

“If you want to find the **secrets of the universe**, think in terms of **energy, frequency, and vibration.**”

— Nikola Tesla



**mistikist**



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# Mistikist

**AI Assisted  
Brainwave Regulator**

**Buğra KARAHAN**  
**bugra@mistikist.com**





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# Mistikist:

AI assisted neuroscience solution that **reduces stress** and **increases focus** and **work performance** with **audio-visual stimuli**.

Offering **fast** and **effective** solutions to **stress** and **stress-based problems**.

# Brainwaves



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## Gamma Waves

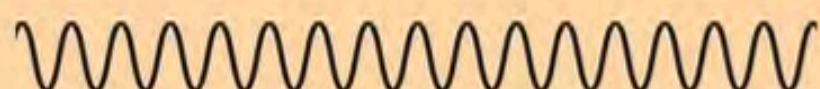
30 - 100 HZ



INSIGHT  
PEAK EXPERIENCES  
SYNCHRONIZATION

## Beta Waves

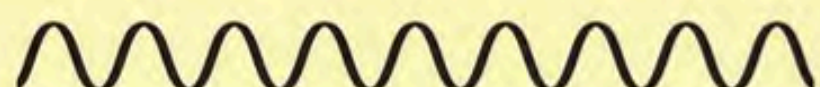
12 - 30 HZ



ALERTNESS  
CONCENTRATION  
THINKING

## Alpha Waves

8 - 12 HZ



MEDITATION  
CREATIVITY  
RELAXATION

## Theta Waves

4 - 8 HZ



VISUALIZATION  
TRANCE  
DREAMING

## Delta Waves

0.5 - 4 HZ



DEEP SLEEP  
TRANSCENDENCE  
RESTORATION

**Incoherent High Beta Brain Waves (24-30Hz)** are associated with **stress** and **anxiety**. If it is not regulated, it can lead to serious problems such as **lack of focus, decrease in productivity, burnout, sleep disorders, inability to understand** what you read, and causing **diseases** due to the immune system not working properly.

**Alpha Brain Waves (8-12Hz)** are associated with **relaxation, focus, improvement of cognitive functions, flow state** and **increased creativity**. These waves help a person move into a more peaceful and creative state of mind. **When alpha waves are dominant**, the brain becomes **calmer** and more **focused**, which improves **learning abilities, memory and problem-solving skills**. Additionally, when Alpha waves are dominant, endorphin production increases and this creates a natural state of relaxation and flow.

## Stress in The Past



## Stress Now



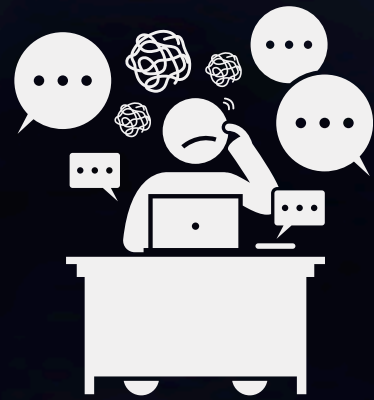
**In the past**, stress was a mechanism that enabled us to survive by activating the fight or flight mechanism.

**Nowadays**, stress has turned into a problem that we experience every moment of the day and that seriously harms our health, cognitive functions and daily life.

# Problem: Incoherent Brainwaves



- **Stress:** Damages health, work performance and economy.\*
  - 75% of population **Cost: €282 Billion\*\*** (EU)



- **Lack of Focus:** Attention life-span has dropped below 8 seconds.\*\*\*



- **Burnout:** Long-term stress and intense work cause emotional, physical and mental burnout syndrome.\*\*\*\*
  - **Cost: \$1T/year** lost (Global / WHO).

High  $\beta$

\*Microsoft. (2021). Work Trend Index: Your Brain Needs A Break. Retrieved from [Microsoft Work Lab](#).

\*\*European Agency for Safety and Health at work & Russo S, Ronchetti M, Di Tecco C, Valenti A, Jain A, Mennini FS, Leka S, Iavicoli S. Developing a cost-estimation model for work-related stress: An absence-based estimation using data from two Italian case studies. Scand J Work Environ Health. 2021

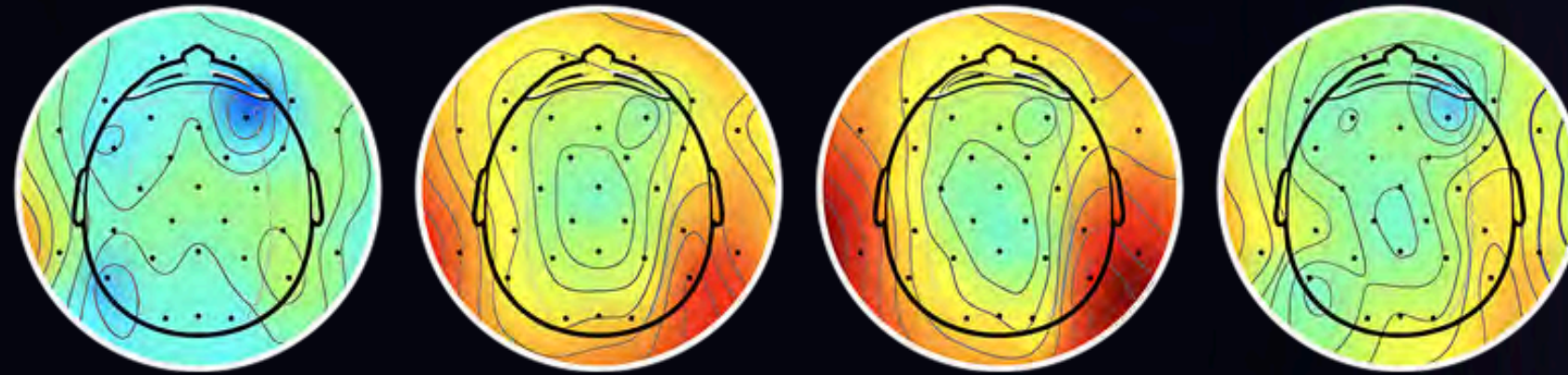
\*\*\*Attention performance over 5 decades: A meta-analysis of the attention network test. Published in Nature Communications in 2019.

