

brainLight relaxation lounge at EDAG

After a test period of four weeks in September 2009, EDAG decided to offer the brainLight relaxation lounge to their employees in several branches. Since January 2010 the brainLight relaxTower has been set up in Fulda, Eisenach and Ingolstadt.

EDAG aims at promoting the health of their workforce, the general job satisfaction as well as at strengthening their personnel's resources. The decision for brainLight was in particular based on the following test results:



• The EDAG management testing the brainLight relaxTower in advance

- **91,9 % of the participants found the effect on their back muscles excellent**
- **84.7% of the participants were able to gain motivation towards their work**
- **78,1 % of the participants experienced magnificent stress relief and relaxation**
- **80 % of the participants were willing to pay for brainLight sessions**
- **93 % of all employees want to continuously use the brainLight-System, 70 % want to use it twice a week**

EDAG also rely on the following advantages of the brainLight-Systems:

- Reduction of migraines and headaches (computer work, eye strain)
- Relaxation for spine and muscles (repetitive work postures)
- Enhancement of focus and concentration (against chronic fatigue and stress)
- Reduction of stress-related symptoms such as increased heart frequency, high blood pressure and muscle tension