



# More Health Awareness Through Sustainable Sensitizing

Interim Findings 12/2024

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





## Cooperation

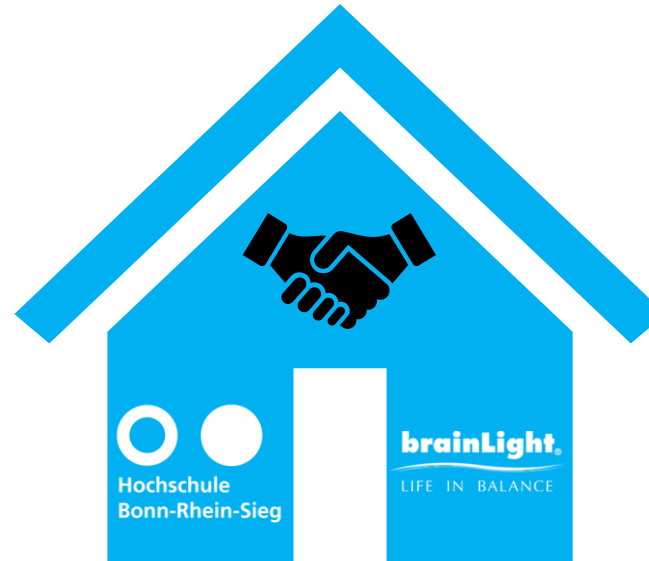
### Hochschule Bonn-Rhein-Sieg

(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



## General Information

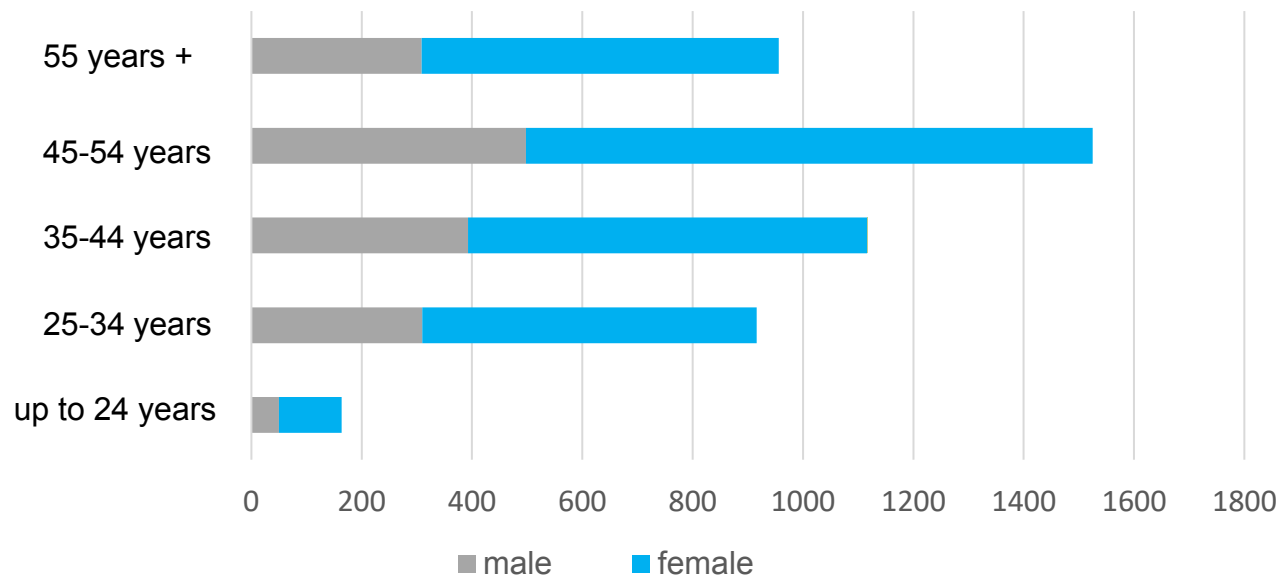