\*\*\*\*World Health Organization



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## Stress Levels: No Breaks



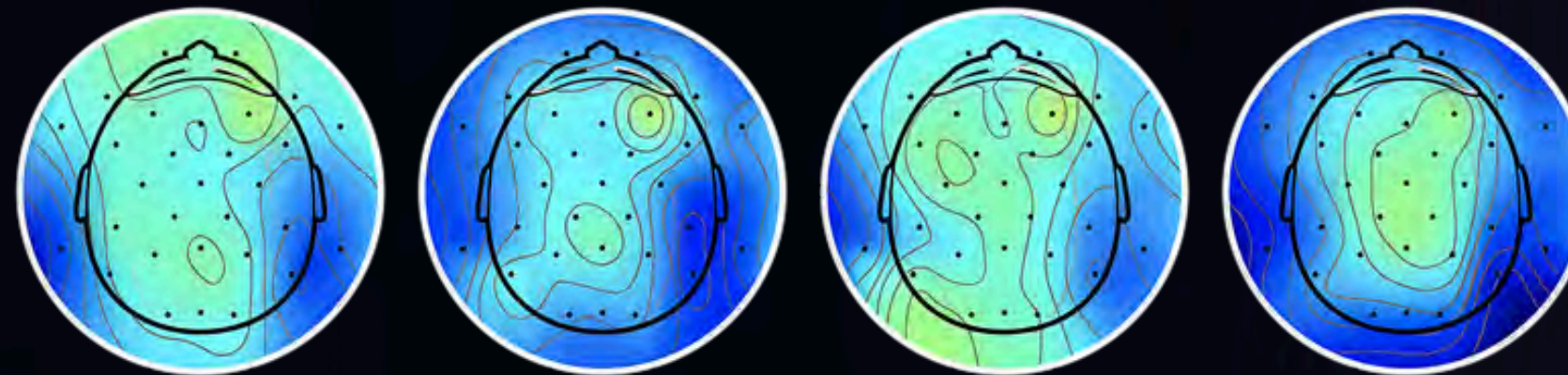
1st Meeting

2nd Meeting

3rd Meeting

4th Meeting

## Stress Levels: With Break + Audio Stimuli



1st Meeting

2nd Meeting

3rd Meeting

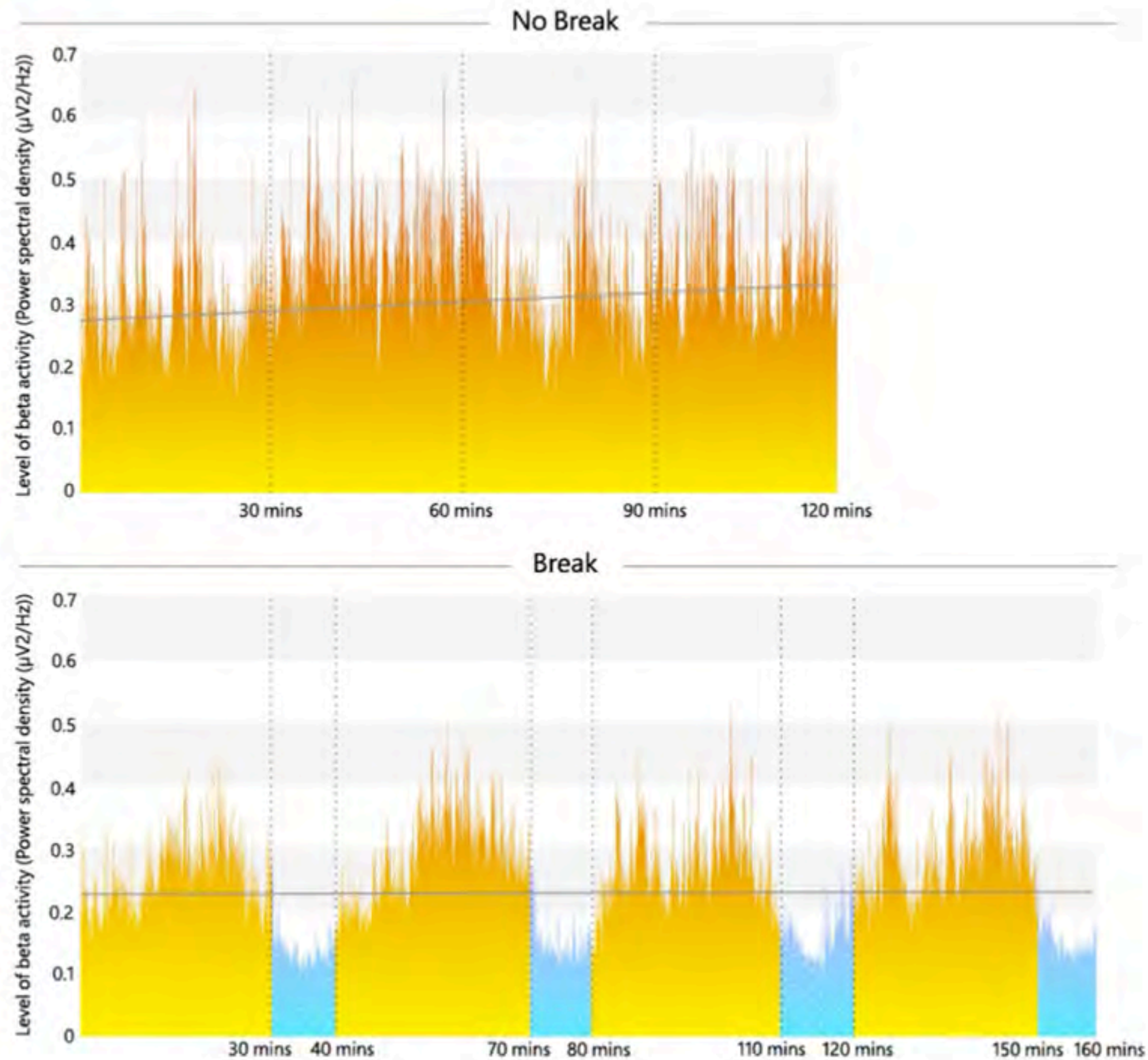
4th Meeting

Low Stress  High Stress



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● Stress level during meetings ● Stress level during breaks



## With Break vs Without Break

- Without breaks, beta wave activity in the brain can rise sharply at the beginning and end of meetings, indicating increased stress.
- Breaks, even short ones, are important to make transitions between meetings feel less stressful.
- Back-to-back meetings cause stress and fatigue.

# Solution: Brainwave Entrainment



- **Brainwave Entrainment** : Most effective in regulating brainwaves \*

$\Delta \theta \alpha \beta \gamma$



- **In 2-8 Min.:**



$\alpha$



- **Super Learning:** Super charges learning abilities like you are in your childhood.  $\theta \alpha$

\*Yadav GS, Cidral-Filho FJ, Iyer RB. Using Heartfulness Meditation and Brainwave Entrainment to Improve Teenage Mental Wellbeing. Front Psychol. 2021 Oct 15;12:742892. doi: 10.3389/fpsyg.2021.742892. PMID: 34721219; PMCID: PMC8554296.

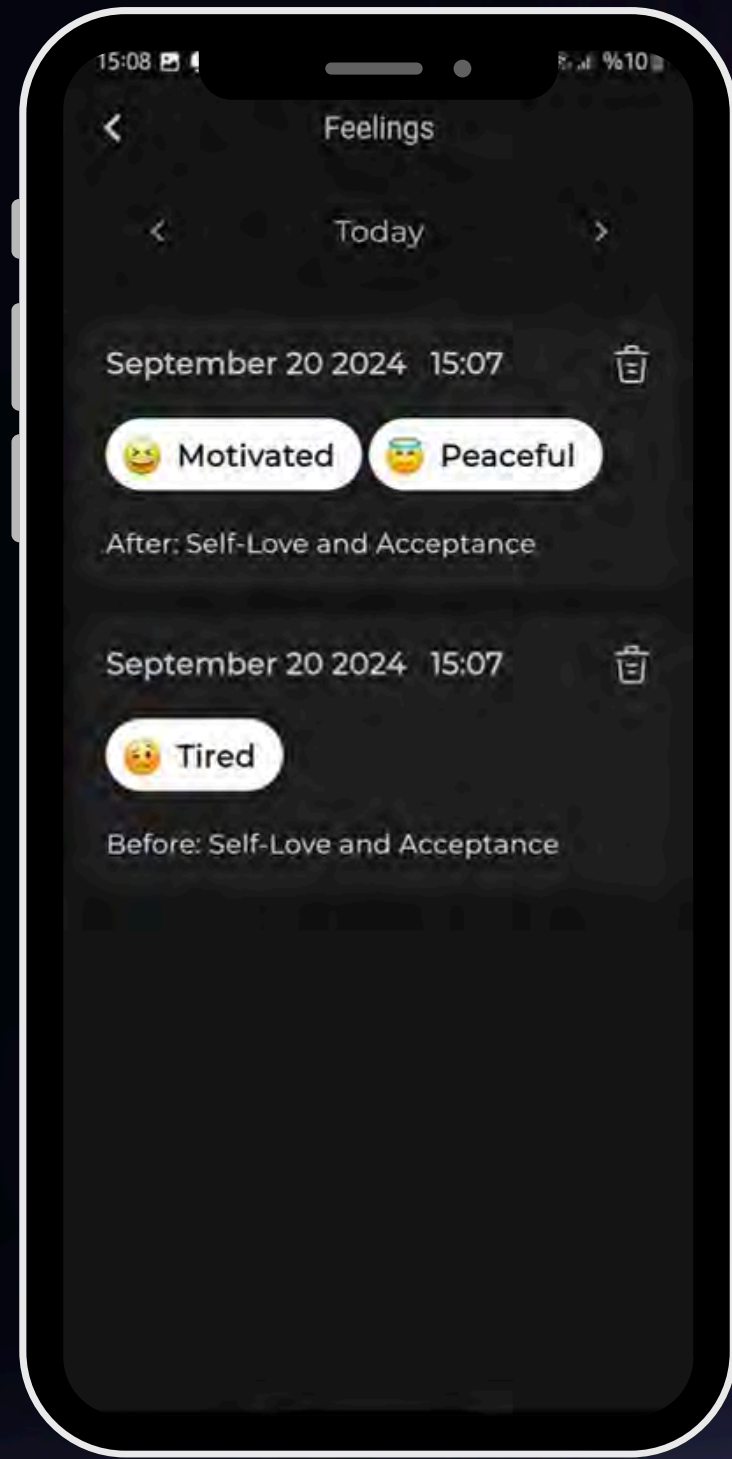
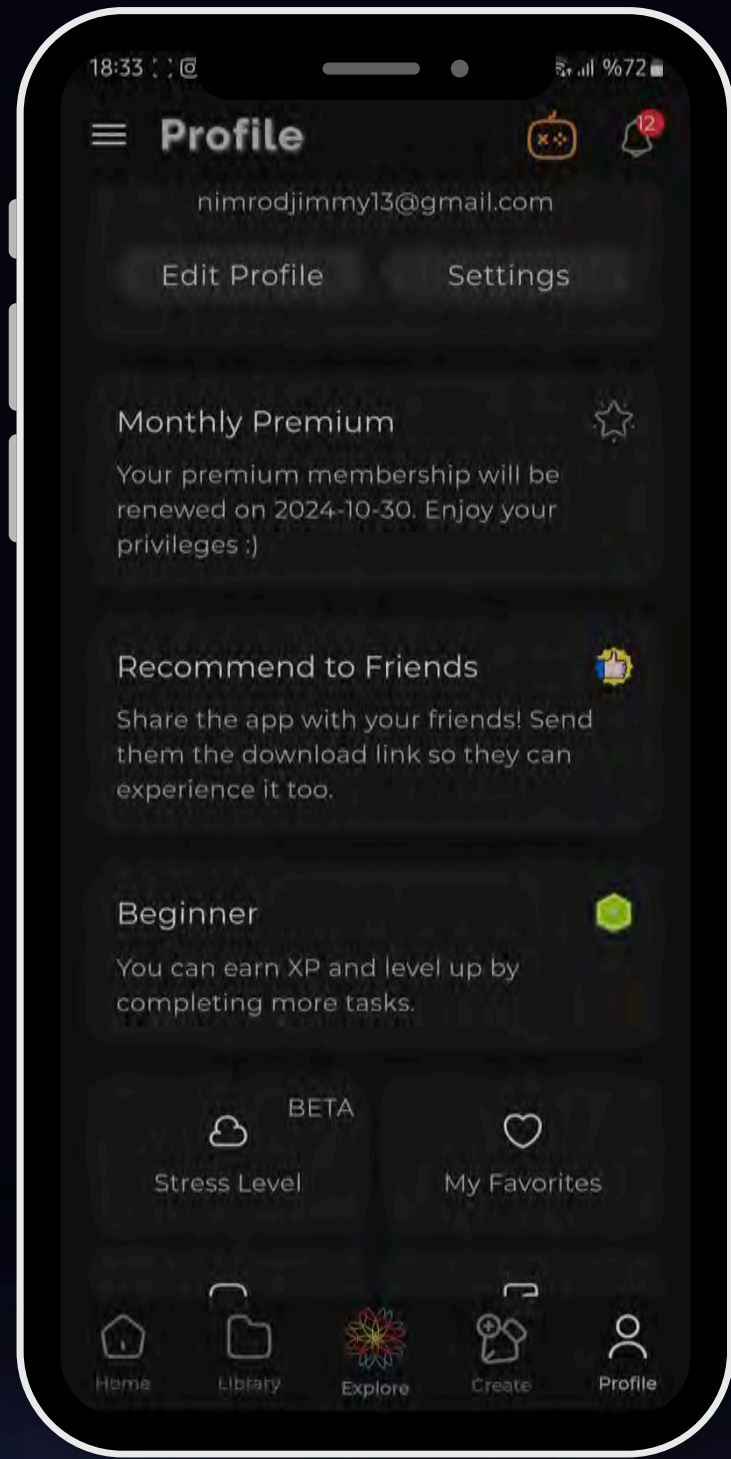
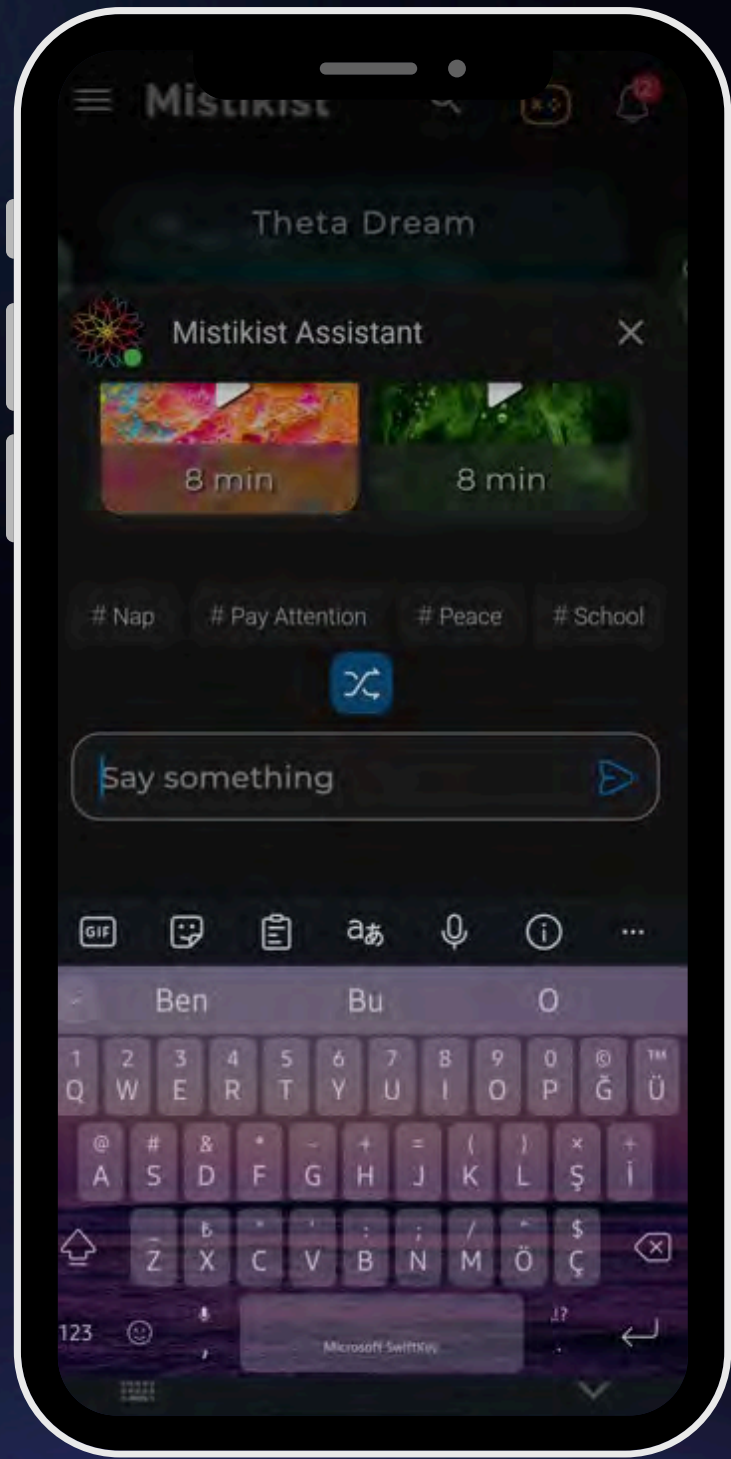
\*\*Colzato LS, Barone H, Sellaro R, Hommel B. More attentional focusing through binaural beats: evidence from the global-local task. Psychol Res. 2017

