Understanding Mood and How Vibroacoustic Therapy Enhances It

Mood: Psychological and Physiological Dimensions

Mood represents a sustained emotional state that operates as a foundational framework shaping how the brain responds to and interprets incoming information. Unlike momentary emotions, mood reflects the brain's underlying expectations about emotional stability and one's ability to predict and control outcomes. This concept bridges psychology and neurobiology in fundamental ways.

Physiologically, mood is orchestrated by specific neurochemical systems:

Neurotransmitters serve as the brain's chemical messengers, directly controlling emotional states and mood regulation. Dopamine drives pleasure, reward, and motivation—low dopamine correlates with apathy and depression. Serotonin regulates mood stability, sleep quality, and appetite, with dysfunction linked to depression and

anxiety disorders. Norepinephrine modulates arousal, attention, and the stress response, where imbalances contribute to anxiety and mood disorders. Additionally, GABA provides calming effects, while endorphins function as natural pain relievers and mood elevators.

Beyond neurotransmitters, mood is regulated by hormonal systems, particularly the Hypothalamic-Pituitary-Adrenal (HPA) axis, which controls cortisol release during stress. This integrated neurochemical environment means mood cannot be separated from the body's nervous system activity, sleep patterns, inflammation levels, and overall physiological state.

Olav Skille's Vibroacoustic Therapy: Foundation and Mechanism

In the 1970s and 1980s, Norwegian music therapist Olav Skille pioneered vibroacoustic therapy (VAT) as a breakthrough approach to using low-frequency sound vibrations for therapeutic benefit. Rather than listening to music through speakers, VAT transmits low-frequency sine wave vibrations directly into the body through specialized equipment.

The physics underlying VAT is elegant and effective: Sound travels approximately five times more efficiently through water than through air. Since the human body is comprised of over 70% water, low-frequency vibrations (typically 30-120 Hz) penetrate deeply into tissues, organs, and cells, creating what Skille conceptualized as an "inner body massage" at the cellular level. Skille identified therapeutic frequencies including 40 Hz, 44 Hz, and 55 Hz specifically for reducing pain, lowering blood pressure, increasing mobility, and managing depression, asthma, and other conditions.

How Vibroacoustic Therapy Improves Mood: Neurobiological Pathways

Vibroacoustic therapy improves mood through multiple interconnected physiological mechanisms:

Parasympathetic Nervous System Activation: Low-frequency vibrations stimulate the vagus nerve, the primary regulator of the parasympathetic nervous system. This shifts the body from its stress-induced "fight or flight" state into a "rest and digest" mode characterized by slower heart rate, deeper breathing, reduced blood pressure, and enhanced relaxation. This represents a fundamental reset of nervous system baseline, directly opposing the physiological substrate of anxiety and depression.

Neurotransmitter Enhancement: VAT directly enhances dopamine and serotonin release, the neurochemicals most depleted in mood disorders. By providing calming sensory input, the therapy reduces stress hormone production, particularly cortisol, while simultaneously promoting the release of mood-elevating neurotransmitters. Exposure to low-frequency acoustic stimuli has been shown to upregulate Brain-Derived Neurotrophic Factor (BDNF) expression in the hippocampus—a brain region critical for mood regulation and memory.

Brainwave Entrainment: The vibrations induce a process called entrainment, in which the brain's electrical activity synchronizes with the external frequency of the vibrations. This shifts dominant brainwave patterns from stress-associated beta waves toward calming alpha and theta waves, associated with relaxation, meditation, and healing states.

Pain Signal Modulation: Similar to gate control theory in physical therapy, VAT provides the nervous system with non-threatening sensory input that effectively blocks pain and distress signals from being interpreted by the brain. With reduced threatening input, muscles relax, pain decreases, and the limbic system—which controls emotion—can normalize its activity.

Cellular and Molecular Effects: Beyond nervous system regulation, low-frequency vibrations appear to activate protective microRNAs (miR-23a, miR-132, and miR-23b) that enhance long-term neurological function, inhibit neuron apoptosis (cell death), and reduce neuroinflammation. This suggests VAT operates at multiple biological scales simultaneously.