**201** different **companies** participated in this study to date.

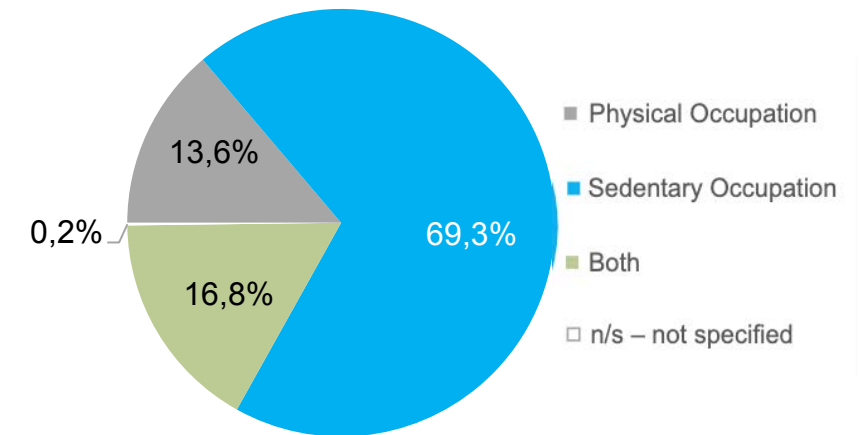


**4828** study participants (approx. 67 % female; approx. 33 % male) used the **brainLight**-System.

### Age Pyramid



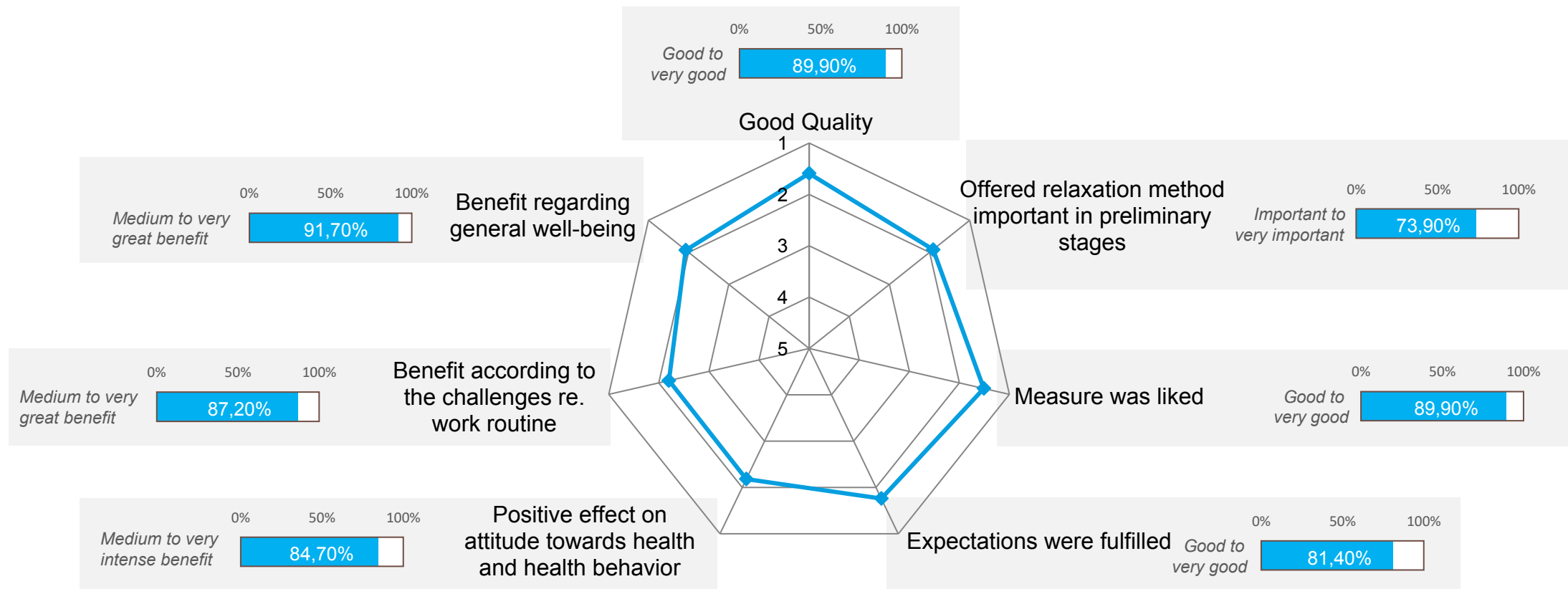
