

# Your Healthy Heartbeat and an Industry-Leading Meditative Solution

Protecting the health of your heart is essential. Allay Occupational Therapy and Unyte have partnered to bring you an industry-leading meditation device that provides biofeedback by monitoring your Heart Rate Variability (HRV).

HRV defines the amount of time in between each heartbeat, and the biofeedback electronically monitors and transmits that activity.

Acquiring this information allows you to gain more control over your nervous system, helping you to welcome a calmer state of mind.

## Life Challenges and Therapeutic Solutions

We have all experienced tough times in our life that intercept our ability to stay relaxed and positive. Stressful events can stop you from engaging in constructive and productive day-to-day activities.

These feelings are completely normal and simply prove that you are human.

There are times when we need a little extra help, a word of encouragement, or simply just a safe space to reside and meditate.

## The Unyte Meditation Method

Unyte is a [mind-body meditation program](#), including an easily accessible handheld device paired with user-friendly software. It is designed to assist in calming your heart rate during your meditation and mindfulness practice.

### Plug-In to Unwind

One end of the iom2 device clips directly on to your ear, while the other end is then [plugged into your handheld monitor](#) (comparable to the size of your iPhone).

When activated, you are instantaneously provided with your own personal resonance score. The iom2 monitors your heart rate, which in turn reflects your current meditative state, such as increased levels of anxiety or stress.

#### **iom2 Features:**

- Compatible with macOS, Windows, iOS, and Android devices.
- Conveniently equipped with an easy-to-use ear clip.
- Extended battery life that can last weeks on a single charge.
- Effortless updateable firmware

### Journey Around the World

The Unyte software is designed to take your meditation practice through [visual interactive environments](#). Each journey allows you to virtually travel around the globe experiencing tranquil scenery and peaceful music.

## Reflect the New You

Research shows that the Unyte system optimizes your ability to handle day-to-day activities with less stress. By monitoring your heart rate variability, you can become more aware of what [triggers your anxiety symptoms](#).

Unyte has carried out extensive abstract research resulting in 33 pages of literature review proving the benefits of interactive meditation.

The Research Results:

- Improves ability to handle stressful situations
- Decreases Anxiety
- Manages Stress
- Reduces Depression
- Improves responses to anger-inducing stimuli
- Improves sleep quality
- Reduces pain
- Improves gastrointestinal disorder symptoms
- Improves mood
- Fine-tunes skills for sports performance.

## Evidence-Based Therapy

Evidence-Based Therapy (EBT) integrates expert opinion, scientific evidence and client perspectives into each patient regimen. The American Psychiatric Association and American Psychological Association both consider EBT to be a preferred approach to treatment.

**Here are three EBT Methods:**

**Safe and Sound Protocol (SSP):** A [therapeutic intervention method](#) that helps to reduce stress and audio exhaustion during progressed social interactions. By attending 1-hour music therapy sessions, SSP improves responsiveness to environments that may be considered challenging.

**Secret Agency Society (SAS):** A multimedia 3-D-puzzle interactive game for children 8-12 years of age. SAS promotes individual social resilience, positive personal body image, and improved complex behavior skills.

**HRV Biofeedback:** A sensory device placed on each patient that transmits signals to a medical app or program. [Biofeedback provides information](#) regarding heart rate, blood pressure, muscle tension, and other central nervous system functions.

## Heart Health Awareness with Allay Occupational Therapy

Allay Occupational Therapy provides a [myriad of services](#) to meet the distinct developmental, psychological, and neurological needs of each patient. We welcome existing and new clients.

We provide individualized assessments, counseling, and evidence-based therapy right in the comfort of your own home, school, and community. Our multiple therapy options are available to people of all ages.

Mind-body awareness through the art of comprehensive meditation returns your heart rate to a healthy, regulated, systematic pattern. Allay Occupational Therapy and Unyte join together to encourage your peace of mind through conscious heart health solutions.

***Want to learn more about our partnership? Then [contact us today for more information](#).***

### **Meta Information**

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**Meta Description:** Relaxing and peaceful meditation journeys with Unyte partnered with Allay Occupational Therapy. Plan your journey today!