



Programmes built into MindCentre

- + Stress removal, the 'unwind' function (beta to theta)
- + Energise! Cure lethargy, feel alert (theta to alpha)
- + Improve powers of concentration (alpha to beta)
- + Wake up gently, ready for the day (delta to alpha)
- + Cure insomnia naturally (beta to delta)



MindCentre (2002, Brunel University) is a tabletop device which broadcasts patterns of light and binaural sound frequencies designed to influence the human brain to respond in the desired manner (see programmes above), accompanied by an aromatherapeutic range of fragrances. For the first time, people can take control of their own mental state, their alertness and acuity, their moods, manage stress levels, help cure sleep problems, all at the touch of a button—completely safely and with no need for drugs or medicines, whether relaxants or stimulants, and using established neuroscientific principles. A functional proof-of-principle prototype was built and tested.

MindCentre

Concept & working prototype