

Therapy in VR goggles. A Polish start-up fights stress, anxiety insomnia

VR TierOne, a company from the Wrocław area, combines new technologies with the achievements of modern medicine to develop relaxation exercises using virtual reality.

Published: 19/09/2023 07:18



Virtual relaxation and meditation is a Polish idea for relieving stress, but also helping the elderly

Photo: AdobeStock

Michał Duszczyk

Polish so-called medtech started selling its own mobile relaxation goggles. This is an extremely innovative project. The company, which develops innovative technologies in the medical sector (their devices are already used in numerous specialized facilities and institutions throughout the country), wants to conquer the market with its next solution. Specialized VR goggles are the first product from the company led by Paweł Pasternak, which is also addressed to retail buyers.

The answer to stress, anxiety and insomnia

Can a digital form of entertainment, or rather relaxation, compete with, for example, a walk in the forest? VR TierOne says yes, in some cases. The startup's creators argue that - thanks to the compact solution and high-quality content - the user of the Polish device will be able to engage in deep therapeutic relaxation in the comfort of their own home. Just put on virtual reality glasses.

– Not everyone has a forest close to their place of residence, or even a garden. Moreover, not everyone can benefit from health-

promoting contact with nature. I mean sick, immobilized or elderly people whose physical condition prevents them from changing their current surroundings and going for a walk. This is also a proposition for residents of large cities, who are overworked and stressed, who do not have time for regular rest in the natural surroundings - argues Paweł Pasternak, general director of VR TierOne.

[read more](#)



TECHNOLOGIES

The Chinese connected the brain to a computer. A pioneering experience

Scientists managed to synchronize the monkey's brain with a computer and it was the first experiment of this...

As he recalls, the idea of relaxation goggles was born while working on the first device of a start-up from the Wrocław area. – We noticed that virtual reality will be useful not only in supporting the treatment of depression, but also in the prevention and reduction of stress that is harmful to health – he explains.

So the team set about designing the device with users' relaxation in mind. A portable VR system was created. – It provides virtual experiences helpful in relaxation and improving well-being without the need for extensive installations – Pasternak points out.

As he emphasizes, mobile equipment allows users to completely immerse themselves in the world of virtual reality and contact with nature as close to the real experience as possible. – Episodes of depression, chronic stress, anxiety and insomnia are part of our reality today. We have to learn to help each other in this area and our goggles are the answer to these challenges - he comments.

The company realizes that the VR image itself is not enough to soothe our senses. Hence, the VR TierOne project goes further.

Medical facilities appreciated the invention

As Paweł Pasternak notes, virtual contact with nature is close to real experience, although for obvious reasons it is not identical.

Your source **for wise decisions**
during **the elections**

Subscribe to rp.pl

29,90 zł

50%

tylko 14,95 zł /mies.

– Virtual relaxation, yes, takes advantage of the benefits of landscapes and sounds of nature, but what is important is that the 360° films are enriched with voice-over recordings that guide the participant through the relaxation process with elements of

meditation and mindfulness, and are based on breathing exercises – enumerates the general director of VR TierOne.

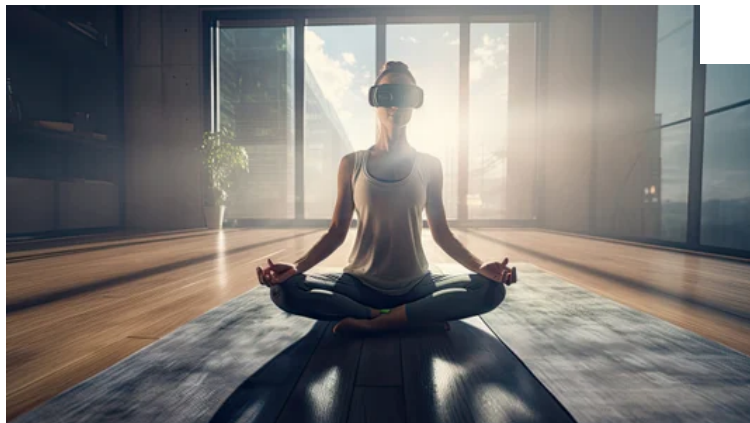
According to him, thanks to these ingredients, the relaxation experience becomes complete and the VR properties are used to achieve relaxation in a short time. A relaxation session using goggles lasts 10 minutes. As they emphasize in medtech, at this time in real conditions it is difficult to even reach a place where you can fully cut off from stressful factors and truly relax. An additional advantage of the goggles is the fact that you can take them off at any time to quickly return to your tasks and responsibilities.

The company offers a wide selection of "relaxation environments" - the goggles contain videos (with therapeutic music and voiceover) in various natural scenes. The device is easy to use (the goggles do not require specialized knowledge to use them). Importantly, the project includes the option of group relaxation. The goggles are designed so that they can be combined and - using an appropriate control program - conduct relaxation classes for a larger number of people.

The innovative project from VR TierOne is already being used in practice. The Polish start-up's solution was used by medical institutions, such as SPZOZ Specialist Hospital of the Ministry of Internal Affairs and Administration in Zlocieniec, where the solution is used in the Neurotic Disorders Treatment Department, and the Multi-Specialized State Hospital in Tarnowskie Góry. Goggles are also used by aid associations (including the National Autism Society in Kielce), the list also includes: the St. George in Ciechocinek or Social Welfare Homes in Sierpc and Poznań, where VR goggles support the well-being of older people. This technology is also used by universities, e.g. Opole University of Technology or the State Vocational University of Warsaw. prof. Stanisław Tarnowski in Tarnobrzeg. Now individual customers will be able to reach Polish innovation.

– The launch of VR TierOne GO allows everyone to discover virtual reality in a simple and accessible way – adds Paweł Pasternak.

Global VR market last year was worth \$24 billion. According to Precedence Research analysts, it will grow by 23% by 2032. annually.



Virtual relaxation and meditation is a Polish idea for relieving stress, but also helping the elderly

AdobeStock

© **Publication license**
© © **All rights reserved**
Source: Rzeczpospolita