



The bed delivers low-frequency vibrations that are said to improve relaxation | Photo source Yves Behar for Opus

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## VIBROACOUSTIC BED COULD AID MENTAL AND PHYSICAL HEALTH

**+** HEALTH & WELLBEING

### A new product claims to promote healing and mindfulness using a specially-designed bed that produces vibrations and sounds

**Spotted:** Napping is no longer enough. At least, not according to Opus. The company's new product, the SoundBed, is designed to provide a "rejuvenating mind and body experience" that "recharges the body and restores the nervous system". More than a daybed or a nap pod, the SoundBed is a wellness experience that combines spatial sound and vibrations to reduce stress and release hormones associated with happiness.

Users lie down on the bed, which delivers low-frequency vibrations that are said to improve relaxation and make users more receptive to introspection. SoundBed also connects to a companion app that plays guided meditations designed to help elevate the users' mood. The app also lets users set personal goals, and sign up for remote therapy events and live events in mindfulness, relationships, peak performance and more.

The system can channel a range of frequencies intended to align with different parts of the body and different energies and brainwaves. The bed itself vibrates at deeper frequencies, while the audio covers the full range of audible frequencies. Opus is also collaborating with vibroacoustic engineers, sound healers and others in the "music as medicine" space to develop content for SoundBed.

When not in use, the SoundBed folds up to the size of a stylish hexagonal pouf. It has been designed in neutral tones so fit into any décor, and is covered in a 3D-knitted textile. Designer Yves Béhar has said that he designed Opus to be, "a stylish complement to any living room for the purpose of

eliminating barriers to daily at-home use. We believe OPUS will empower users to take control of their emotional health and allow sound medicine to return to the mainstream.”

The \$1.5 trillion global wellness market is growing by leaps and bounds, and has received a boost from the pandemic, when more people began looking for ways to improve their physical and mental well-being. At Springwise, we have seen this growth in the release of new concepts such as a [smart toilet](#) that tracks bowel health and a wellness app that helps companies support employee [mental health](#).

Written By: Lisa Magloff

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### **Takeaway:**

There is some scientific evidence that vibroacoustic therapy in the form of low frequency sound and music can help in the treatment of conditions such as cerebral palsy and speech disorders. However, Opus is positioning itself as a wellness experience rather than a medical device, and at a starting price of \$1,999 (€1,670), it is at the higher end of that market. The company also points out that the SoundBed is an “easy experience,” unlike traditional meditation, which can take years to learn. According to the company, “the content for SoundBed™ (including frequencies used) is optimised for the three pillars of our emotional fitness approach -- to restore (heal), to shift (elevate), and to create (attract).”