



SAGE SPACE™
TECHNOLOGIES

Sensory Lounge X1 FAQ



Q: What is the Sensory Lounge™?

A: The Sensory Lounge™ is a Vibroacoustic Therapy device, offering the user a wide array of immersive, sound-driven programs (“experiences”) which integrate principles of sound therapy and neurophysiology with modern technology. Examples of the Sensory Lounge™ programs include Rest and Relaxation, Energy & Focus, Emotional Release, and Life Pulse. Customers can access the custom-designed music programs, guided meditations, and additional music content through the free Sage Space™ App, available for download on iPhone and Android devices.

Q: What is vibroacoustic therapy?

A: Vibroacoustic therapy is a safe, non-invasive, multisensorial intervention that introduces therapeutic sound wave frequencies into the user's body simultaneously through both the ears (through headphones) and the body (through four transducers placed within the Sensory Lounge™ mattress). Vibroacoustic Therapy is a neuromodulation technique designed to positively modify the function of the nervous system and enhance beneficial communication in the body.

Q: How exactly does the Sensory Lounge™ influence the nervous system?

A: There are two primary ways in which the Sensory Lounge™ can influence the nervous system: a) mechanotransduction and b) brain entrainment.

Mechanotransduction is the process whereby mechanical energy (sound) is converted into electrical energy (nerve impulses) in the body to produce a biological response. The responses which occur from this process can serve to support physical performance, cognitive performance, and emotional performance; the three pillars of human performance.

Brain Entrainment involves the use of rhythmic stimuli, such as sound to synchronize brain waves and induce specific states of consciousness. Examples of the various brain waves patterns that can be entrained are gamma (high-level cognitive processing), beta (active thinking), alpha (calmness), theta (meditative), and delta (sleep). Similarly, brain entrainment can have positive effects on the same three pillars of human performance.

Q: How do the Sensory Lounge™ sound programs have these effects?

A: The Sensory Lounge™ programs are professionally engineered and incorporate various sound therapy techniques, including binaural beats, music theory, Solfeggio frequencies, transience, and low frequency pulsation, to stimulate the nervous system in different ways.

Q: What are the benefits of using the Sensory Lounge™?

A: Research has demonstrated that individuals receiving vibroacoustic therapy may experience positive changes in mental performance (focus, memory, and attention), physical performance (circulation, muscle relaxation, pain relief, and enhanced energy levels), and emotional performance (improved mood, reduced situational stress, enhanced state of calmness). Vibroacoustic therapy can also serve to accelerate entry into deep meditative states and more support those looking more thoroughly integrate body and mind.

Q: Is the Sensory Lounge™ safe?

A: Vibroacoustic therapy is generally considered a safe and non-invasive. However, as with any therapy, there may be some potential risks or side effects to consider. These may include temporary changes in blood pressure, heart rate, or respiration, as well as temporary discomfort or pain. Additionally, there are certain situations where the use of the Sensory Lounge should be discussed first with your healthcare provider. They include:

- Pregnancy (especially during the first trimester)
- Pacemakers and other electronic implants.
- Acute injuries or open wounds
- Active infections
- Epilepsy or other seizure disorders
- Severe mental health conditions such as severe anxiety, panic disorders, or psychosis.

Q: What does a Sensory Lounge™ program feel like?

A: The Sensory Lounge™ programs range from approx. 20-30 minutes. Each program differs in the construction of the music you hear through the headphones and the low frequency pulsations which move through the transducers in in the lounge

mattress. At first, it is best to focus on either following the music or the vibrations which are moving through the lounge. You can also focus on breathing if you prefer.

Normally, the mind wanders for a bit in the beginning, but as you continue to focus, it is common to feel your body sensations changing, your thoughts subsiding and a deeper state of body and mind relaxation setting in. It is possible, in this deeper state, that you may feel as if you have been transported somewhere else or fallen into a dream-like state. You may even fall asleep if your body needs rest. Nonetheless, while you have your own unique experience, the sound and vibration is fully engaging with your nervous system to promote the desired effects of the program.

Q: How quickly can the Sensory Lounge provide noticeable benefits?

A: How quickly one notices the effects of the Sensory Lounge will differ widely based on the individual and their unique needs. Having said that, if well tolerated, the relaxation-associated benefits can be quite noticeable within 1-3 sessions. In general, like any natural therapeutic intervention, it

is important to allow time for the body to undergo change and measure that change in increments rather than all or nothing. But please also remember that the Sensory Lounge, unlike many interventions, is a fully immersive experience meant to be pleasurable. Be sure to enjoy it while it works on you.

Q: What are the details of the warranty?

A: Sage Space Technologies provides a limited warranty that covers defects of the Sensory Lounge caused by material or manufacturing faults. The warranty period is as follows:

- Lounge Silicon Cover: 1 Year
 - Electronics: 2 Years
 - Iron Frame: 6 Years
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