

Healing traumatic stress app series

Sleep Restore

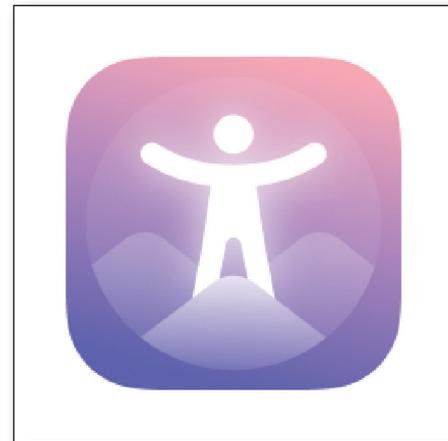
Uniquely designed for sufferers of stress-related insomnia, this app harnesses the power of bilateral stimulation (BLS) to turn off tension and worry and restore normal sleep functioning. BLS is a treatment element of EMDR therapy, a psychological treatment method that harnesses your brain's ability to process sensory information to deactivate the physical and mental distress which inhibits sleep. The resulting normalization of brain activity creates the conditions for sleep to happen, naturally and effortlessly. BLS has been found to stimulate increased delta wave activity, which is associated with restful sleep. If you suffer from insomnia related to PTSD, medical problems, or just general stress and anxiety, this app is for you. 20 sessions of guided meditations, music, nature sounds, and BLS.



“I have been using this app for two months and it really works. I particularly like the night watchman and waiting for morning—I haven’t actually heard the end of either of them.” —**Simon**

Overcoming Pain

25 sessions of guided meditations incorporating bilateral stimulation, focused attention, and mental and sensory-based pain control strategies. Designed to complement the strategies described in this book by providing convenient real-world guided meditations and strategies. Three playlists are designed to address the sensory-emotional components of chronic pain: Mental Healing Strategies, Sensory Healing Strategies, and Stress Management.



“So grateful. Helped me reduce most of my pain, get off painkillers and get back to work. Great for anyone who wants to get off the ‘hamster wheel’ of life with pain.” —**TH**

“Incredibly beneficial ... helped a lot [for my spinal surgery pain and insomnia] ... I am continuing to use this app.” —**Pain Resource.com**