

BlueVibe Cognitive Function Study

Sponsor

Resona Health

Device

BlueVibe – Dual 40 Hz PEMF and Blue Light Therapy Wearable

Duration

6 weeks

Participants

25

Background and Rationale

BlueVibe is inspired by research from MIT and other leading neuroscience labs where 40 Hz light and electromagnetic stimulation have been shown to enhance gamma brainwave activity, reduce amyloid buildup, and support cognitive function. These studies indicate that synchronized 40 Hz stimulation may help restore healthy brain rhythms associated with focus, memory, and mental clarity.

BlueVibe combines 40 Hz pulsed electromagnetic fields (PEMF) and 40 Hz blue light photobiomodulation in a compact wearable designed to improve neural coherence and metabolic activity in brain and body cells.

Study Objective

This study will assess whether use of BlueVibe for six weeks results in measurable improvements in self-reported cognitive and emotional function using the PROMIS Cognitive Function Survey (v2.0). The study aims to demonstrate statistically significant improvement, with a p-value below 0.05.

Study Design

Each participant will wear the BlueVibe device on the back of the neck using the flexible comfort strap.

Each participant will use the device at least 3–4 times per week for one hour per session. Daily use is optional and encouraged. Participants will complete the PROMIS Cognitive Function Survey before and after the 6-week period, which takes approximately 15–20 minutes to complete.

Placement Images

BlueVibe Worn on the Back of the Neck



Survey Instrument

The PROMIS Cognitive Function Survey (v2.0) includes questions assessing focus, memory, and thinking clarity, such as:

- I have had trouble concentrating.
- My thinking has been foggy.

- I have had trouble remembering new information.

Each item is rated on a 5-point scale from “Never” to “Very Often.” The pre- and post-study surveys will provide validated metrics for evaluating improvement in cognitive performance and daily mental function.

Incentive

All participants who complete the study will keep their BlueVibe device (a \$500 value) as appreciation for their contribution.

Expected Outcome

Based on prior findings from MIT and related research on 40 Hz stimulation, BlueVibe use is expected to produce measurable improvements in PROMIS cognitive function scores, reflecting gains in focus, clarity, and overall well-being.