

LOOK



LOOK INDUSTRIES LTD.

2024

Neuron Activation Pod

An award-winning **health tech product** by Look Industries Ltd.



Recovery program ongoing
36:17

LoOoK

This is not a sleep pod.

You're not supposed to sleep in this pod. The Neuron Activation Pod has a relaxing effect on the autonomic nervous system and mind. The production of stress hormones is reduced and sleep mechanisms are restored. The user calms down and falls asleep more easily, while sleep quality improves and becomes more restorative. This means better sleep at home.

Health tech based on vibration.

The award-winning **Neuron Activation Pod** by Look Industries uses **Neurosonic™** technology to enhance physical and mental well-being. The technology's impact is based on vibration, which directly affects the autonomic nervous system, activates metabolism, blood circulation and relaxes muscles. Depending on the program, the pod either calms or energizes the body



This is not a massage chair.

The technology's impact is based on vibration, which directly affects the autonomic nervous system, activates metabolism, blood circulation and relaxes muscles. The vibration penetrates deep into the body's tissues, causing sympathetic vibrations in fluids and tissues, which is why this method is completely different from traditional massage products.



The zebra and the lion.

The magic of the technology is its simplicity. The vibration frequencies are designed to awaken our body's natural way to release stress. The vibration imitates the way a zebra shakes stress out of its body in the savannah after escaping a lion. We humans have lost this ability to shake stress out of our bodies. That is why we need technology to restore this nature shaped intelligence to our bodies and help us get rid of stress.



Vibration within precise frequency range is directed to the entire body simultaneously or selectively to desired parts of the body.

The technology triggers the recovery nervous system and notably improves sleep quality while effectively reducing stress in the body.

The effects manifest as a calming sensation and a feeling of physical lightness. The technology is most effective when used daily, but regular use of the device 2-3 times a week is often sufficient.

Relax Activate Recover

The pod has three program areas: **relaxation**, **activation** and **physical recovery**. All programs promote sleep quality and contribute to both physical and mental recovery.

Programs 1/2



10 min relaxation program

A refreshing relaxation program that covers the entire body.

20 min relaxation program

The most physical relaxation program. Takes the back area into special consideration, especially good for neck and shoulder tension.

25 min relaxation program

The best starting program. Works particularly well for improving sleep quality and alleviating stress symptoms. Lower limb-focused deep relaxation.

39 min relaxation program

Deep relaxation program. Includes one massaging section that also activates metabolism.

Use the 25 min relaxation program if you are stressed or have trouble sleeping. The program is specifically designed to relieve the symptoms of stress and sleep disorders.

Programs 2/2



12 min activation program

Alertness-increasing activation program. Suitable for use in the morning and during the day.

24 min activation program

The most effective activation program. Not recommended for initial use if experiencing sleep challenges. Extremely effective for neck and shoulder tension and increasing alertness.

36 min recovery program


Energizing and very physical recovery program, effectively impacting metabolism.

41 min recovery program

Sleep quality-focused recovery program, with more relaxing phases within the program, making it suitable for use after later training sessions.

In the morning and during the day, you can try the 12 min activation program to increase alertness.

**The 41 min recovery
program helps the body
recover faster from heavy
training.**

A pair of black Sennheiser headphones is shown resting on a dark green, textured fabric surface. The headphones are positioned diagonally, with the left earcup in the foreground and the right earcup slightly behind it. The Sennheiser logo is visible on the left earcup. A black cable is attached to the bottom of the left earcup and extends towards the right side of the frame. The background is a dark, solid color, possibly a wall or a piece of furniture, which makes the headphones stand out. The lighting is soft, highlighting the contours of the headphones and the texture of the fabric.

Use the noise-cancelling headphones if you want to listen to relaxing music or soundscapes. Headphones are not mandatory, and using them is unrelated to the effect of the technology.



For first-timers, we recommend lower power settings and to only increase the power when you are more familiar with the device in order to avoid too high power settings causing opposite reactions to what you aim for.

The best effect is achieved by using the device regularly, even though a 10-minute relaxation program is enough to give the brain a much-needed moment of restoration.

We urge you to drink water and hydrate a little extra after a program. You may not feel any different immediately. The effects depend on your physiology and individual makeup. Regular use a few times a week yields the best results.



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.

Reduce stress

Usually we experience stress as a **mental phenomenon**, and we may not think that stress is for the most part a physiological imbalance that affects our bodies.

The **Neuron Activation** Pod effectively relaxes you, while the state of alertness improves. Anxiety, restlessness, and tension are relieved, which enhances mental performance. There is now room for different experiences and creativity.





