



SonicTonic: A Receptive Sound Therapy Tool



Self-help Using Sound and Music

SonicTonic is a Digital Health app that provides quick and easy help for many of today's mind-related health issues such as stress, anxiety, and sleep disturbances, as well as promoting mental hygiene and emotional resilience.

In comparison to apps offering similar benefits through meditation or mindfulness, SonicTonic isn't built around the spoken word. This makes it particularly attractive to those who just want quick help and don't want to spend time doing courses or exercises. SonicTonic doesn't need any learning or practicing. There's no need to concentrate, or to even actively listen, which makes the experience extremely effortless and pleasant.



Time Out

SonicTonic's symptom-targeted Healing Soundscapes provide time-out to experience the present moment. The user is quickly put into a meditation-like state in which they become highly receptive to the sonic ingredients. In this state of altered consciousness, the release of specific neurochemicals can be triggered in much the same way as during meditation. SonicTonic carefully utilises the concepts of classical conditioning by activating a receptor in the prefrontal cortex that controls dopamine levels, making it more likely that those with positive expectations will experience a positive effect.



A Healthy Alternative

Not all disorders may need time-consuming and expensive medical interventions. In fact, these days many people are looking for ways to help themselves. Some take medication or go to therapy. Others turn to meditation and mindfulness. Many suffer in silence or turn to sleeping-tablets, tranquillisers, or alcohol. SonicTonic offers an effective intervention that is much better than many destructive self-medication efforts. What's more, SonicTonic has no risks or side-effects. Although SonicTonic is primarily intended as a first aid treatment to provide quick-relief when needed, it can also be used regularly as part of a coping strategy by creating a simple routine to increase resilience.

For more information, visit the website www.sonictonic.io.

