

## OFFICER BENEFITS

- Decreased stress levels
- Pain relief
- Improved sleep
- Reduced muscle tension
- Enhanced relaxation

## DEPARTMENT BENEFITS

- Decrease turnover rates
- Improve officer morale
- Create a small space in the department for officers to decompress
- Constructive way to cope with stress
- Decision making skills improve during highly stressful situations

## CONSEQUENCES OF STRESS\*

- Absenteeism
- Alcoholism
- Cynicism
- Early retirement
- Emotional detachment
- Excessive aggressiveness
- Family problems
- Health problems
- PTSD
- Reduced efficiency
- Suicide
- Suspiciousness

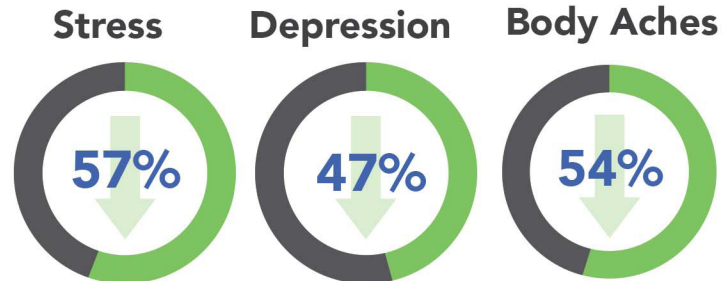
\*According to "On-the-Job Stress in Policing: Reducing it, Preventing it"

## OUR COMMITMENT

*Biosound recognizes the increased levels of stress that law enforcement officers are under which leads to elevated rates of depression, substance abuse, and suicide, and we are committed to developing solutions to help officers manage and cope with on-the-job stress.*

## RESULTS

### Symptom Decrease



### Muscle Tension Headaches



For more on our results, visit [www.biosoundhealing.com/research](http://www.biosoundhealing.com/research)

## BIOSOUND® THERAPY

### Healing with:

- Brain Entrainment
- Biofeedback
- Vibroacoustic Massage
- Guided Imagery
- Therapeutic Music
- Sound Healing

## FEATURES

- Full body vibrations relieve pain and tension
- Relaxing music with binaural beats induce a theta level meditative state
- Biofeedback program creates coherent heart rhythm patterns that synchronize the body's nervous system
- Therapeutic heated pillows for pain relief