

SLEEP



REBALANCE
impulse

Let go of stress, and find yourself





SLEEP

WHO IS IT FOR?

If you are having difficulty falling asleep, cannot get a full night's rest, or wake up frequently during the night, this program is for you!

There are a multitude of factors that may impact your sleep. Stress, anxiety, emotional exhaustion, age, or an irregular daily schedule are all causes that disturb the quality of your sleep. Your deep sleep is diminished, awakenings are more frequent, and you wake up in the morning still feeling tired.

In order to improve the quality of your sleep and ensure you feel restored every morning, Rebalance Impulse proposes a specific training program that will change your life.

HOW DOES IT WORK?

Exercises based on breathing and mindfulness have proven their effectiveness in improving sleep quality and reducing the impact of stress-related symptoms.

The Rebalance Impulse sessions specifically dedicated to the "Sleep" program combine innovative and exclusive synchromotherapy® protocols and chromorhythm-based cardiac coherence breathing exercises for unparalleled benefits. These stimulations activate the parasympathetic nervous system, increase the amplitude of Alpha waves, and regulate your stress. Learning key motion (i.e., specific movements or gestures for brain anchoring) will allow you to fall asleep quickly and, if necessary, to get back to sleep fast if woken up during the night.

Rebalance Impulse will enable you to find a restful sleep that will significantly and lastingly increase the quality of your life and your ability to recover.

BACKED BY SCIENCE

Hauswirth et al. Four Weeks of a Neuro-Meditation Program Improves Sleep Quality and Reduces Hypertension in Nursing Staff During the COVID-19 Pandemic: A Parallel Randomized Controlled Trial. *Front Psychol.* 2022 May 11;13:854474.

Rusch et al. The effect of mindfulness meditation on sleep quality: a systematic review and meta-analysis of randomized controlled trials. *Ann N Y Acad Sci.* 2019 Jun;1445(1):5-16.

van der Riet et al. The effectiveness of mindfulness meditation for nurses and nursing students: An integrated literature review. *Nurse Educ Today.* 2018 Jun;65:201-211.

