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# Sleep and the Vibe

A Drug-Free Approach to Supporting Healthy Sleep



*Therapy that goes wherever you go*

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**RESONA HEALTH**

resona.health

## CHAPTER ONE

# Understanding Sleep Problems

Sleep is one of the most important biological processes for human health.

During sleep the body repairs tissues, regulates hormones, restores brain function, and supports immune activity.

Yet millions of people struggle with sleep problems such as:

- Difficulty falling asleep
- Waking during the night
- Restless or shallow sleep
- Waking too early
- Feeling tired despite sleeping

Modern lifestyles can disrupt natural sleep patterns through stress, artificial light, irregular schedules, and nervous system overstimulation.

Over time, poor sleep can affect mood, metabolism, immune function, and cognitive performance. Supporting the body's natural sleep regulation systems is essential for long-term health.

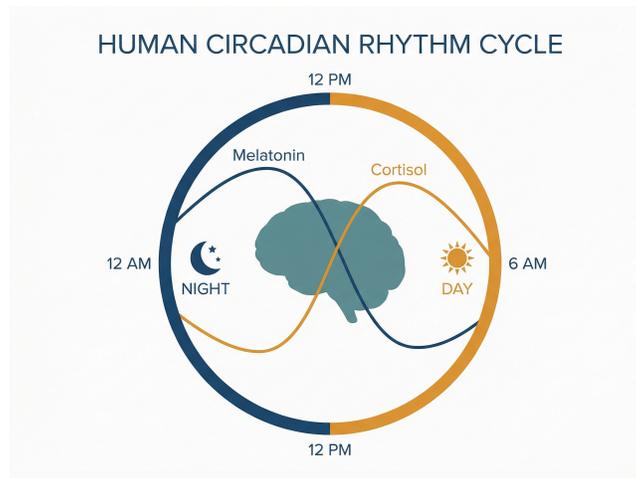


## CHAPTER TWO

# The Biology of Sleep

Sleep is controlled by a complex interaction between the brain, nervous system, hormones, and circadian rhythms.

The **circadian rhythm** acts as the body's internal clock and helps determine when the body feels alert or sleepy.



Another important factor is nervous system balance. When the body remains in a prolonged alert state, it may stay in a mode designed for activity rather than recovery.

Chronic stress can disrupt hormone signaling including **melatonin** and **cortisol** which play key roles in sleep cycles.

Inflammation and metabolic stress can also interfere with the body's ability to enter deeper restorative stages of sleep.

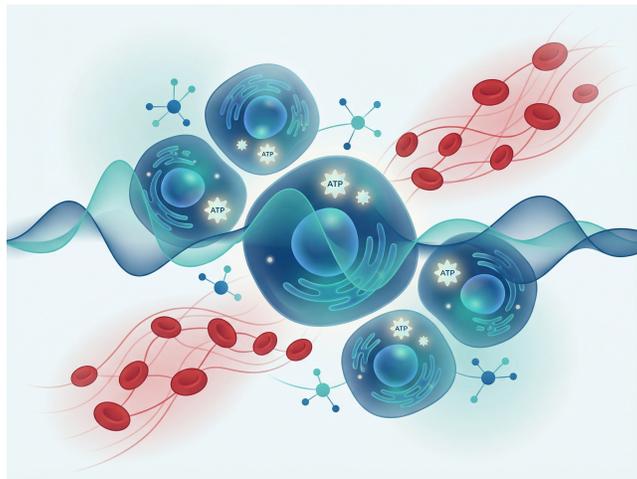
CHAPTER THREE

# What is Pulsed Electromagnetic Field Therapy

Pulsed Electromagnetic Field therapy uses low-energy electromagnetic signals to support natural biological communication.

Every cell in the body operates through electrical activity. Stress and inflammation can disrupt this signaling.

PEMF therapy introduces gentle electromagnetic pulses that interact with the body's natural electrical systems.



