



TheSoundWell Vibro-therapy, based on Olav Skille’s original vibroacoustic therapy (VAT), uses precise low sound frequencies (about 30–120 Hz) streamed into mats and recliners to calm the nervous system, ease pain, improve sleep and clarity, and support focused visualization and self-hypnosis.

How it works in the body

- Harmonic low frequencies stimulate mechanoreceptors in muscles and fascia, sending signals to the spine, brainstem, and limbic system, like a deep cellular massage from the inside out.
- This activation shifts the autonomic nervous system toward the parasympathetic “rest and digest” mode, downregulating stress responses and promoting deep relaxation, recovery, and tissue healing.
- Clinical and observational work with Skille-based VAT shows reductions in pain, muscle tension, stress, anxiety, and insomnia, along with increased vitality, calmness, and mental clarity.

Benefits for pain, stress, insomnia, anxiety

- Repeated VATTING (lying or sitting on the mat while receiving single low frequencies) has been reported over decades to reduce or eliminate pain, stress, muscle tension, and insomnia, and to recharge vitality.
- Studies of VAT show parasympathetic calming, reduced pulse and body temperature, improved mood scores, and better sleep quality in users with stress, depression, and burnout, aligning with the reported anxiety and insomnia relief.
- Users frequently describe profound calm, euphoria, and “nap on demand” effects after about 23–30 minutes, indicating both psychological and physiological reset useful between intense days of training or competition.

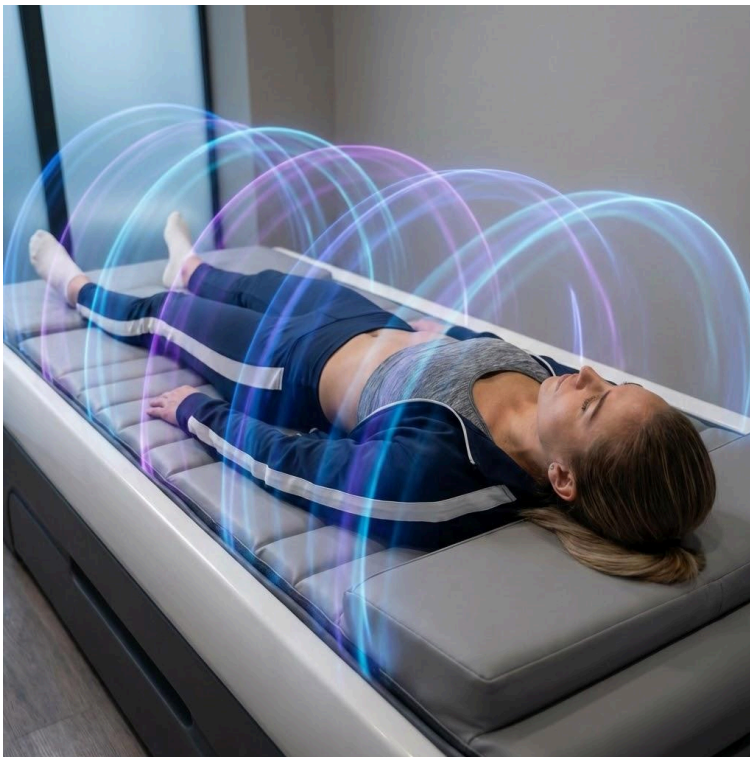


Specific value for athletes and pros

- TheSoundWell FAQ notes that athletes can use vibroacoustic therapy for warm-up and warm-down, with sessions helping stretching, stress reduction pre- and post-training, and mental preparation for events.
- VAT's ability to reduce stress, improve sleep, and rebalance the nervous system supports recovery from heavy loads, enhances concentration, and reduces over-arousal, which are key for consistent high-level performance.
- Research in movement and neuro-rehabilitation shows improved motor function, reduced rigidity and spasticity, and better range of motion with VAT, suggesting additional benefits for flexibility, coordination, and neuromuscular control relevant to sport.

Deep self-hypnosis, visualization, and pre-game mindset

- The original Skille-based description emphasizes that vibroacoustic therapy, combined with visualization and positive imagery, becomes a tool to minimize bad habits and replace them with better ones, and an easy way to sink into self-hypnosis and meditation.
- TheSoundWell FAQ explicitly mentions that professional sport people can use VAT to visualize good results in advance and imagine winning the game, which acts as a “real” mental rehearsal and strengthens self-confidence.
- Because the body is deeply relaxed and the mind is clear yet alert, athletes can more easily imprint desired movement patterns and success scenarios, supporting focus, emotional regulation, and resilience under pressure.



Soft movement for people with limited mobility

- TheSoundWell mats can be used while doing soft and gentle exercises, including yoga and Feldenkrais-style movements, allowing people with reduced mobility to move within a supported, low-effort, vibration-enhanced environment.
- VAT research in populations with motor challenges (such as Parkinson's and cerebral palsy) shows significant improvements in motor function, reduced spasticity, and easier movement when vibration is combined with or adjacent to physical therapy, suggesting that gentle exercises on the mats may be more accessible and effective for those with limitations.
- For individuals who cannot sustain regular active workouts, simply lying on the mat to receive low-frequency input is already a passive "inner movement" that improves circulation, reduces muscle tone, and prepares the body for small, safe ranges of motion.



Here is how VAT integrates into a professional athlete's stretching and recovery routine:

1. Pre-Activity: "Neural Priming" and Tissue Elasticity

Before a workout or competition, the goal is to prepare the muscles without "over-relaxing" them to the point of losing power.

- **Increased Blood Flow:** The low-frequency vibrations cause vasodilation, rushing oxygenated blood to the muscle groups. This mimics a "passive warm-up," making the tissue more pliable before the first stretch is even attempted.
- **Reduced Muscle Tonus:** VAT helps lower resting muscle tension. When an athlete stretches a "warm," vibration-primed muscle, they can achieve a deeper range of motion (ROM) with a lower risk of micro-tears.
- **Sympathetic Balancing:** It helps manage "pre-game jitters" by stabilizing the nervous system, allowing for a focused, dynamic stretching session.

2. Post-Activity: Rapid Recovery and Waste Removal

After intense exertion, the body is often in a state of high inflammation and "stiffness" due to metabolic waste.

- **Lymphatic Drainage:** The mechanical effect of the sound waves acts as a deep cellular massage, assisting the lymphatic system in flushing out lactic acid and cortisol.
 - **The "Reset" Button:** Post-activity stretching can often be painful due to DOMS (Delayed Onset Muscle Soreness). VAT triggers the Gate Control Theory of Pain, where the vibration signals reach the brain faster than pain signals, allowing the athlete to stretch and relax despite soreness.
 - **Myofascial Release:** The vibrations resonate through the fascia (the connective tissue surrounding muscles). This helps prevent the fascia from "sticking" or becoming restricted after repetitive athletic movements.
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Key Benefits Summary

Feature	Pre-Activity Impact	Post-Activity Impact
Muscle Spindles	Increases sensitivity for better proprioception.	Relaxes spindles to reduce cramping.
Circulation	Heats the "core" of the muscle quickly.	Accelerates nutrient delivery for repair.
Flexibility	Increases ROM for explosive movements.	Prevents "shortening" of muscles during cool-down.
Mental State	Sharpens focus and reduces anxiety.	Induces deep parasympathetic recovery (rest & digest).

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