\*\*\* Stark, Jeannette and Dörfel, Denise, "Fast and Effective Stress Relief in Women through BrainwaveEntrainment Technology in Pandemics" (2021). ECIS 2021 Research Papers. 86.

# Product



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AI Assisted Personalization  
Unpredictability Engine

HRV Stress Measurement

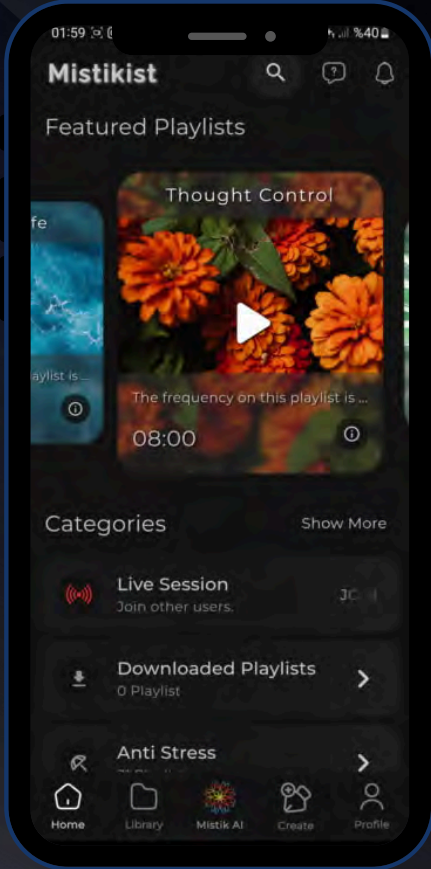
Instant Bio-feedback

Audio & Visual Stimuli

# Channels



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**Mobile**



**Android TV**



**Microsoft Teams**



**Web**



**VR Devices**

# Microsoft Teams Integration



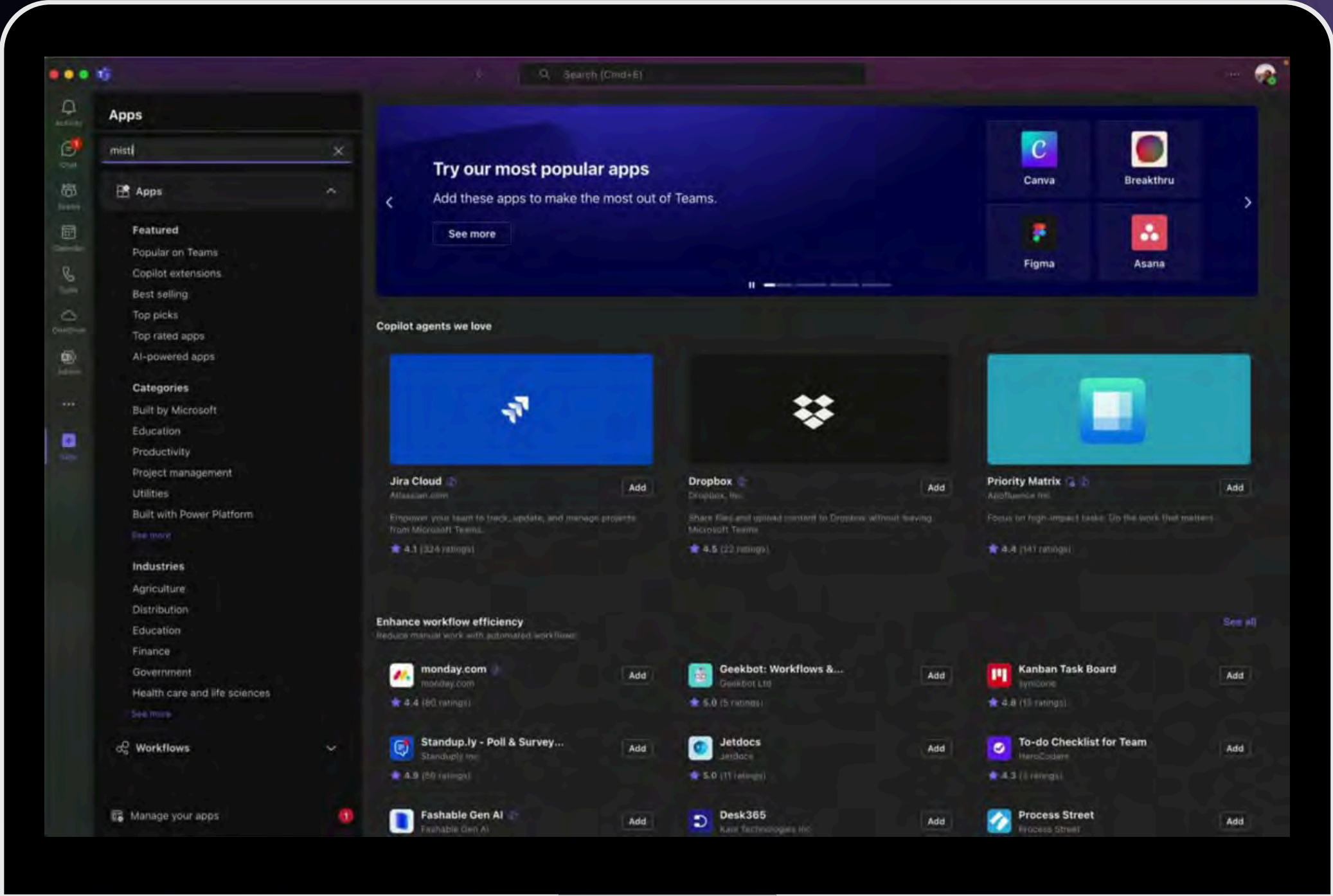
300M Users



Engagement 90 Min.



