

### **3 Reasons Why Vibrating Pillows are Not Just For Kids**

The use of vibrations to help soothe, relax, and focus the body has been around for centuries. Many research studies from children to the elderly show the positive impacts that vibrations can have. Using vibrations has been shown to help with concentration, to ease aches and pains, as well as to help alleviate some of the symptoms of neurological and psychological conditions.

Here are the 3 primary reasons that vibrations help:

- 1) Vibrations offer calming benefits because they are repetitive and consistent. The repeated sensations helps stimulates calming nerves that are deep in the muscles.
- 2) Vibrations also help reduce stress by the deep pressure they provide. When the vibration is strong enough, the sensations penetrate into the muscles where much stress is often held.
- 3) Vibrations also help to increase focus and concentration. If the body is stressed then focusing the mind can be a challenge. When the body is relaxed then the mind can process information with more ease.

Who couldn't use help with this?

Senseez Pillows are portable solutions for helping the body and mind to relax and focus. Senseez has fun styles for kids, teens, adults, and seniors [www.senseez.com](http://www.senseez.com)

