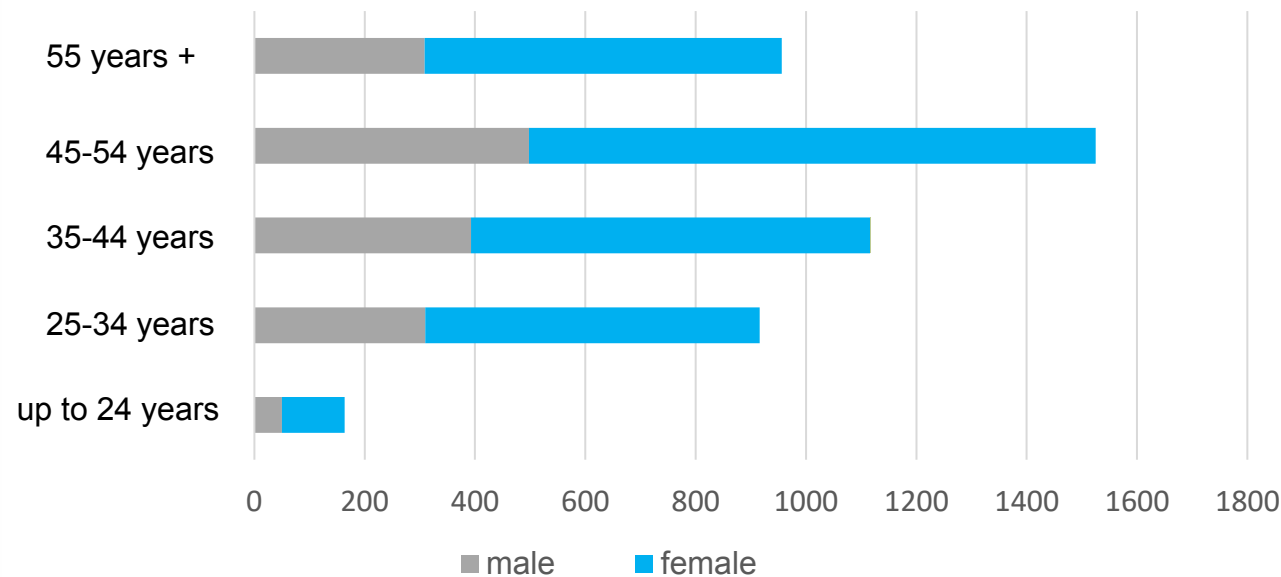


189 different **companies** participated in this study to date.

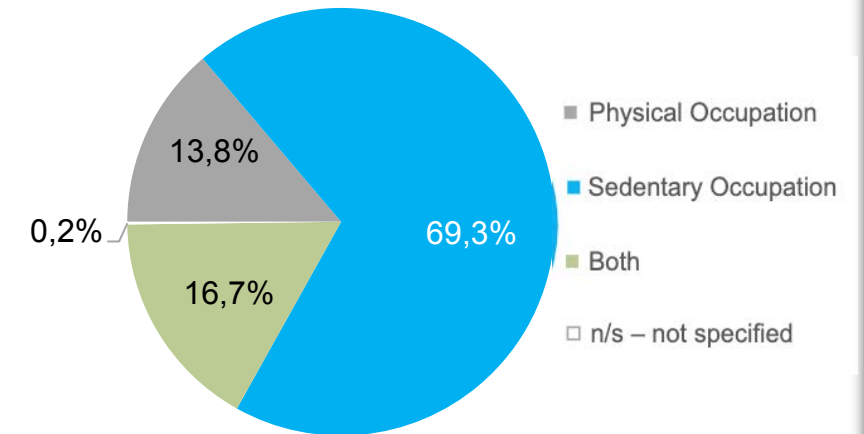


4721 study participants (approx. 66 % female; approx. 34% male) used the **brainLight**-System.

