

Instructions

Music Care is a digital therapy app currently used to manage pain, anxiety or sleep disorders to improve daily life of patients across the world. Its effects have been validated by more than 150 studies published in scientific journals.

This treatment protocol is applicable to all symptoms such as anxiety, pain, sleep disorders or slowness of movement.

The user shall assess the level of symptoms to adapt the music session accordingly. Then, the user will choose the duration of the session with a minimum of fifteen minutes. After the session, they can evaluate the effect after use.



Step 1

The user should be in a quiet environment, preferably in a comfortable position (sitting or lying down), with their eyes closed (using a sleeping mask if necessary)

* We recommend to use headphones to have a better experience with Music Care.
If you wish to experience Music Care collectively, we invite you to listen to it with Speakers.



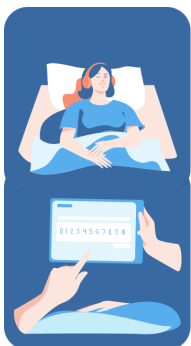
Step 2

Open the App, choose the symptom you would like to manage, and choose a musical theme according to your taste



Step 3

If asked, choose a number from 1 (low) to 10 (high) to specify the intensity level of the symptom before starting the session



Step 4

Step 5

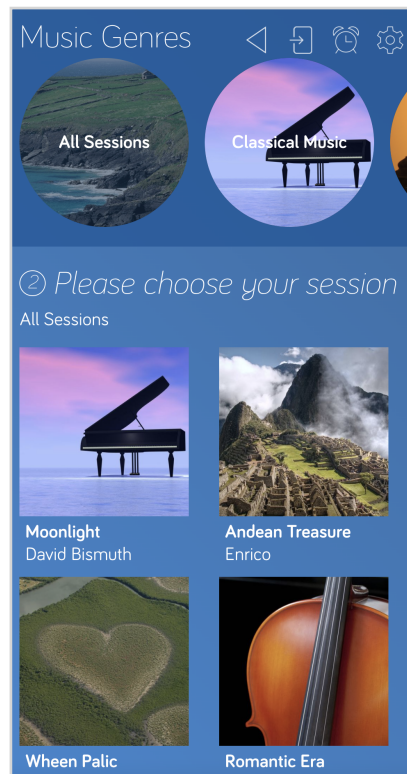
When the session ends, you will be invited to fill-in the level of your symptoms following the session

How to use



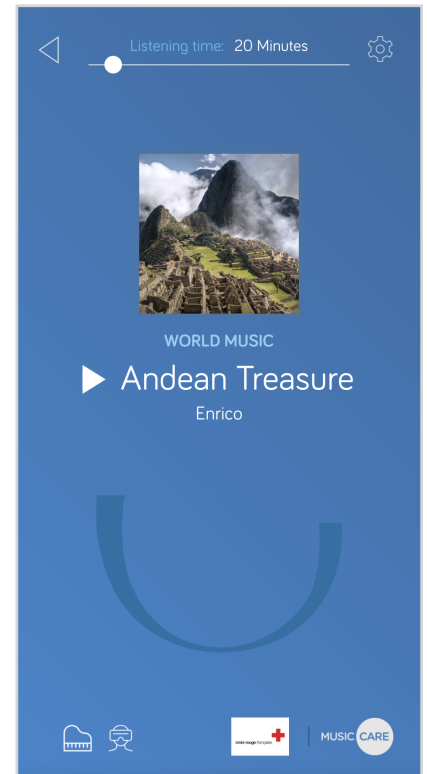
Screen 1

Choose the symptom to manage, (to manage pain, lower anxiety, and sleep better, “alarm” means slowness of movement, by clicking on the chosen text).



Screen 2

Choose a musical theme according to your taste by clicking on the image



Screen 3:

At the top of the screen, choose the duration of the session by moving the white cursor to the right

For each symptom, the App will ask you on an additional screen to rate the intensity level of your symptom on a scale from 1 (low) to 10 (high) in order to adapt the music accordingly.

For more information please contact: contact@music.care