Research suggests PEMF may support:

● Circulation

● Oxygen delivery

● Cellular ATP energy production

● Balanced inflammatory signaling

These effects may help the body transition from alertness toward relaxation and recovery.

CHAPTER FOUR

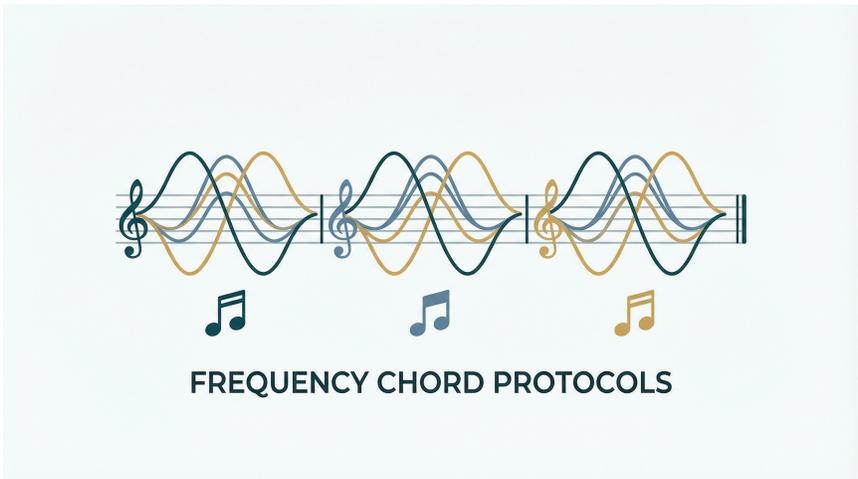
# How Vibe Protocols Work

Many PEMF devices operate using a single frequency or a simple frequency sweep.

**The Resona Health Vibe works differently.**

The Vibe uses proprietary therapeutic protocols built from sequences of frequency pairs.

Think of each frequency pair as a **chord on a guitar**. A single chord produces sound, but music emerges when many chords are played in sequence. Vibe protocols work the same way. Each protocol is like a song composed of many frequency chords.



Each protocol contains approximately 20 to 50 frequency pairs delivered in a specific sequence.

All Vibe frequencies operate within a very low energy range between 1 and 1000 Hertz.

Protocols typically run between 30 minutes and 2½ hours depending on the selected program.

## CHAPTER FIVE

# Protocols That Support Sleep

For sleep support, Resona Health recommends a simple evening routine.

## Step 1 — Sleep Protocol

Run the Sleep protocol approximately one hour before bedtime.

This session helps the nervous system transition from daytime alertness toward relaxation.

Many users run this protocol while reading, relaxing, or preparing for bed.

## Step 2 — Optional Brain Wave Delta Protocol

After the Sleep protocol, some users choose to run a short Brain Wave Delta protocol.

This session typically lasts about 15 minutes and supports deeper relaxation associated with early sleep stages.

**Important:** The Vibe should not be taken to bed while sleeping. Complete all sessions before getting into bed.



## CHAPTER SIX

## Using the Vibe

The Vibe is designed to be simple to use.

Because PEMF fields naturally travel through the body, the device does not need to be placed on a specific location.

Common ways people use the device include:

- ▶ Placing it in a pocket
- ▶ Wearing it around the neck with a lanyard
- ▶ Placing it in a bra

Once a protocol is selected, the device automatically runs the complete session.

Sessions typically last between **30 minutes and 2½ hours** depending on the protocol.



## CHAPTER SEVEN

# Restoring Balance

Healthy sleep is essential for physical recovery, emotional balance, and cognitive performance.

When the nervous system and biological rhythms fall out of balance, restful sleep can become difficult.

Technologies such as PEMF offer a way to support the body's natural regulatory systems rather than simply masking symptoms.

By supporting circulation, cellular communication, and nervous system balance, the Resona Health Vibe provides a simple approach to supporting healthy sleep.



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