

## Calm-Band

### **Description:**

Neuro-Sync is a headband equipped with non-invasive neurofeedback sensors and soothing sound technology designed to help manage sleep disorders and anxiety. By analyzing brainwave activity, Neuro-Sync can determine a user's mental state, such as stress or relaxation, and deliver audio feedback in real-time to help guide them to a calm, restful state.

The headband is particularly beneficial for people dealing with insomnia, anxiety, or high-stress environments. Paired with an app, it allows users to track their progress over time, providing insights into sleep quality and anxiety levels and offering personalized relaxation exercises to improve mental health. Neuro-Sync aims to offer a natural alternative to medications for sleep and anxiety.