Session Between Meetings



# Science Meets Tech



Massachusetts  
Institute of  
Technology



Stanford  
University



JOHNS HOPKINS  
UNIVERSITY



HARVARD  
UNIVERSITY

## Methodology and Science

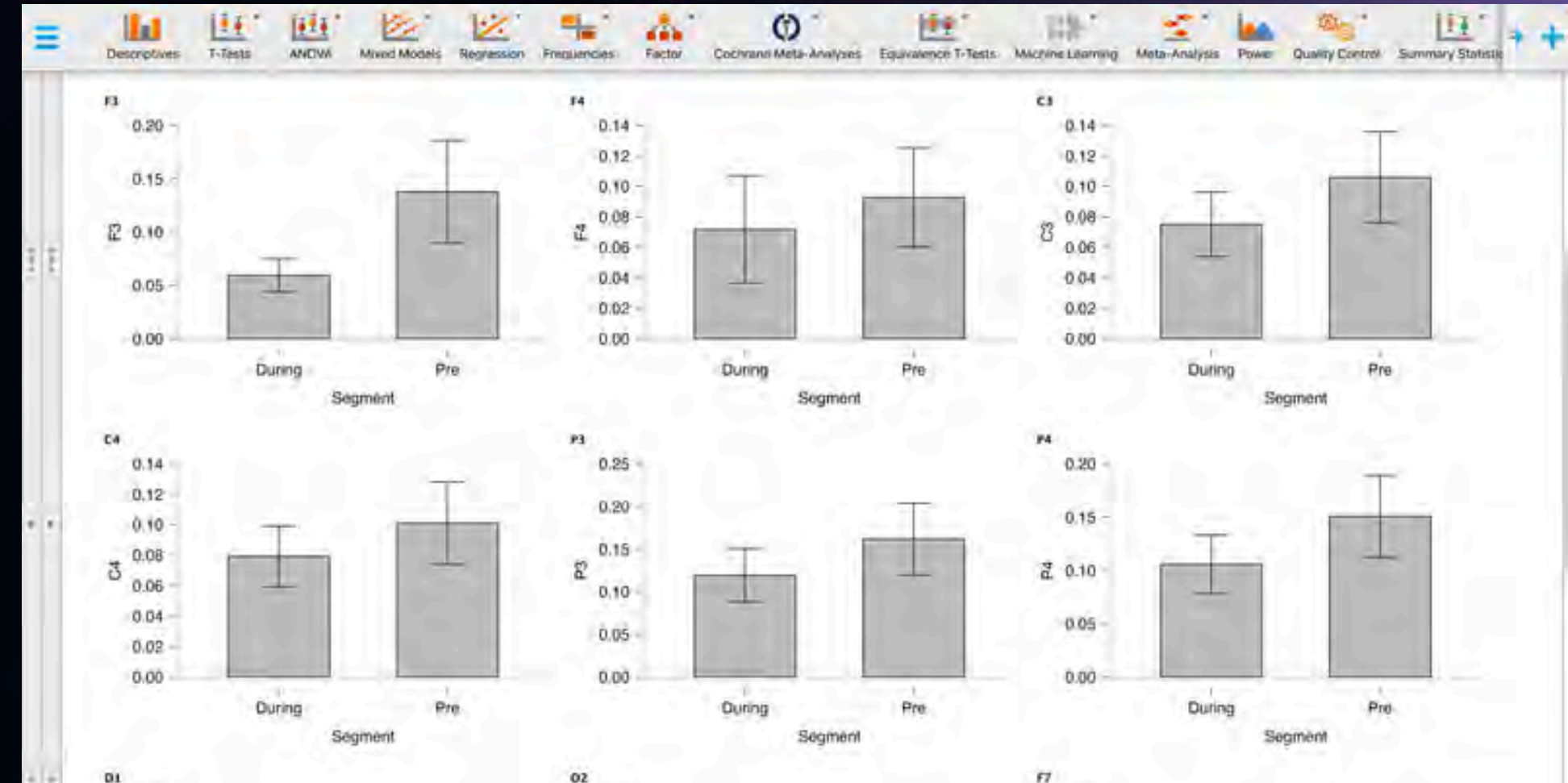
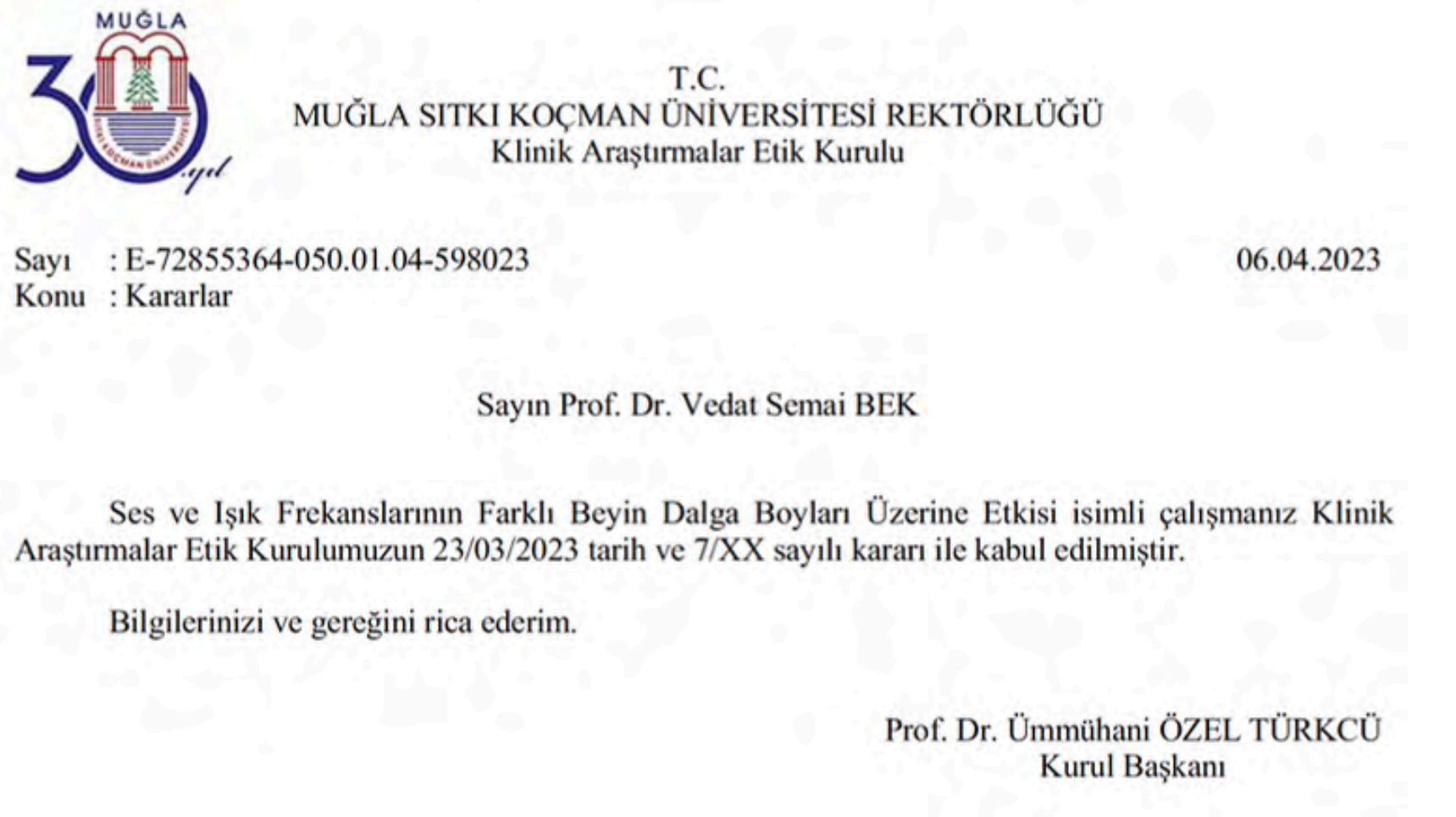
Mistikist's methodology is based on scientific research conducted by world-renowned institutions such as **MIT Stanford, Harvard, Johns Hopkins.**

# Science Meets Tech



## Ethics Committee Approval (Clinical Study)

## Beta Brain Wave (Pre vs During)



According to the clinical study conducted at Muğla Sıtkı Koçman University, Department of Neurology Sleep Laboratories, **a significant decrease in stress-related Beta brainwaves** was observed when **Mistikist** was used.

\*MSKU - Department of Neuroscience (2023) - Investigating the Impact of Audio-Visual Stimulation on Beta Wave Activity

[https://mistikist.com/files/Investigating\\_the\\_Impact\\_of\\_Audio-Visual\\_Stimulation\\_on\\_Beta\\_Wave\\_Activity\\_in\\_Electroencephalography.pdf](https://mistikist.com/files/Investigating_the_Impact_of_Audio-Visual_Stimulation_on_Beta_Wave_Activity_in_Electroencephalography.pdf)



Investigating the Impact of Audio-Visual Stimulation on Beta Wave Activity in  
Electroencephalography

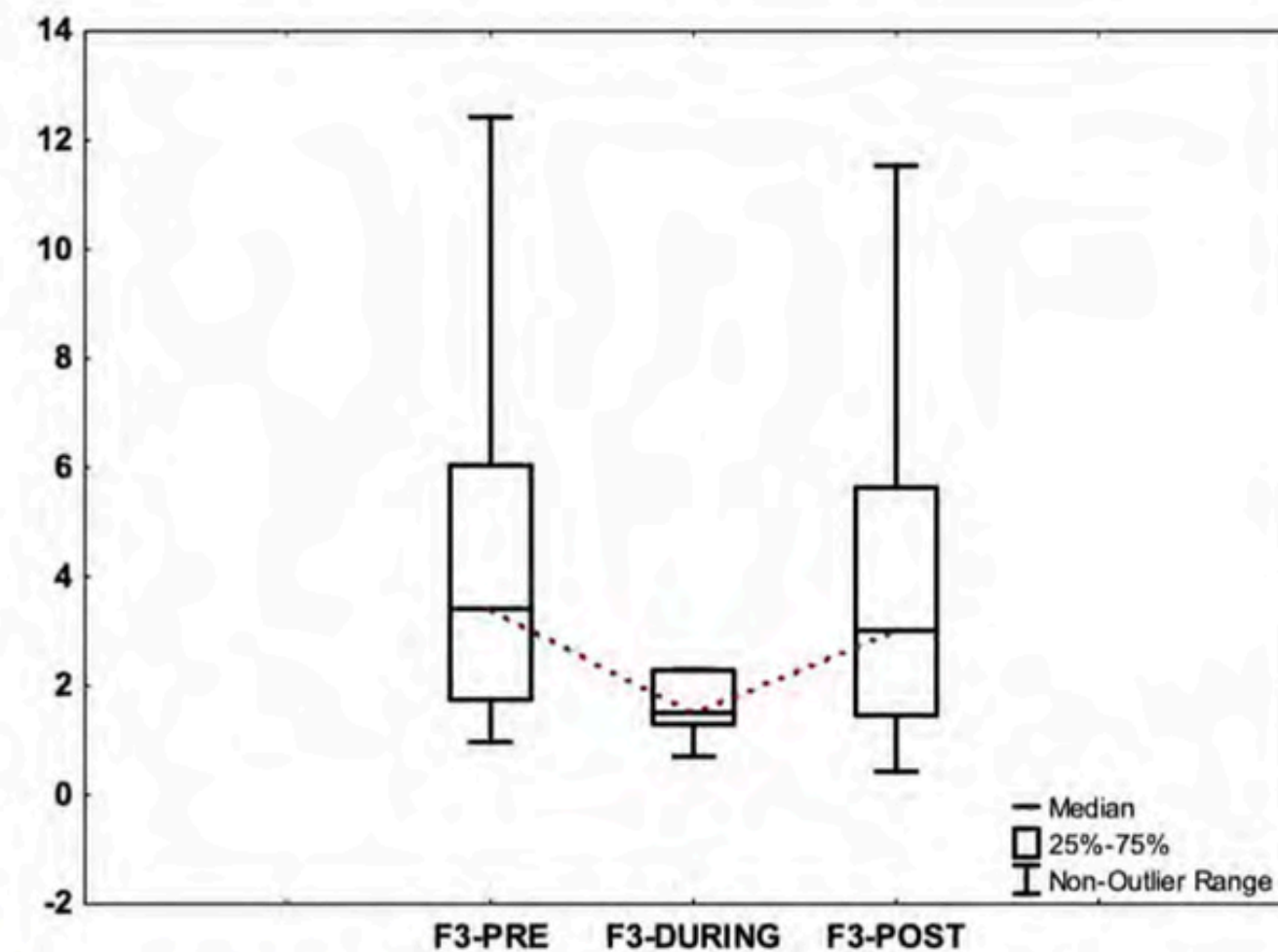
**Audio-Visual Stimulation**

AVS was performed by Virtual Reality Phone Headset. Audio and visual stimulus parameters are given below for both stimulation group and white noise control group. Mistikist: AI Assisted Brainwave Regulator software by Shellix Smart Solutions is used during the tests as AVS provider.