Age Pyramid



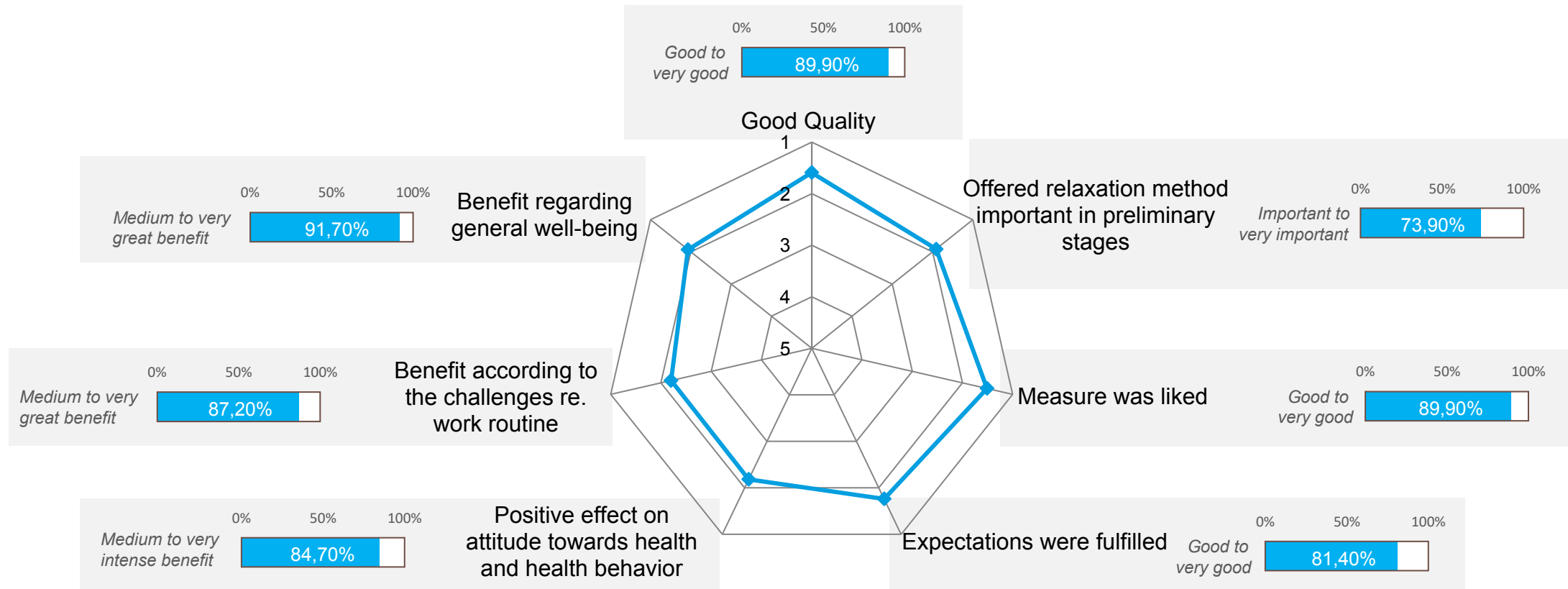
Main Occupation





Information for Implemented Measures

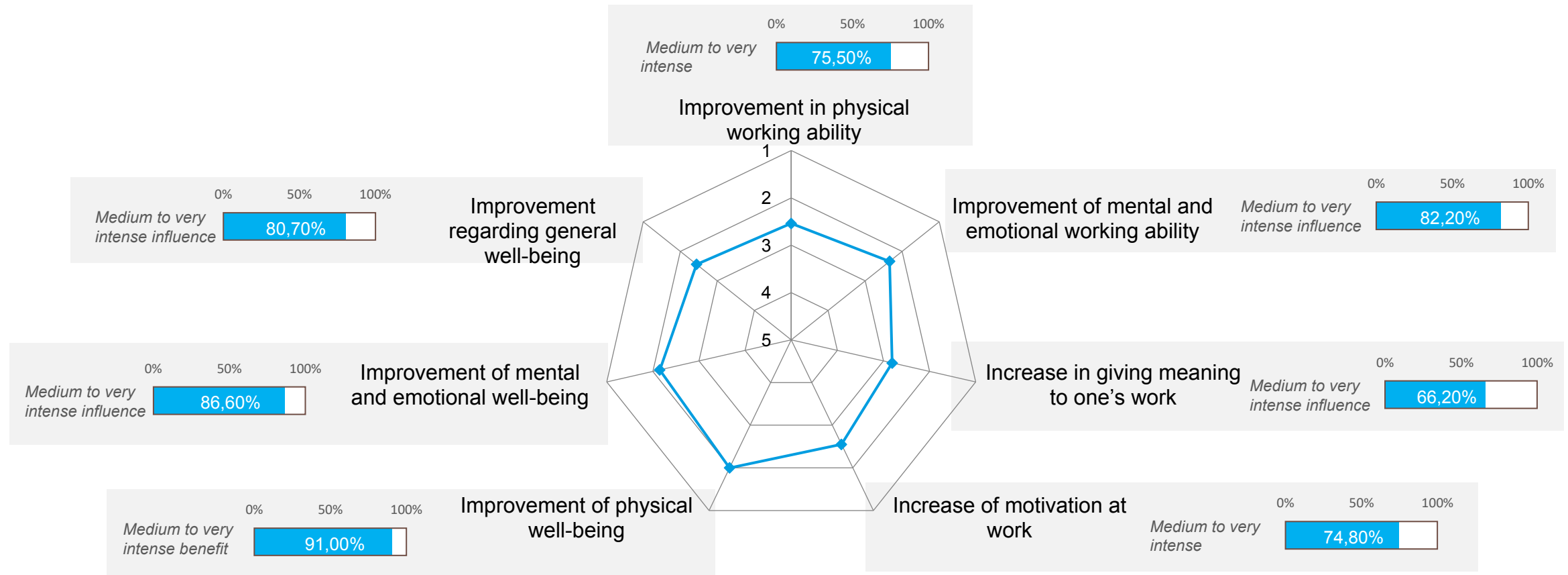
(1 = “applies totally” to 5 = “applies not at all”)





Information related to the influence of the applied relaxation method

(1 = "applies totally" to 5 = "applies not at all")



Conclusions

Information related to the influence of the applied relaxation method

About **85%** have been **positively** influenced in re. to health and their **health behavior**.



Approx. **75%** of the participants noticed an **improvement** in **their physical working ability**.



More than **85%** notice a benefit of the method in coping with the **challenges of their daily work routine**.



More than **80%** confirm an **improvement** in **their mental and emotional working ability**.



Conclusions

Information related to the influence of the applied relaxation method

More than **65%** notice an **increase** in **giving meaning to their personal work**.



An **increase** in **motivation** is **confirmed** by more than **75%** of the participants.



More than **85%** of the participants feel **physically** as well as **mentally and emotionally** really **well** after the applied relaxation method.