Clinical Evidence for Mood Improvement

Research substantiates these mechanisms with measurable improvements in mood disorders:

Depression: A landmark study involving depressed elderly nursing home residents (average age 86) demonstrated that 30-minute daily vibroacoustic sessions for two weeks produced significant reductions in depression scores alongside improvements in sleep efficiency and decreased heart rate—all markers of parasympathetic activation and mood stabilization. In a more clinically severe population, patients already taking antidepressants who received VAT showed significantly greater symptom reduction on the Hamilton Depression Rating Scale compared to medication alone, suggesting VAT effectively augments pharmaceutical treatment.

Anxiety and Stress: VAT reduces anxiety through rapid activation of the parasympathetic nervous system, decreasing skin conductance (a marker of

sympathetic arousal) and promoting subjective feelings of calm and security. For individuals with psychosomatic disorders rooted in chronic stress, VAT provides measurable relaxation without the side effects of anxiolytic medications.

Sleep and Insomnia: By calming the nervous system and reducing hyperarousal, VAT improves both sleep quality and efficiency, addressing a core component of mood disorders—sleep deprivation exacerbates depression and anxiety.

Specific Frequency Benefits: The 40 Hz frequency Skille identified shows particular promise for cognitive enhancement, mood stabilization, and support for neurodegenerative conditions, while 44 Hz and 55 Hz frequencies target pain reduction and stress hormone modulation.

TheSoundWell's Product Ecosystem: Delivering Skille's Legacy

TheSoundWell manufactures ergonomic vibroacoustic therapy equipment based on Olav Skille's original protocols, featuring his seven therapeutic low-frequency sounds designed to balance inner systems, reduce pain and stress, eliminate insomnia and anxiety, and enhance vitality. The product range addresses different contexts and therapeutic goals:

Vibroacoustic Mats: Full-body stimulation devices suitable for home, office, or clinical settings, delivering comprehensive nervous system regulation.

Vibroacoustic Recliners: Extended-session equipment allowing deeper relaxation and parasympathetic engagement, ideal for seniors, healthcare facilities, and corporate wellness programs.

Sonic Pets: Portable therapeutic devices providing daily low-frequency stimulation and companionship, making vibroacoustic therapy accessible for continuous mood support throughout the day.

Sonic Pillows: Targeted vibration directed to the head, neck, and upper body, particularly beneficial for sleep enhancement and stress relief during rest hours.

Additional Products: Sound tables and weighted sound blankets expand accessibility and versatility across different user preferences and settings.

Each TheSoundWell system includes an amplifier, tablet interface for selecting frequencies, access to Skille's original therapeutic frequencies, comprehensive training, and professional consultancy—ensuring optimal therapeutic benefit.

Integrated Benefits: How Products Work Synergistically

Rather than functioning in isolation, TheSoundWell's product range creates a comprehensive ecosystem for mood enhancement:

Sonic pets offer daily, portable access to therapeutic frequencies, enabling users to build nervous system resilience through consistent stimulation. Vibroacoustic mats provide full-body integration at home or workplace, supporting sustained parasympathetic tone throughout daily life. Recliners facilitate deeper, longer sessions that anchor therapeutic gains during dedicated wellness time. Sonic pillows ensure that

the sleep period—when mood regulation and emotional processing occur—receives optimal parasympathetic support.

This multi-modality approach means the body receives consistent, reinforcing signals that gradually recalibrate the nervous system baseline, particularly important for individuals with chronic mood dysregulation, trauma history, or age-related neurochemical decline.

Application in Senior Living and Beyond

TheSoundWell's focus on senior living is scientifically justified—aging is accompanied by natural reductions in dopamine, serotonin, and other mood-regulating neurotransmitters. For elderly individuals experiencing subclinical or clinical depression, VAT offers a non-pharmaceutical intervention addressing the physiological substrate of mood disturbance. Nursing homes and assisted living facilities integrating vibroacoustic systems report improved resident mood, sleep quality, reduced medication burden, and enhanced quality of life.

Beyond seniors, the approach benefits anyone experiencing mood disruption: professionals managing workplace stress, children with anxiety or ADHD, patients recovering from illness or surgery, and individuals seeking preventive mood maintenance and vitality enhancement.