**Audio Stimulus:** The auditory stimulus starts with 14 Hz (114 Hz Right-100 Hz Left) Binaural Beats and hyperbolically decreases to 7.83 Hz (97.83 Hz Right-90 Hz Left) for first 4 minutes. After that a constant binaural beats frequency of 7.83Hz is used for last 4 minutes.

**Visual Stimulus:** Kaleidoscopic mandala videos with Green Color (Frequency ~526 THz - 605 THz) are used as visual stimuli. The objects in the video are arranged in such a way that they are constantly moving and do not repeat each other.

Measurement	Pre	During	Post	p
F3	3.41 (1.75-6.04) <sup>a</sup>	1.50 (1.30-2.29) <sup>b</sup>	3.02 (1.46-5.64) <sup>a</sup>	<b>0.004</b>
F4	2.08 (1.34-4.13) <sup>a</sup>	1.17 (0.78-3) <sup>b</sup>	2.04 (0.91-4.41) <sup>ab</sup>	<b>0.049</b>
C3	2.41 (1.83-4.44)	2.17 (1.44-3.03)	2.61 (1.57-4.32)	0.084
C4	2.92 (1.51-5.16)	2.27 (1.53-3.03)	2.31 (1.44-4.69)	0.146
P3	5.44 (2.45-6.83) <sup>a</sup>	3.40 (2.02-5.86) <sup>b</sup>	4.59 (2.46-6.70) <sup>ab</sup>	<b>0.010</b>
P4	4.09 (2.67-4.79) <sup>a</sup>	2.95 (1.94-4.79) <sup>b</sup>	3.73 (2.56-7.52) <sup>a</sup>	<b>0.004</b>
O1	6.46 (3.58-10.77)	5.68 (2.94-7.74)	5.94 (3.88-11.38)	0.054
O2	5.86 (3.86-12.16) <sup>a</sup>	5.16 (3.06-8) <sup>b</sup>	6.33 (3.74-10.39) <sup>a</sup>	<b>0.032</b>
F7	2.94 (1.13-4.39) <sup>a</sup>	1.37 (0.68-2.34) <sup>b</sup>	2.34 (1.29-3.72) <sup>a</sup>	<b>0.032</b>
F8	1.86 (1.27-3.96) <sup>a</sup>	1.34 (0.70-2.95) <sup>b</sup>	2.43 (1.39-3.65) <sup>a</sup>	<b>0.004</b>
T3	5.26 (3.51-10.05) <sup>a</sup>	3.11 (1.86-6.86) <sup>b</sup>	5.40 (2.90-9.35) <sup>a</sup>	<b>0.001</b>
T4	4.79 (2.67-10.12) <sup>a</sup>	4.08 (2.02-7.31) <sup>b</sup>	4.53 (3.31-8.11) <sup>ab</sup>	<b>0.049</b>
T5	7.32 (3.97-12.06) <sup>a</sup>	4.44 (3.44-7.61) <sup>b</sup>	6.54 (4.15-11.14) <sup>a</sup>	<b>0.008</b>
T6	6.95 (4.08-10.47) <sup>a</sup>	5.57 (3.54-7.21) <sup>b</sup>	6.15 (4.46-11.09) <sup>a</sup>	<b>0.034</b>
FZ	1.17 (0.60-1.80)	0.79 (0.59-1.25)	0.88 (0.52-1.61)	0.121
CZ	1.94 (1.36-3.96)	1.88 (1.07-2.40)	1.82 (1.29-3.38)	0.862
PZ	3.64 (1.94-6.15) <sup>a</sup>	2.87 (1.76-4.07) <sup>b</sup>	3.42 (2.10-6.03) <sup>a</sup>	<b>0.004</b>



**Figure 1.** Box plots for the subject group in terms of pre-, during, and post-area raw sum measurements by beta wave for the F3 channel

The conformity of the data to normal distribution was assessed using the Shapiro-Wilk test. Independent samples were compared for the variables not fitting normal distribution by Mann Whitney U test. Paired samples were compared by paired samples t-test for the variables normally distributed, Wilcoxon T test, otherwise. Friedman (repeated measures ANOVA on ranks) test was used to compare repeated measures. Median (25% - 75% percentiles) and mean  $\pm$  standard deviation were used as descriptive statistics. A value of  $p < 0.05$  was accepted as statistically significant.

1 *Original Research*

2 **Examining the Effects of Changing Physiological and Psychological**  
3 **Conditions and Schumann Frequency on Time Perception and**  
4 **Anticipation Timing in Male Referees with EEG**

5 Ali Gürel Göksel<sup>1\*</sup>, Lale Yıldız Çakır<sup>1</sup>, Utku Sarı<sup>2</sup>, Gönül Babayiğit İrez<sup>1</sup>, Aygün Akgül<sup>2</sup>

6 <sup>1</sup>Faculty of Sport Sciences, Mugla Sıtkı Kocman University, Mugla 48000, Turkey

7 <sup>2</sup>Graduate School of Medical Sciences, Mugla Sıtkı Kocman University, Mugla 48000, Turkey,

155 **2.3.4 EEG and binaural stimulation**

156 E-motiv insight 2 portable EEG device was placed in the AF3 and AF4 regions of the frontal lobe, which are  
157 responsible for functions such as attention, planning, problem-solving, thinking, and reasoning [57], and the brain  
158 wave data of the participants were recorded with an accuracy of 0.5 seconds during the entire test [58]. High pass  
159 filtering was performed on these collected data with EmotivPro software at a threshold value of 0.5Hz, and frequency  
160 band powers were arranged in decibels for each electrode as Theta 4-8Hz, Alpha 8-12Hz, with the Fast Fourier  
161 Transform (FFT) method [59,60]. The EEG data obtained in the study were examined according to the alpha and  
162 theta wave band strength in the AF3 and AF4 prefrontal region electrodes. Binaural stimulation was performed using  
163 the [Mistikist mobile application](#) for 15 minutes, with the left ear at 400 Hz and the right ear at 407.83 Hz. [61].



**Congratulations! Your article has been accepted**

## Alpha and Beta Powers in EEG: How Audio-Visual Stimulation Influences Anxiety

Applied Psychophysiology and Biofeedback

13 September 2025

## Alpha and Beta Powers in EEG: How Audio-Visual Stimulation Influences Anxiety

Published: 21 October 2025

(2025) [Cite this article](#)



**Applied Psychophysiology and Biofeedback**

[Aims and scope](#) →

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[İnan Özdemir](#) ✉, [Emine Elif Tülay](#), [Serkan Aksu](#), [Fulden Cantas Türkis](#), [Çağla Abalı Çelebi](#), [Semai Bek & Gülnihal Kutlu](#)

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Avoid common mistakes on your manuscript.



### Audio-Visual Stimulation (AVS) Protocol

AVS was administered using a virtual reality headset.

### Subject Group Protocol

- **Auditory Stimulus:** Binaural beats began at 14 Hz (114 Hz in the right ear, 100 Hz in the left ear) and decreased to 7.83 Hz over 4 min (97.83 Hz and 90 Hz respectively), then maintained at 7.83 Hz for the remaining 4 min. The stimulus was generated using **Mistikist**: AI Assisted Brainwave Regulator (**Mistikist**, 2023).
- **Visual Stimulus:** Kaleidoscopic mandala videos with green hues (~ 526–605 THz) were used, designed to feature continuous, non-repetitive motion. This component was also delivered using the **Mistikist** platform (**Mistikist**, 2023).

# Patents



**Portfolio 08**  
**Human Fatigue Management**

Patent No.  
US8706206

Summary:  
A non-invasively assessment on human's fatigue and provides automated care through stimulation when fatigue is detected

[View](#)

Originated by  
**Panasonic**

- Detect fatigue instantly via non-invasive physiological signals
- Trigger AI-personalized brainwave sessions automatically
- Enhance wellbeing in workplaces, healthcare, aviation, and wearables

**Portfolio 12**  
**PulseMetric Edge Cardiovascular Signal Intelligence**

Patent No.  
US8870782

Summary:  
A pulse wave analyser estimates blood pressure with high accuracy by averaging pulse wave signals and calculating a reference pulse wave

[View](#)

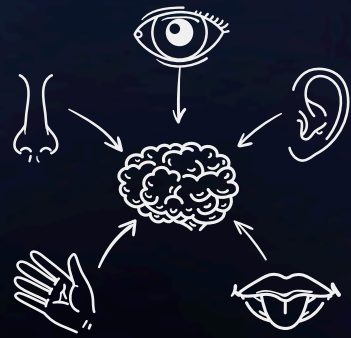
Originated by  
**DENSO**

- Integrate pulse wave analysis for real-time biomarker tracking
- Estimate blood pressure to enhance stress & fatigue detection
- Expand applications into healthcare, wearables, and sports markets



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# Brain & Senses



## 5 Sense Organs

Our brain acquires information through 5 sense organs:

Eyes, Ears, Skin, Tongue, Nose



## Sight & Hearing

The senses of sight and hearing are responsible for **80%** of the information acquired.



