Innovative Vinci Power Nap® Neurotechnology System—To Reset and Reconnect the Senses, Body and Mind; Reducing Stress, Improving Performance, Sleep, Health and Quality of Life in Smart Cities

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The article discusses the revolutionary system of well-being—The Vinci Power Nap® and its beneficial role in increasing the quality of life and health of inhabitants in Smart Cities and astronauts.

The author investigates the impact of this neuroarchitecture design on reducing levels of stress and anxiety, aiding prevention and healing of depression and PTSD, increasing quality of sleep, focus, energy, productivity, and feelings of safety.

The research entailed surveys filled by UN Delegates from 58 countries who took part in VPN sessions during the Conference on Climate Change COP24.

BACKGROUND



RECOMMENDATIONS



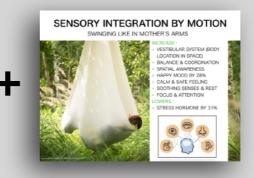


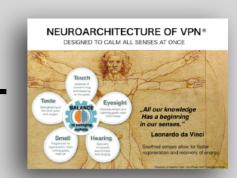
METHODS











PARTICIPANTS



RESULTS



CONCLUSION



