



SLEEP IMPROVEMENT OF ALZHEIMER'S PATIENTS USING PISTA



Sleep disturbances are common in Alzheimer's disease, but PISTA's use of binaural beats and brainwave entrainment can help regulate sleep patterns. By promoting deep relaxation and a sense of calmness, these techniques may improve sleep quality and overall sleep-wake cycles.

PISTA incorporates binaural beats and brainwave entrainment, which involve presenting different auditory frequencies and synchronizing external stimuli to influence brainwave activity. These techniques aim to induce a state of relaxation that supports better sleep.

By utilizing binaural beats and brainwave entrainment in PISTA, individuals with Alzheimer's can potentially experience enhanced sleep. These techniques stimulate deep relaxation and foster a sense of tranquility, leading to improved sleep quality and more stable sleep-wake cycles.