

Introducing the first sensor-free sleep cycle alarm clock

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The Weight Loss Alarm Clock is a new and the first sensor-free sleep cycle alarm clock that will gently wake us during the light sleep phase. The patented method does not require any motion sensors or any acoustic sensors and it is very easy to use. The app re-adjusts to the user's personal wake-up needs. The system keeps learning more about the user with every use, in order to lead a person smoothly from the deep sleep phase or dream phase, into the light sleep phase without notice.

Hannover, Germany - Stress begins in the Morning. Conventional alarm clocks harm our health. A new study shows that even the wake-up call of a conventional alarm clock puts our body under unhealthy stress. The concentration of the stress hormone "Cortisol" is more than double compared to when we wake up by ourself. So, using this sleep cycle alarm clock could be a good idea.

Scientific study results: The concentration of the stress hormone Cortisol was tested under various waking conditions: waking both on workdays and on a free day with a conventional alarm clock and waking spontaneously. The results showed that the Cortisol levels in the first 30 minutes after waking with a conventional alarm clock had risen by an average of 100% - regardless of whether it was a workday or a free day. When the probands woke spontaneously, however, the concentration of Cortisol rose only 39%. This means, conventional alarm clocks induce almost three times more unhealthy stress in the morning. To provide good and healthy sleep, we should keep cortisol levels healthy and under control.

In recent years, research has shown that how we deal with everyday stress can affect our waistline in particular. This can be a huge threat to our health because abdominal fat is more dangerous - and increases disease risk more - than fat located in any other part of the body. Excessive abdominal fat is linked directly to serious health conditions like hypertension and diabetes.

Women in particular have been found to accumulate more fat around their waists while they're under stress. In fact, a Yale University study showed that even otherwise - slim persons who are under high stress levels are prone to put on weight on around their abdominal area. When we are stressed out, our bodies release a hormone called cortisol. Cortisol has been proven to encourage fat storage in the abdominal area. The worst part is if we don't alleviate stress, cortisol levels stay high even when the original source of stress has subsided. The prolonged effects of cortisol will cause even more fatty deposits to find their way to your middle even when the stress seems to have passed. Obese persons have significantly higher urinary free cortisol excretion than normal-weight persons.

Higher and more prolonged levels of cortisol in the bloodstream have been shown to have negative effects, such as: weight gain, depression, pain, suppressed thyroid function, blood sugar imbalances, decreased bone density, skeletal muscle wasting, high blood pressure, lowered immunity, impaired erectile function, menstrual abnormalities, fatigue, chronic pain, headache, migraine, fibromyalgia, muscle pain, poor digestion, oily skin, acne and eczema. Elevated cortisol also leads to wrinkles, sagging, and impaired wound healing. Elevated cortisol in pregnant mothers influences cortisol metabolism during the baby's crucial development periods. Cortisol is what makes us fat, so installing and using this app could be a good idea.

The good news is, despite the fact that stress is an unavoidable part of life, there is something we can do about it. Using a sleep cycle alarm clock could be a way. The new Weight Loss Alarm Clock for iOS and Android is the best, it requires no sensors. To keep

cortisol levels healthy and under control, a clinical neuroscientist developed and patented an innovative sleep cycle alarm clock. "Weight Loss Alarm Clock" for iOS and Android wakes us at a moment when we are already almost awake. It does not need any sensors, no motion sensors, no acoustic sensors like other sleep cycle alarm clocks. It wakes us definitely in your light sleep phase. Then our brain is already active and in a state similar to when you wake up by yourself.

Compared to conventional alarm clocks, the new "Weight Loss Alarm Clock" gives an individual wake up, which adapts itself to the users' particular needs within a few nights. This patented alarm clock leads to a gentle and stress free wake up. Sudden, abrupt waking in the morning as with loud, conventional alarm clocks and the associated release of stress hormones from the adrenal gland will be avoided by using this novel and intelligent self adapting, personal sleep cycle alarm clock. Cortisol is what makes us fat, so installing and using this app could be a good idea.

Health benefits are cortisol decrease, weight loss, stress reduction, increase of skeletal muscle mass, pain reduction, enhanced male virility, enhanced erectile function, improvement of cognitive performance, improvement of fatigue, chronic fatigue and better general health and physical fitness. "Weight Loss Alarm Clock" is very easy to use. In order to be woken up smoothly, sleepers will be guided from the deep sleep phase or dream phase into the light sleep phase by gentle sounds.

Unlike the hitherto existing sleep cycle alarm clocks "Weight Loss Alarm Clock" does not require any additional implement such as wristband motion sensors, sound sensors or movement sensors. Users simply set their desired wake up time. After waking up, they merely slide a finger across the screen to stop the alarm. Everything else is taken care of by the patented and intelligent system.

Device Requirements for iOS:

- * iPhone, iPod touch, and iPad
- * Requires iOS 3.1.3 or later
- * 0.6 MB

Pricing and Availability:

The Weight Loss Alarm Clock 1.1 is \$0.99 USD (or equivalent amount in other currencies) and available worldwide exclusively through the App Store in the Health & Fitness category. It is also available for Android.

The Weight Loss Alarm Clock 1.1:

<http://stressfreealarmclock.com>

Purchase and Download:

<https://itunes.apple.com/app/id640956717>

Screenshot 1:

<http://a1400.phobos.apple.com/us/r1000/089/Purple/v4/f3/6a/53/f36a535d-8c47-a851-263c-85abd0a2ca63/mzl.rycssiod.320x480-75.jpg>

Screenshot 2:

<http://a1470.phobos.apple.com/us/r1000/063/Purple/v4/cf/92/a8/cf92a82c-3861-f4b4-deec-801de9c374fe/mzl.siriscxf.320x480-75.jpg>

App Icon:

<http://a2.mzstatic.com/us/r1000/062/Purple/v4/d2/22/eb/d222ebaa-37aa-4e26-320f-7a838471ffa2/mzl.iuibxrof.175x175-75.jpg>

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