Atrium Health
Wake Forest Baptist

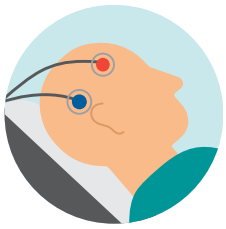
Reset Your Brain



Cereset® Health

An alternative approach to help reduce symptoms of stress, anxiety and insomnia, and to improve wellness, well-being and overall health.

Short for "cerebral reset," Cereset® Health is an advanced, non-invasive, non-drug neurotechnology that supports the brain to release and recover from the negative effects of stress. Sessions use sensors to monitor brain activity, creating unique auditory tones that reflect brainwave patterns in real time. These tones, played through earbuds, help the brain harmonize and balance itself.



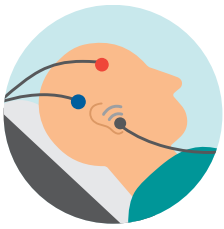
Detect brain frequencies

Four high-resolution brain frequency sensors record precise real-time brain rhythms.



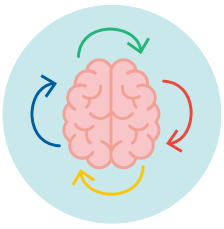
Translate brain rhythms

Algorithms correlate brain rhythms to specific engineered tones to create a unique *brain-echo.*



Listen to the brain

Brain-echo is experienced in real-time as a reflection of one's unique brain rhythms at that moment.



Brain recognizes its reflection

Brain hears itself, supporting it to relax and reset itself to its natural balance, from the inside out.

Now available for a limited time to Atrium Health teammates, first responders and referred patients.

Contact Us

Take the first step towards a more balanced life. Scan the QR code or contact us to see if you are eligible to participate.

Phone: 336-716-0644
Email: CeresetHealthAHWFB@AdvocateHealth.org

Learn more at **WakeHealth.edu/CeresetHealth**