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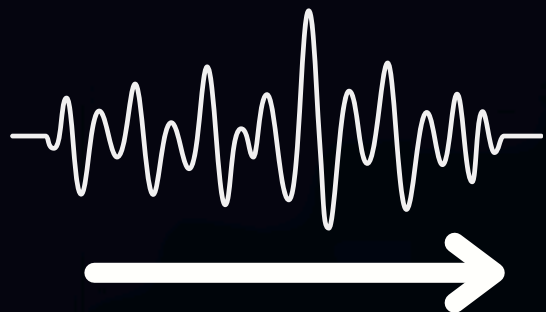
# Binaural Beats & Kaleidoscope



**Sound  
Frequencies:**



Left Ear  
**100 Hz**



Synchronizes  
**at 8 Hz**



Right Ear  
**108 Hz**



**Light  
Frequencies:**



**Specific  
Colors**



**Geometric  
Patterns**



Visual  
Stimulation



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# Unpredictability Engine

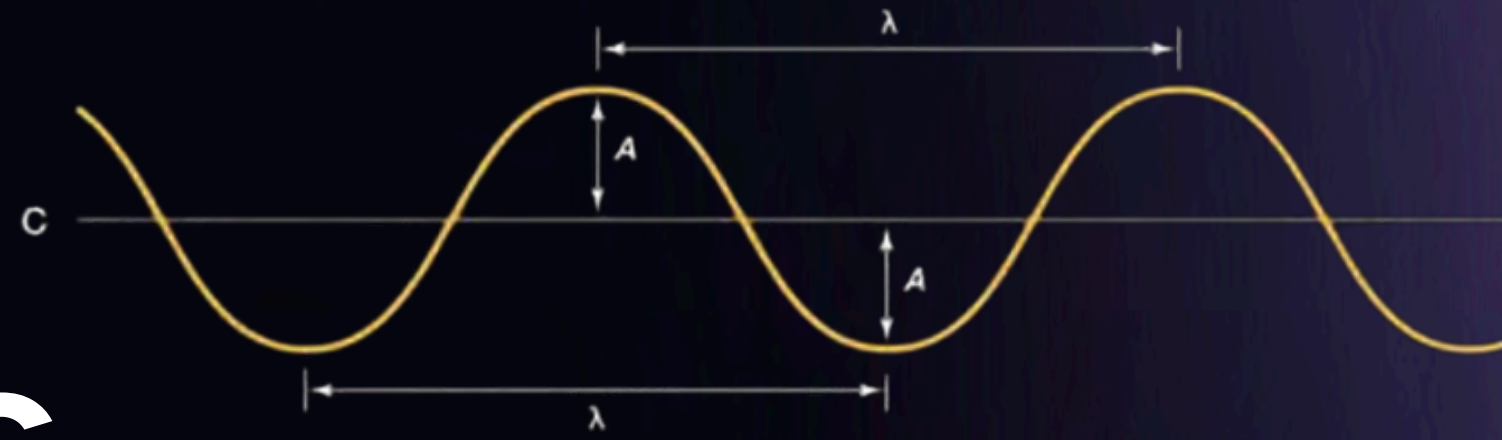
Unlike other platforms where content is static and repetitive, Mistikist's "**Unpredictability Engine**" ensures that each session is different from each other. This constant change **keeps the brain active, prevents memorization** of content, and **increases the effectiveness** of brainwave regulation.





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# Full Sinewave Lossless Codec



Better Sound Quality

Better Brainwave Entrainment



**Highest quality** possible



**Precision** in Sound Frequencies



# Mistikist and Other Players

	Brainwave Entrainment	Guided Meditation	Audio Stimuli	Visual Stimuli	AI Assistant	VR Support	B2B Portal	Lossless Codec & Sine Wave	Unpredictability Engine	Min. Time to Effect
 mistikist	✓	✗	✓	✓	✓	✓	✓	✓	✓	8 mins.
 Calm	✗	✓	✗	✗	✓	✗	✓	✗	✗	30 days
 Headspace	✗	✓	✓	✗	✗	✗	✓	✗	✗	60 days
 SonicMind	✓	✗	✓	✗	✗	✗	✓	✗	✗	No Official Data
 Spotify	✗	✓	✓	✓	✗	✗	✗	✗	✗	No Official Data
 Apple Music	✗	✓	✓	✗	✗	✗	✗	✓	✗	No Official Data

# Market: Digital Mental Wellbeing



TAM



SAM



SOM

CAGR: ~%16

\*Mental Health Apps Market Size, Share & Trends Analysis Report By Platform Type (Android, iOS), By Application Type (Depression And Anxiety Management, Stress Management), By Region, And Segment Forecasts, 2023 - 2030

\*Digital Health: market & data analysis - Statista

\*Mental Health Market Insights - Statista

\*\*Calculations are based on expected market share of 7% by the end of 2024 and a penetration rate of 10% by 2026

# Customer Base



mistikist

## B2C

US > TR > UK > DE > ES



## B2B

TR > UK > US > DE > ES




50.000+ Users in 152 Countries

26 Languages



# Loved by Users

 4.3/5 ★

 4.9/5 ★

CHRIS C.

This app has **everything I need to relax my mind** and **get rid of daily stress.**

O.D

There are frequencies that can help with different issues at any time of the day. **I especially listen to it while sleeping.**

MAI L.

It leaves behind **enhanced feeling of well-being.**

CEYDA NUR F.

I started to feel its effect while watching the video. **I recommend it to anyone with a stressful life.** 🌻 🌻

# B2B Clients & Partners

## Target Industries

Corporate Companies, Banking, Insurance, Education, Aviation, Sports Clubs, Wellbeing Centers, E-Commerce, Automotive

## Contact



## Interest



## Negotiation



## Contract



## Existing Clients




# Key Partners



# Horizon Europe - EIC Accelerator



Proposal Evaluation Form		
	<b>EUROPEAN COMMISSION</b> Horizon Europe (HORIZON)	<b>Evaluation Summary Report</b>

**Call:** HORIZON-EIC-2023-ACCELERATOR-01  
**Type of action:** HORIZON-EIC-ACC-BF  
**Proposal number:** 101166207  
**Proposal acronym:** Mistikist  
**Duration (months):** 48  
**Proposal title:** Brain Frequency Changer  
**Activity:** EIC

N.	Proposer name	Country	Total eligible costs	%	Grant Requested	%
1	SHELLIX SMART SOLUTIONS AS	TR	3,438,542.5	100.00%	2,406,979.75	100.00%
Total:			3,438,542.5		2,406,979.75	

**Abstract:**

More than half of the people who suffer from anxiety and depression do not receive any treatment at all, due to various failures of current mental health systems. In the workplace, half of EU workers and 83% of US workers are reporting negative effects of work-related stress. Brainwaves are patterns of electrical activity which occur in the brain and are defined by the frequency at which they are pulsing. Mental states such as calm or focused are associated with certain frequencies. Mistikist is a brainwave entrainment software which combines three scientifically proven methods to correct brainwave rhythms. Mistikist mobile app helps people who suffer from anxiety, stress, burnout, or depression to manage and reduce the symptoms of their conditions. Mistikist B2B is a solution for organizations who want to improve employees' mental health and employees learning skills. By the 5th year of commercialization Mistikist will generate €57.7 million in revenues and achieve ROI of 7.46.

# Team



**Buğra Karahan**  
**CEO**

Entrepreneur, Computer Scientist,  
Researcher, Futurist



**Adil Basar**  
**CTO**

Senior Software Engineer,  
System Architecture Specialist



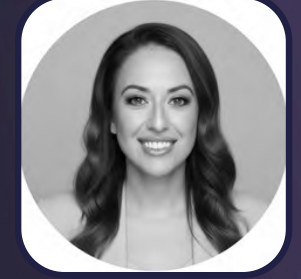
**Prof. Dr. Semai Bek**  
**CSO**

Neuroscientist, Neurologist



**Damla Bektas**  
**CDO**

Designer, Content Creator



**Neslihan Bostan**  
**CMO**

Full Stack Digital Marketer

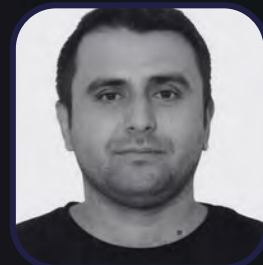


# Advisors



**Prof. Dr. Gulnihal Kutlu**

MSKU Head of Department  
of Neurology and Clinical  
Neurophysiology



**Dr. Serkan Aksu**

Postdoctoral Assoc.  
Neuro Physiologist

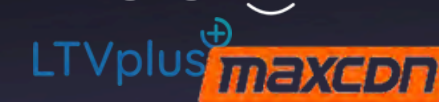


**David Henzel**

Serial Entrepreneur



managinghappiness



**Phd. Hans Nemarich**

Psychologist - UX Designer





**3** GOOD HEALTH AND WELL-BEING

**4** QUALITY EDUCATION

**8** DECENT WORK AND ECONOMIC GROWTH

**17** PARTNERSHIPS FOR THE GOALS

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE

**11** SUSTAINABLE CITIES AND COMMUNITIES

**12** RESPONSIBLE CONSUMPTION AND PRODUCTION

# Mission & Vision



mistikist



To help people cope with stress  
faster and easier



To be number 1 in the field of Digital  
Mental Wellbeing

# Why now?

Workplace Revolution



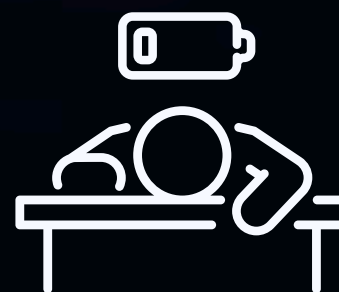
mistikist



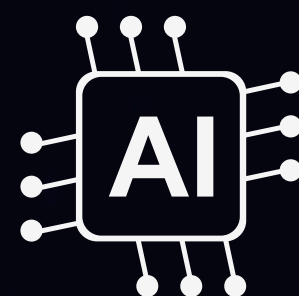
Declining Attention Span



Burnout Epidemic



AI Breakthroughs



Post-Pandemic Mental Health Crisis



- WHO reports 25% global rise in anxiety/depression
- Advancements in neuroscience, AI, Wearables & digital therapeutics
- 76% workforce Burnout
- \$1.5T mental wellness market by 2030
- Workplace Revolution: 83% of companies now prioritize mental wellness (Deloitte)
- Biohacking Boom: \$60B market

**The world's attention span is collapsing, burnout is at record highs, and science-backed instant recovery tools are in urgent demand.**

# Business Model



## B2C: Freemium Model

- Premium Subscription (€99.99)
- In-app purchases



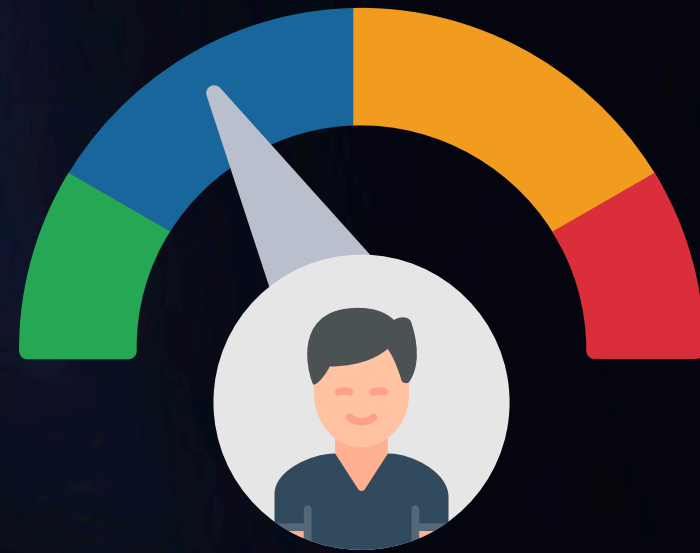
## B2B / B2BC: Licensing Model

- Special Code for Businesses
- Specialised content
- User Development Tracking

# What does it provide?



mistikist



## Productivity and Efficiency:

- It enables employees to work more efficiently by increasing their focus and concentration.
- It allows employees to work more carefully and with fewer mistakes.



