RESONA HEALTH

BlueVibe Study Report

Phase 1 Clinical Findings

Resona Health

March 2026

Executive Summary

After six weeks of use, every participant improved.

In the BlueVibe Phase 1 study, 100% of matched participants demonstrated measurable improvement in cognitive function, including memory, focus, and mental clarity. Not a single participant declined.

The statistical confidence behind these results is extraordinary. The probability that the improvements occurred by chance is effectively near zero—well beyond the standard thresholds used in clinical research.

Even more compelling, some participants improved despite reporting little or no perceived change, demonstrating that the results are not driven by expectation alone, but reflect measurable changes in cognitive performance.

> *"This is not a marginal effect. This is a consistent, repeatable signal observed across all participants.*

BlueVibe is a real-world, wearable technology that has now demonstrated measurable cognitive improvement across all participants in a completed Phase 1 study.

About Resona Health

Resona Health is a technology-driven wellness company focused on developing next-generation, non-invasive therapeutic devices based on principles of frequency, resonance, and bioelectrical signaling.

The company's guiding philosophy is:

Engineering the Future of Wellness

Resona Health designs and develops a growing suite of energy-based wellness technologies intended for both people and animals, including companion animals such as dogs and performance animals such as horses.

Its product ecosystem includes:

- **VIBE** – a foundational PEMF-based wellness device
- **VaguVibe** – a targeted vagus nerve stimulation device
- **BlueVibe** – a dual-modality 40 Hz cognitive support device

- **Kario Watch** – a wearable health and performance platform
- **RejuvaSync** – a regenerative-focused wellness system
- Additional emerging technologies across frequency and light-based therapy

These devices integrate advances in bioelectromagnetics, light therapy, and frequency-based stimulation into practical, easy-to-use solutions designed for real-world use.

Resona Health's approach is rooted in engineering-driven innovation—developing technologies that work with the body's natural signaling systems rather than relying solely on pharmaceutical interventions.

Wearable Therapeutics vs. Pharmaceutical Approaches

Traditional approaches to cognitive and neurological support have largely focused on pharmaceutical interventions. While these can play an important role, they often involve systemic effects, require ongoing dosing, and may carry the potential for side effects.

Resona Health's approach is fundamentally different. Rather than introducing external chemical compounds, wearable therapeutic devices are designed to interact with the body's existing biological signaling systems using targeted energy, frequency, and light-based stimulation.

This approach offers several key advantages:

- **Non-invasive**
- **Targeted**
- **Repeatable and consistent**
- **Low burden of use**
- **Engineering-driven**

Wearable therapeutics are not intended to replace medical care, but represent an emerging category of complementary technologies.

BlueVibe in daily use — comfortable, non-invasive wearable therapy

Scientific Foundation: 40 Hz Gamma Stimulation

BlueVibe is informed by a growing body of research exploring the role of **40 Hz gamma brainwave activity** in cognitive function.

Gamma waves are associated with memory, attention, and processing speed. Disruptions in gamma activity have been observed in neurodegenerative conditions such as Alzheimer's disease.

Research conducted at the **Massachusetts Institute of Technology (MIT)**, particularly at the Picower Institute for Learning and Memory, has demonstrated that stimulation at 40 Hz can produce measurable biological effects in laboratory and early clinical settings.

Key findings include:

- Reduction of amyloid-beta and tau proteins in animal models
- Activation of microglia
- Enhanced clearance of metabolic waste
- Preservation of neuronal connections
- Improvements in cognitive performance in experimental settings

This approach is known as **Gamma Entrainment Using Sensory Stimulation (GENUS)**.

Important clarification: *While these findings are promising, the application of 40 Hz stimulation in consumer wearable devices remains an emerging area of research. BlueVibe is inspired by these findings, but the exact biological mechanisms in real-world use are still being explored. The results presented in this report reflect observed outcomes and do not constitute proof of a specific clinical mechanism.*

What is BlueVibe

BlueVibe is a wearable, non-invasive therapeutic device designed to deliver targeted stimulation using a combination of 40 Hz pulsed energy and light.

The device is worn around the neck using a lightweight, comfortable band and is designed for simple daily use.

BlueVibe device — compact, lightweight wearable design

BlueVibe delivers:

- **40 Hz pulsed electromagnetic stimulation**
- **40 Hz blue light stimulation**

This dual-modality approach is intended to engage neurological and physiological pathways associated with cognitive performance. The device is designed to support:

- Memory
- Focus

- Mental clarity
- Emotional regulation

Participants in the Phase 1 study used BlueVibe for approximately one hour per day over a six-week period under normal real-world conditions.

Device Placement and Target Area

The placement of BlueVibe at the **base of the skull** (upper neck/occipital region) is a deliberate design decision informed by anatomical accessibility, emerging neuroscience, and traditional energetic frameworks.

This region provides a unique interface between the body and brain, allowing non-invasive access to key neurological pathways without requiring head-mounted hardware.

Device shown in illustrative position.

Device shown in illustrative position.

For optimal performance, BlueVibe should be worn under clothing with the device positioned directly against the skin at the base of the neck.