Sleep better

Prolonged stress produces too much cortisol, adrenaline, and other neurotransmitters that activate the body. In this case, falling asleep becomes more difficult or impossible.

The **Neuron Activation Pod** has a relaxing effect on the autonomic nervous system and mind. The production of stress hormones is reduced and sleep mechanisms are restored. The individual calms down and falls asleep more easily. Nocturnal awakenings are reduced, and sleep quality improves and becomes more restorative.

Recover

The **Neuron Activation Pod** 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.



What if I can't relax?

Don't worry if you feel you can't relax. The technology affects the autonomic nervous system and mechanically guides the user into a meditative state. The technology is working even in hectic surroundings where you can't fully relax.

Easy Plug n' play.

The pod is easy to use and does not require any assembly. Just power it on and start relaxing.

Keep in mind that the product is quite big and heavy. It might not fit into small elevators or through narrow doors. It can however be disassembled if needed.



The benefits of health tech.

The value of short breaks and power naps 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.



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.

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.

Offices

Benefits for employer

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.

Using Neuron Activation Pod 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.

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.



Offices



Public spaces

Benefits for customers

Relaxation: Neuron Activation Pod 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: Neuron Activation Pod 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.



Public spaces

Benefits for owners

Brand improvement and superiority; the versatile options encourage customers to stay longer and spend more money with the services on offer.

Earning potential; possibilities for offering services with an additional cost and return on investment with Neuron Activation Pod is fast.

Schools and educational institutions; improving student concentration, learning outcome and well-being.

"Employees' stress has decreased, physical tensions have eased, and the ability to deal with mental stress has improved".

- CBRE, Finland



Notice! The product in the picture is an older version of the Neuron Activation Pod.

"The effects of the device on sleep quality and body condition are clearly felt. A little nap in the device bears fruit in the form of an improved working mood. I recommend it to all work communities as standard office equipment".

- Tony Manninen, CEO, LudoCraft Oy Game Studio

Breathe.
Focus.
Recover.



Notice! The product in the picture is an older version of the Neuron Activation Pod.

"I started using the device at work 2-3 times a week, which allowed me to quickly enter a meditative state without actually falling asleep. The real game-changer for me was when I noticed that I began sleeping much deeper and longer at night. I used to fall asleep quickly but would often wake up at 3-4 am and struggle to go back to sleep. All of that changed, and now I consistently enjoy 7-8 hours of deep, restorative sleep. This has significantly improved my lifestyle, as waking up refreshed has made me feel better and healthier overall".

- Neil Jenkins, Co Founder of Welltek & Podwork

Awards & nominations



2023
BEST OF NEOCON
WINNER



INTERIOR
DESIGN

2023
INTERIOR DESIGN
FINALIST



2023
INTERIOR DESIGN HIP
HONOREE

SAFETY

The frequency range of the vibration generated by the device is the same as that of the tissues of the body, which is why **side effects are uncommon**. Some users may experience initial nausea or headache, but, usually, these side effects dissipate after 1-2 sessions. We recommend that you **drink plenty of water after using the device** to prevent nausea and headache.

There are no age restrictions to using the devices.

If you have epilepsy, migraines or other illnesses that affect the brain and cause severe symptoms, you should not use the activating programs at all. We recommend that you do not apply vibration to the head region at all in the aforementioned situations.

Do not use the devices In the following situations:

- You have an acute inflammation that can spread
- You have an acute herniated disc
- You have an acute thrombus
- You have an acute cancer
- You are pregnant
- You have the flu or a fever
- You have a risk of retinal or lens detachment
- You were vaccinated on the same day
- You have a risk of internal bleeding

Low heart rate is not a problem, too low blood pressure can drop further and cause dizziness.

Consult your physician if you are unsure whether the device is suitable for you.

CUSTOMERS



NOTE: This document is confidential, and its distribution outside the recipient organization is prohibited.

NHS

“Thanks for providing this. This allows for quick power rests which are essential for recharge on a long night shift. The sensory deprivation helps people who are unable to nap as well. Good to switch off for 10/20 minutes to allow for recharging for shifts. They will be very welcome for the wellbeing of the intensive care clinics team in the coming months.”

Dr Eoin Dore ACCS CT2 Anaesthetics
CT Anaesthetics Trainee Rep
SWBH JDF Chair and Wellbeing Council
Co-Chair City Hospital
Sandwell and West Birmingham
Hospitals Trust



Where to find us

Contact

Paula Ahlbom

+358 40 9649 042

paula@lookindustries.com

www.lookindustries.com

@lookindustries

Facebook

Instagram

LinkedIn

Twitter

Vimeo

Youtube

Look Industries

Architonic

pCon Community

ProdLib

lookindustries.com