Conclusion: Sound as Medicine for the Mood System

Vibroacoustic therapy, as originally conceived by Olav Skille and now delivered through TheSoundWell's diverse product portfolio, addresses mood through both the philosophical understanding that the body is fundamentally vibrational and the

neuroscientific reality that low-frequency stimulation modulates every system involved in emotional regulation. By activating the parasympathetic nervous system, enhancing neurotransmitter production, reducing stress hormones, and supporting cellular healing, VAT offers a non-invasive, drug-free, evidence-supported pathway to mood enhancement. Whether through daily sonic pet interactions, extended recliner sessions, or sleep-optimizing sonic pillows, users experience the therapeutic integration of sound, vibration, and cellular massage—a return to the vibrational healing principles that Skille recognized decades ago remain profoundly relevant to modern wellness and mental health challenges.

Vibroacoustic Therapy: A Safer, Non-Dependency Alternative to Substance-Based Mood Interventions

The comparison between vibroacoustic therapy and substance-based approaches reveals a fundamental distinction: while pharmaceuticals and recreational drugs manipulate brain chemistry—often creating dependency, withdrawal syndromes, and persistent side effects—vibroacoustic therapy works through the body's natural regulatory systems with zero addiction potential and no chemical interference.

Psilocybin and Psychedelic Mushrooms: Promise with Significant Limitations

While psilocybin has emerged as a promising research candidate for mood disorders and addiction treatment, the evidence base remains limited. Only a handful of small, open-label clinical trials exist, with few double-blind randomized controlled trials providing rigorous proof of efficacy. Critically, psilocybin therapy requires controlled clinical supervision due to acute psychological risks including hallucinations, delusions,

paranoia, and depersonalization-derealization experiences. For vulnerable individuals—particularly those with a family history of psychosis or latent schizophrenia—psilocybin can precipitate psychiatric crises and psychotic symptom exacerbation. Additionally, in naturalistic settings (non-supervised use), patterns of co-occurring substance use disorders emerge, suggesting psilocybin use may cluster with other addiction behaviors.

Cannabis/Marijuana: Both Physical and Psychological Dependency

Unlike the "non-addictive" narrative surrounding cannabis, modern marijuana creates potent both physical and psychological dependence. This distinction is critical: modern cannabis strains contain up to 28% THC—compared to less than 2% before the 1990s—fundamentally changing the addictive profile.

Physical Withdrawal Symptoms include:
insomnia, headaches, vomiting, gastrointestinal distress, tremors, nightmares, and severe cravings. More problematically, psychological dependence is actually the more common form and the primary driver of continued use despite negative consequences. Users develop conditioned craving patterns tied to specific events, locations, social circles, and routines—a bedtime smoking habit triggers cravings every bedtime for years afterward.

Mental health deterioration is documented: cannabis worsens depression, increases suicidality (particularly in young people), and produces irritability, paranoia, and impaired cognitive function including short-term memory loss, learning difficulties, and reduced focus. Most troubling is the loss of reward seeking behavior—users report loss of

interest in previously enjoyed activities, reduced motivation, and workplace/relationship difficulties, essentially trading genuine life satisfaction for drug-induced numbness.

Pharmaceutical Antidepressants (SSRIs): The Hidden Cost of Long-Term Use

While SSRIs are often presented as safe alternatives to "harder" drugs, emerging evidence reveals a troubling long-term profile. Short-term side effects include sexual dysfunction (decreased desire, delayed orgasm, erectile dysfunction), weight gain (average 3 pounds per year, with 5-10% of users gaining 7% or more of body weight), nausea, headaches, and dizziness.

The long-term picture is more concerning: Extended SSRI use (average 5 years in real-world settings, much longer than the 8-week clinical trials) produces emotional blunting—a reduction in the capacity to feel emotions, experience pleasure, or engage emotionally with life. Weight gain continues accumulating beyond initial treatment, progressive sexual dysfunction persists after medication discontinuation, and most critically, 78% of users develop discontinuation syndrome upon stopping the medication.

Withdrawal symptoms are severe and protracted:
Electric shock-like sensations ("brain zaps"), flu-like symptoms, severe nausea and gastrointestinal distress, sleep disturbances, anxiety, and mood destabilization can persist for months to years depending on duration of use. For users on longer-term therapy (24+ months), withdrawal severity is particularly pronounced. In vulnerable populations—children, adolescents, and young adults—SSRIs paradoxically increase

suicidal ideation. Abrupt discontinuation carries risks of seizures, psychoses, and suicidality.

The fundamental problem: antidepressants create chemical dependency despite being prescribed as mood solutions.