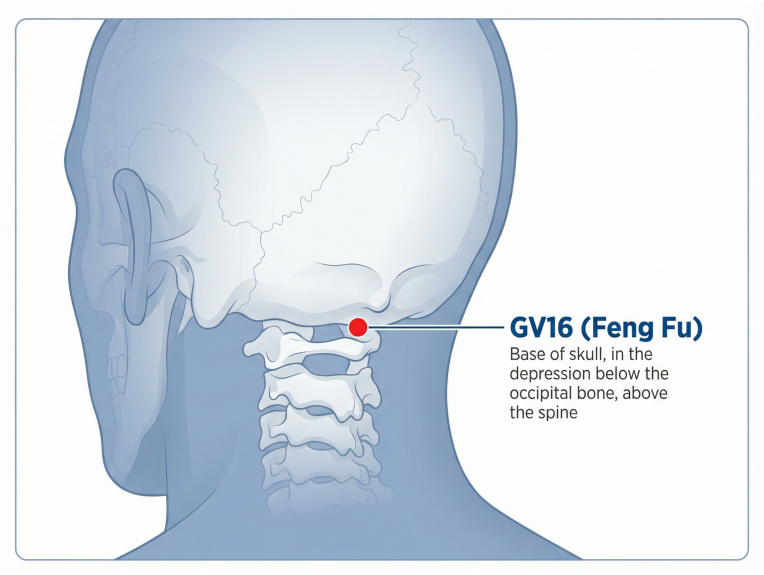
From an **anatomical perspective**, this location offers:

- Proximity to the brainstem and vagus nerve, associated with autonomic regulation, mood, and neurological signaling
- Close association with cerebrospinal fluid (CSF) flow, which plays a role in nutrient transport and metabolic waste clearance
- Direct cranial adjacency, enabling effective stimulation while maintaining a practical, wearable form factor

From a **traditional framework perspective**, this area corresponds to the Governing Vessel (Du Meridian), specifically the **GV16 (Feng Fu)** point.

GV16 has historically been associated with:

- Brain function and mental clarity
- Central nervous system regulation
- The connection between neurological and systemic function



GV16 (Feng Fu) — anatomical location at the base of the skull

While modern scientific validation of meridian systems is still evolving, this overlap between anatomical access and traditional mapping provides an additional rationale for selecting this placement.

The combination of proximity to key neurological structures and alignment with established energetic pathways supports the design choice of targeting this region.

Important note: *The exact mechanisms by which stimulation at this location may influence cognitive function are still being studied. The placement is based on a convergence of anatomical, scientific, and traditional considerations rather than a single proven pathway.*

For effective operation, the device is intended to be worn in direct contact with the skin at the base of the neck. While images may show external placement for clarity, optimal use requires positioning the device beneath clothing so that light and energy are delivered directly to the skin.

Introduction

This report presents the findings of the completed Phase 1 BlueVibe study, designed to evaluate changes in cognitive function following regular use of the device.

The study focuses on real-world cognitive performance, including memory, clarity, focus, and mental processing.

Study Design and Methodology

The study used a **within-subject, pre/post design**.

Participants completed:

- A baseline survey
- A follow-up survey after approximately six weeks

The surveys were based on **PROMIS cognitive function questions**.

The assessment included:

- Memory
- Attention
- Clarity
- Processing speed
- Verbal function
- Executive function

Responses were aggregated into a composite score.

Data Integrity and Reconciliation

All data was validated and reconciled through:

- Removal of incomplete entries
- Exclusion of invalid participants
- Resolution of name inconsistencies
- Deduplication
- Accurate matching of pre/post responses

Only valid matched pairs were included.

Results Summary

41	41 / 41	0	100%
Matched Participants	Participants Improved	Regressions	Improvement Rate

This represents a **100% improvement rate**.

> *"It has lifted my depression. I feel like I can function better and think more clearly.*
>
> — Participant

> *"There is a mental and emotional clarity that comes with using it.*
>
> — Participant

Safety and Tolerability

Across all participants in the Phase 1 study, **no adverse effects were reported** during the study period.

Participants used the device under normal real-world conditions for approximately six weeks, with typical use of about one hour per day. No participant reported negative side effects.

Statistical Analysis

A **paired Wilcoxon signed-rank test** was used.

Metric	Result
p-value	< 0.000001
Confidence	> 99.9999%

Interpretation of Sample Size

The strength of a study is determined by:

- **Consistency**
- **Magnitude**
- **Statistical probability**

In this study, **every participant improved**.

> *"I stopped using my device for a week and realized how much it was actually helping.*
>
> — Participant

Perception vs. Measured Outcomes

Some participants reported little perceived change.

> *"Not sure that I saw much improvement from using it.*
>
> — Participant

However, **measurable improvements were observed**.

Qualitative Participant Feedback

Participants reported:

Theme	Participant Quote
Improved clarity	*“Clarity of thoughts.”*
Reduced anxiety	*“Anxiety greatly reduced.”*
Improved memory	*“I feel like my short-term memory improved.”*
Emotional stability	*“It has helped me stay out of the dark places in my mind.”*

> *My wife has advanced dementia, and I noticed a difference in how I was able to interact and respond.*
>
> — Participant

Product Feedback

Participants also provided practical feedback on device usage:

> *The device was extremely easy to use – a simple on and off button.*
>
> — Participant

> *It was very comfortable to wear, after about 10 seconds you forget you have it on.*
>
> — Participant

> *I enrolled my mother in the study, she is 83 years old. After 3 weeks she said she didn’t feel depressed anymore. Neither she or us even knew she was depressed. Her cognitive ability and conversations were so massively improved I questioned if this was my mother or not lol. She is ordering groceries from Publix on her phone now and dancing to music. She has never done anything like that before.*
>
> — Participant

Study Status

This report represents the completion of **Phase 1**.

Conclusion

The BlueVibe Phase 1 study demonstrates:

- **100% improvement**
- **No regressions**
- **No reported adverse effects**
- **Extremely strong statistical significance**
- **Consistent real-world benefits**

These findings provide a strong and credible foundation supporting the effectiveness and tolerability of BlueVibe.