SOFT®med BioLife© contains indication-specific therapy libraries. They allow the start of a session by a single click and guarantee an optimal Biofeedback therapy with maximum user comfort.

Chronic sleeping disorders are often accompanied by stressful life events, increased general anxiety as well as anxiety relating to the disorder itself and depression. A common treatment method for insomnia involves prescription drugs. While offering satisfactory effects on the one hand, these drugs are accompanied by considerable drawbacks (deterioration of diurnal affectivity, addiction or increase in dose due to tolerance). While sleeping pills should be prescribed only in addition to therapy especially during crisis, behavior-orientated therapies such as biofeedback offer long-lasting effectiveness as and lack possible side effects. Thus, biofeedback is regarded as first-line treatment.

**The Principle**
A training combination of muscle relaxation, hand warming as well as breathing techniques allow patients to resort to a state ideal for permanent and regenerating sleep phases.

**Effectiveness**
Depending on the causes of sleeping disorders biofeedback allows for effective reduction of sleep onset latency and increase of overall sleep duration.

**Relaxation**
- **Forehead relaxation** if resting baseline of frontalis EMG is increased.
- **Hand warming**: treating symptoms such as cold hands or feet when trying to fall asleep, in order to increase temperature and relaxation.
- **Training of breathing**
  Respiratory feedback during irregular breathing in order to induce relaxation. Developing awareness of one’s own breathing.

**Relaxing stories:**
As long as the predetermined level of relaxation is maintained, a video will play.

**Training of hand warming:**
If patients succeed they will move through a colored 3D tube, the goal is to achieve relaxation.