Vibroacoustic Therapy: The Non-Chemical, Non-Dependency Path Forward

Vibroacoustic therapy operates on an entirely different principle: rather than introducing exogenous chemicals that disrupt neurochemistry, it activates the body's natural self-healing regulatory systems.

Safety Profile:
Vibroacoustic therapy is non-invasive with no known side effects, zero dependency potential, no withdrawal syndromes, and no discontinuation complications. Users can safely use VAT indefinitely with cumulative benefits compounding over time rather than diminishing as tolerance develops with drugs. There is no sexual dysfunction, no weight gain, no emotional blunting, no cognitive impairment, and no loss of motivation or vitality—instead, the opposite occurs.

Comparable or Superior Clinical Efficacy:
A landmark clinical study using rhythmic gamma-frequency vibroacoustic stimulation in patients with major depressive disorder produced a 37% clinical response rate over five weeks—directly comparable to pharmaceutical outcomes but without the side effect burden. EEG biomarkers showed that vibroacoustic therapy produced the same

beneficial brain activity changes seen with rTMS (repetitive transcranial magnetic stimulation) and ketamine—established gold-standard treatments.

In elderly populations, vibroacoustic therapy produced significant depression reduction in just two weeks in patients with an average age of 86. Most impressively, when elderly patients already taking antidepressants received vibroacoustic therapy in addition to their medications, they showed significantly greater symptom reduction than medication alone—a true augmentation effect rather than redundancy. This demonstrates that VAT works through distinct neurobiological pathways from pharmaceuticals, making combination therapy genuinely synergistic.

Mechanism: Natural System Activation, Not Chemical Hijacking:
Low-frequency vibrations stimulate the parasympathetic nervous system and vagus nerve through mechanical means—activating the body's innate "rest and digest" state without pharmaceutical interference. This triggers natural dopamine and serotonin release through parasympathetic activation, upregulates protective brain-derived neurotrophic factors (BDNF), and activates neuroprotective microRNAs without chemically flooding the brain with exogenous serotonin.

Because VAT works with the body's natural regulatory capacity rather than against it, discontinuation produces zero adverse effects. Users can take breaks, vary frequency, or stop entirely without experiencing withdrawal, rebound depression, or any compensatory dysregulation.

The Practical Comparison: Risk-Benefit Across Approaches

Aspect	Psilocybin Mushrooms	Cannabis/Marijuana	SSRIs	Vibroacoustic Therapy
Physical Dependency	Low	High	High (discontinuation syndrome)	None
Psychological Dependency	Low	High	Moderate to High	None
Withdrawal Symptoms	Minimal	Severe	Severe, 6-24+ months	None
Sexual Side Effects	None	None	Common, persistent	None
Weight Gain	None	Possible	Significant, progressive	None

Cognitive/Emotional Effects	Acute psychological risk	Memory, motivation loss	Blunting, emotional numbing	Enhancement
Psychiatric Safety	Risk in vulnerable populations	Worsens depression/anxiety	Increases suicidality in youth	Safe across populations
Clinical Efficacy	Promising but limited evidence	Mood maintenance unclear	50-60% response rates	37% clinical response, comparable biomarkers
Long-Term Use Safety	Unknown, limited studies	Tolerance develops, craving escalates	Progressive side effects, bioaccumulation	Cumulative benefits, no tolerance

Why Vibroacoustic Therapy Fits Modern Wellness Philosophy

TheSoundWell's vibroacoustic therapy products embody a fundamental wellness principle: support the body's inherent healing capacity rather than override it. Unlike approaches that chemically silence symptoms through neurotransmitter

manipulation—creating secondary problems that demand additional interventions—vibroacoustic therapy enhances the nervous system's own regulation.

For seniors experiencing mood decline, for professionals managing stress, for individuals seeking preventive mental health care, and for anyone who has experienced medication side effects or withdrawal, vibroacoustic therapy through sonic pets, therapy mats, recliners, and sonic pillows offers evidence-supported mood enhancement without pharmaceutical risk, dependency potential, withdrawal complications, or quality-of-life sacrifice.

This represents a paradigm shift: from suppressing mood disorders through chemical interference to activating natural mood resilience through vibrational medicine—Olav Skille's original vision now validated by modern neuroscience.

Contact us today to learn more about elevating mood with Vibroacoustic therapy

Be well
Avigaili Berg