### Main Occupation





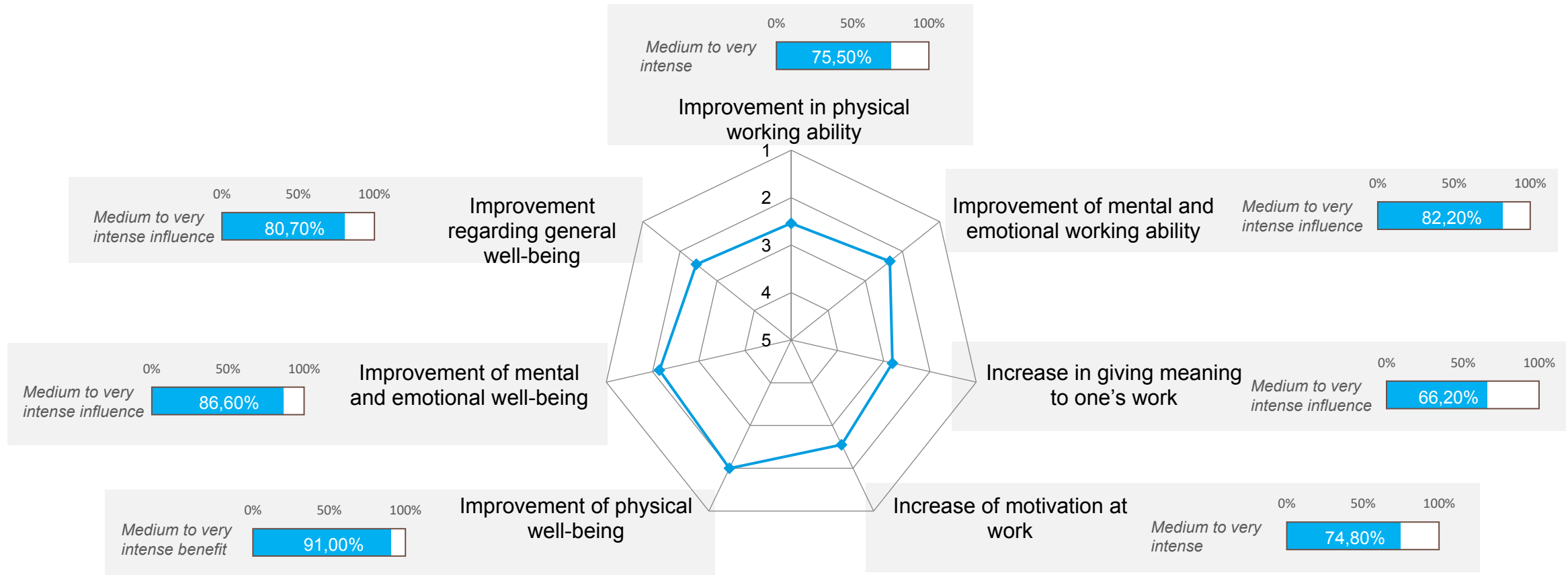
## Information for Implemented Measures

(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 approx. **75%** of the participants.



**86 – 91 %** of the participants feel **physically** as well as **mentally and emotionally** really **well** after the applied relaxation method.