## Work-Life Balance:

- It prevents burnout and creates sustainable work habits in the long term.
- Employees can access Mistikist's wellness tools whenever and wherever they want, helping them achieve a better balance between their work and personal lives.



## Employee Loyalty and Satisfaction:

- Managing stress and improving overall health increases employee engagement.
- It increases the likelihood that employees will stay at work longer, which reduces employee turnover and lowers hiring costs.

# What does it provide?



mistikist



## Personal Development and Health:

- It supports the personal development of employees and optimizes their learning processes, and improves the talent pool within the company.
- It causes employees to get sick less and lose fewer working days.



## Corporate Image and Reputation:

- Companies that invest in employee health and wellness programs create a positive employer look and have an advantage in attracting talented employees.
- It strengthens the company's social responsibility initiatives and improves its social reputation.



## Innovation and Creativity:

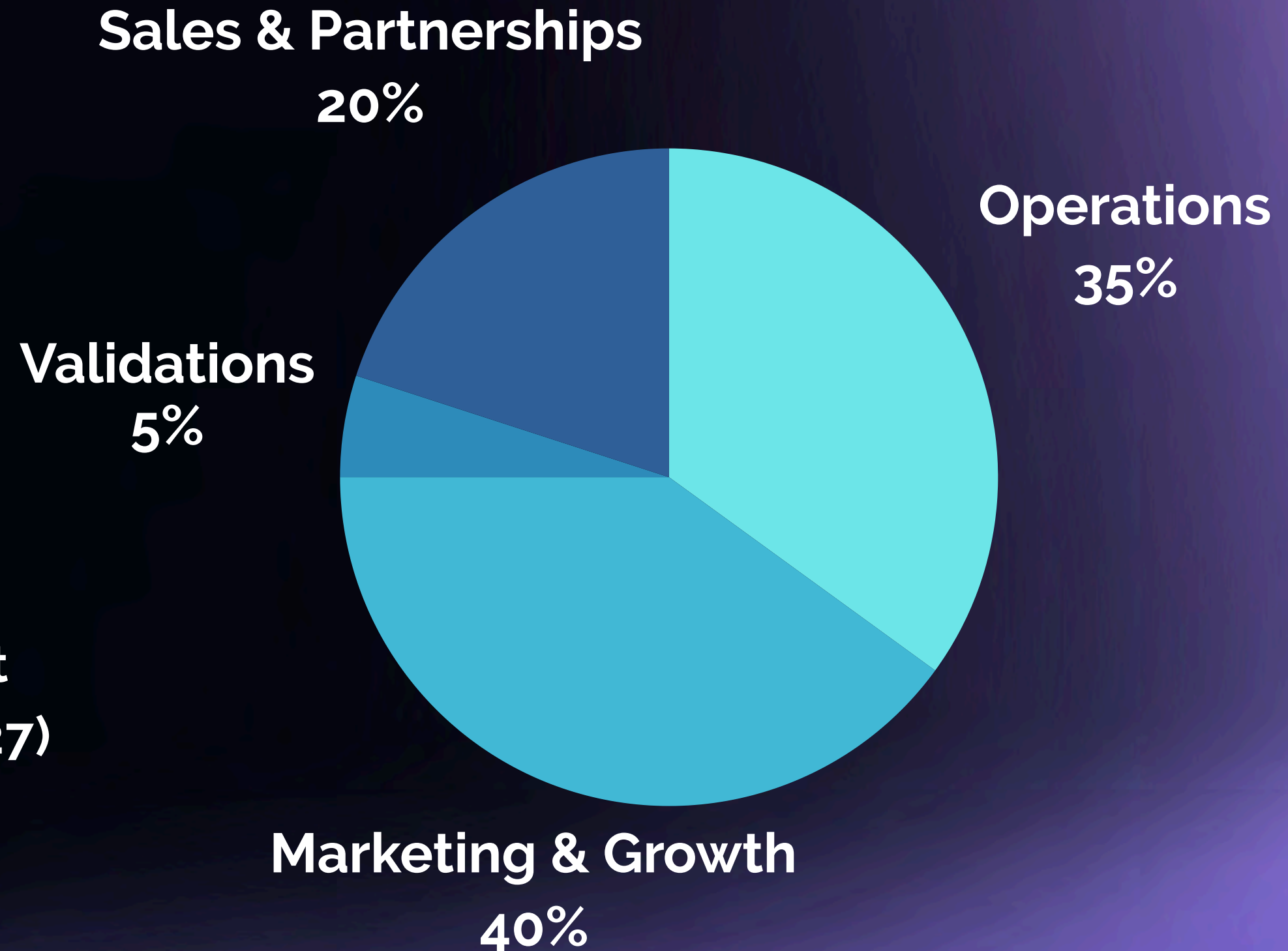
- It allows employees to think more creatively and innovatively.
- It improves problem-solving and strategic thinking abilities, which supports innovation in the workplace.

# The Ask



## Stage: Seed

- Raising \$ 1.5M USD with \$ 15M USD Cap
- \$ 1M+ USD Commitment
- 50K Users -> 1M Users
- Secure 20 new corporate contracts
- Dominate Digital Mental Wellbeing
- Keep First Mover Advantage
- Secure €2.5M EU / EIC Accelerator Grant
- Reach €8.44M Total Yearly Revenue (2027)



- **Partners**
- **B2B Customers**
- **Investors**



[mistikist.com](http://mistikist.com)

**Buğra KARAHAN**

**bugra@mistikist.com**

# Appendix

# Download Mistikist



[mistikist.com](http://mistikist.com)

Buğra KARAHAN

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# Next Version



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Begin with the mode that fits your need.




### Mistikist Mind

Reprogram your mind. Become your best self.




### Mistikist Neuro

Reduce stress, focus deeply, sleep better, learn faster



mistikist



Today

Mon 20 Tue 21 Wed 22 Thu 23 Fri 24 Sat 25 Sun 26

**TODAY**

Health Report

Great! 84%

Are you stressed? Come on, take a breath. Clear your mind, relax and rejuvenate in just 2 minutes. [Start Session](#)

HRV: 65 ms (Good)	Heart Rate: 52 bpm (Good)
Stress: 87% (High)	Energy: 70% (Good)
Sleep Quality: 8/10 (Good)	Mindful Minutes: 10 min (Good)
Anxiety Risk: (High)	Depression Risk: (High)

Sync Calendar

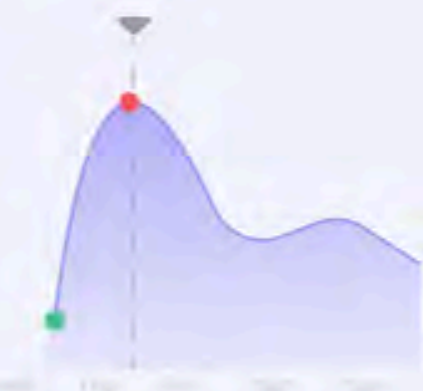
Let us protect you from stress on your busy days. We will analyze your calendar and recommend personalized sessions for you. [Sync my Calendar](#)

09:41

## Stress

Daily Weekly Monthly Yearly

Thursday (Average) 86% (High)



Your Stress Status: 86% (High)

Are you feeling stressed? Do a quick breathing exercise now to reduce tension. Clear your mind in just 2 minutes. [Start Session](#)

### About Stress


Your stress level is measured based on your body's physiological responses. It can fluctuate throughout the day. Take a deep breath, go for a short walk, or relax with meditation.

09:41

## Sleep Quality

Daily Weekly Monthly Yearly

Wednesday 8/10 (Great)



Your Sleep Quality Status: 8/10 (Great)

Would you like to improve your sleep quality? For a deeper and more restful sleep, try a 10-minute sleep preparation session now. [Start Session](#)

### About Sleep Quality


Sleep quality is shaped by factors like total duration, time spent in deep sleep, frequency of awakenings, and heart rate stability. High-quality sleep is essential for both mental clarity and physical recovery. One of the most important phases of sleep is deep, restorative sleep—where delta brain waves (0.5-4 Hz) dominate. This stage supports immune function, hormone balance, and emotional stability. Incorporating practices like meditation or guided relaxation before bed can help stimulate delta wave activity, promoting more restful and rejuvenating sleep.

09:41

## Health

Daily Weekly Monthly Yearly

Wednesday 84% (Good)



Health Score: 84% (Good)

### What is Health Score?

Your overall health score is calculated based on key data such as your heart rate, stress level, sleep quality, and energy level. This ratio directly affects your physical and mental performance throughout the day.

### Recommended Actions

- HRV (Heart Rate Variability)**
  - A short meditation can balance your nervous system.
  - You can activate your parasympathetic system by taking deep breaths.
- Stress**
  - Breathing exercises can lower your stress levels instantly.
  - Relax your mind with soothing music.
  - Reduce your stress with a short walk-in-nature.
- Sleep Quality**
  - Establishing a regular sleep routine makes a big difference.
  - Try reducing screen time before bed.
  - Dim lights and silence improve sleep quality.
- Mindfulness Minutes**
  - Even 5 minutes of mindfulness a day can refresh your mood.
  - Being mindful improves both your mood and your health.
  - Check out sessions for guided meditation.

# Next Version



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09:41

### Anxiety Risk

Daily **Weekly** Monthly Yearly

Thursday

High

High  
Moderate  
Low

**About Anxiety Risk**  
Anxiety risk is estimated based on heart rate, HRV, sleep quality, and stress data. This ratio can be managed with awareness and emotional support.

**Anxiety Test**  
Take a quick test to identify your anxiety level and plan the necessary steps.

Start Test

09:41

### Depression Risk

Daily **Weekly** Monthly Yearly

Oct 4, 15:30

High

High  
Moderate  
Low

**About Depression Risk**  
The risk of depression is calculated based on biometric and behavioral data. Regular exercise, quality sleep, and supportive activities can help balance mood.

**Depression Test**  
If you have been feeling down, tired, or hopeless for a long time, this test can help you understand your mood.

Start Test

09:41

**Start Depression Test**

We will ask you 10 questions about you have been feeling over the past 4 weeks. We won't diagnose you with a mental health condition. Only a mental health professional can give you a diagnose.

Start Test

09:41

STEP 1/10

How often did you feel tired out for no reason?

Non of the time

A little of the time

Some of the time

Most of the time

All of the time

09:41

### Depression Test Results

**Low Depression Risk**

Your responses indicate minimal signs of depression. You appear to be managing well with good mental health practices.

Minimal 15%

**Recommended Actions**

- Continue Good Practices**  
Keep maintaining your current mental health habits and stay aware of any changes in your mood or wellbeing.
- Wellness Resources**  
Access sessions to maintain your positive well-being.  
Start Session Now
- Maintain Wellness**  
Continue these healthy habits to support your ongoing mental wellness and resilience.
  - Regular exercise and physical activity
  - Consistent sleep and healthy routines
  - Social connections and support
  - Stress management techniques

09:41

### Depression Test Results

**High Depression Risk**

Based on your responses, you show significant signs of depression. This requires immediate attention and professional support.

Severe 85%

**Recommended Actions**

- Seek Professional Help**  
Contact a mental health professional immediately. Depression is treatable with proper care.
- Start Guided Sessions**  
Begin with our specialized depression support sessions designed by mental health experts.  
Start Session Now
- Lifestyle Support**  
Implement daily routines that support mental health recovery and wellbeing.
  - Regular sleep schedule (7-9 hours)
  - Daily physical activity (30 minutes)
  - Mindfulness and meditation
  - Social connection and support



# Next Version



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What would you like to do?

Relax      Focus

Sleep      Super Learn

Problem Solving      EMDR

Select the duration of the session


2 minutes      5 minutes

10 minutes      15 minutes

20 minutes      30 minutes

1 hour      ∞

How do you feel now?




Overwhelmed

Terrible      Excellent

Continue

How do you feel now?




Anxious

Terrible      Excellent

Continue

How do you feel now?

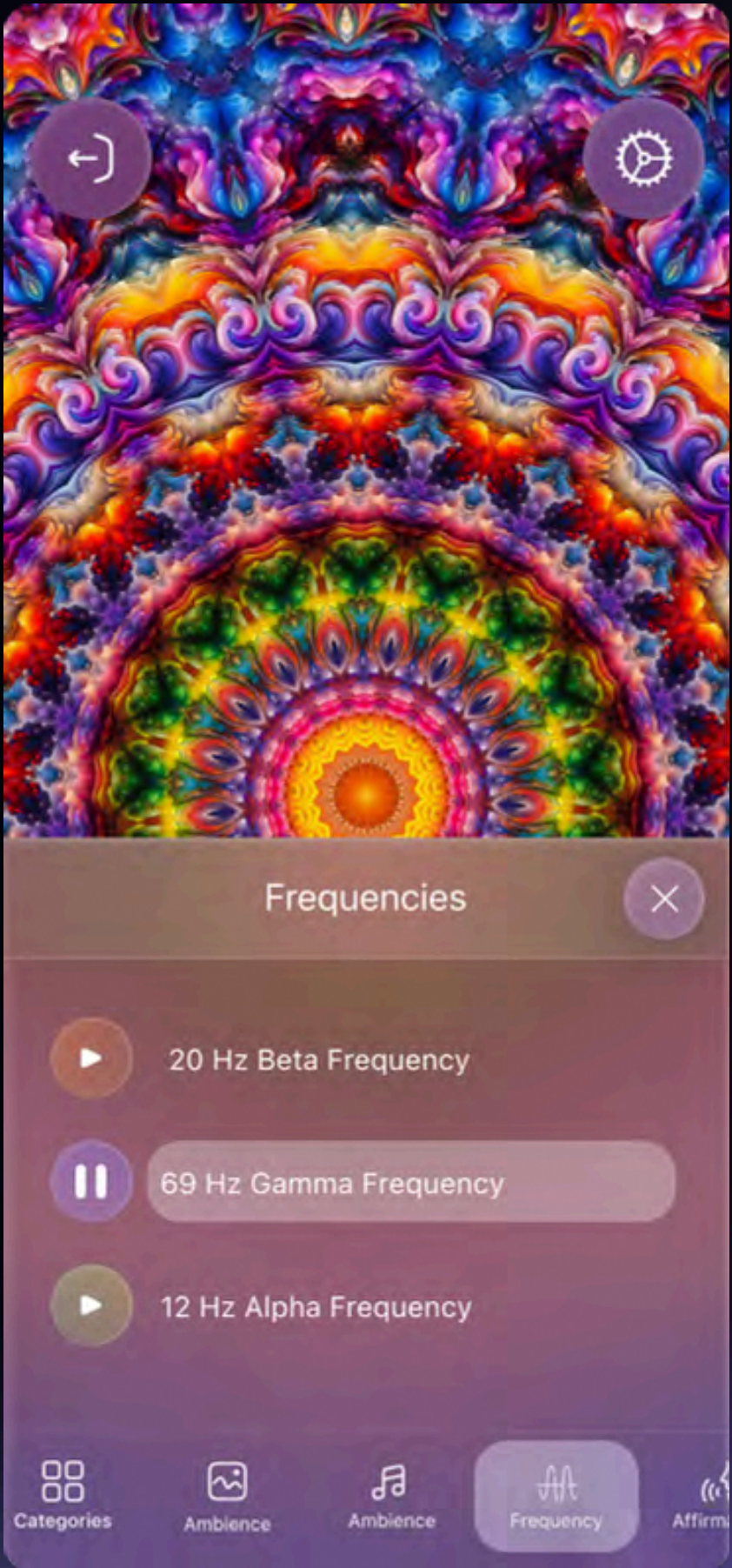


Relaxed

Terrible      Excellent

Continue

# Next Version



# EMOTIV®



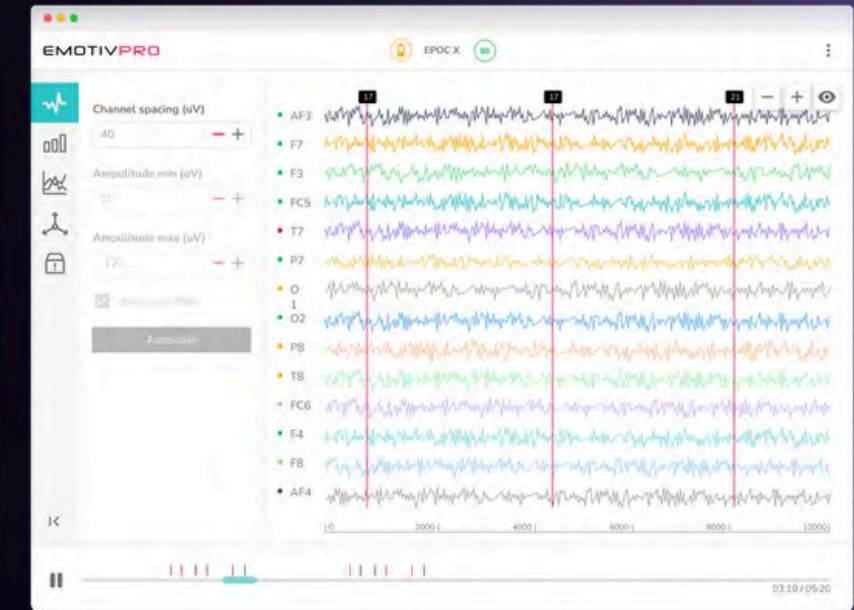
Epoc X



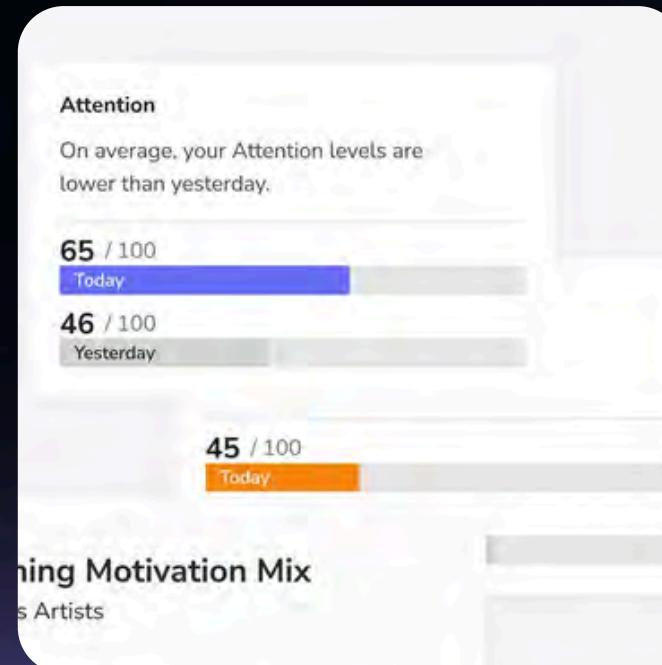
Insight 2



MN8



Emotiv Pro



# Roadmap

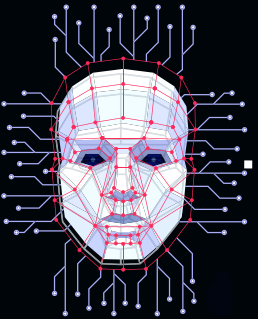


mistikist

2026 Q1



2026 Q2



2026 Q3

2026 Q4

Smart Watch Support  
(Apple Watch,  
Samsung Gear etc.)

Apple TV/Android  
TV Support

Complete Health Data

Artificial  
Intelligence  
Supported  
Personalised  
Stimulus  
Generation Module

Portable EEG  
Device Support  
(Emotiv)

Premium VR  
Head Sets  
(Oculus, HTC Vive  
Apple Vision Pro)

Holistic Web  
Portal