

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

*MA Magdalena Filcek - scientist, researcher, specialist neuroarchitecture, designer, pilot - POLAND

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

COUNTLESS STUDIES ABOUT EFFICACY DECREASING STRESS OF PEOPLE BY THE VIEW NATURE SCENES, COULD BE EVEN MORE POWERFUL UP IN SPACE

VINCI POWER NAP
oasis of peace in the city center

RECOMMENDATIONS

TECHNOLOGY & SLEEP MARKET

RECOMMENDATION FOR VINCI POWER NAP®

SCIENCE, ART & TECHNOLOGY FOR SLEEP

RECOMMENDATION FOR VINCI POWER NAP®

METHODS

VINCI POWER NAP® NEUROARCHITECTURE FOR STRESS REDUCTION

NASA 26-MIN DAILY NAP IMPROVES PERFORMANCE, ALERTNESS

ZERO GRAVITY POSITION IN VINCI POWER NAP - DREAM'S SPACE®

SENSORY INTEGRATION BY MOTION SWINGING LIKE IN MOTHER'S ARMS

NEUROARCHITECTURE OF VPN® DESIGNED TO CALM ALL SENSES AT ONCE

PARTICIPANTS

465 UN'S DELEGATES WAS REGENERATED DURING CLIMATE CHANGE CONFERENCE COP24 BY VPN

NAP AND RELAX IN SPACE LIKE ON EARTH

NAP ON EARTH LIKE AN ASTRONAUT

RESULTS

VINCI POWER NAP® at COP24-KATOWICE 2018

465 UN DELEGATES REGENERATED BY VINCI POWER NAP® AT COP24

ATTENDEE SUMMARY:

HOW DO YOU FEEL AFTER VINCI POWER NAP® SESSION	BETTER
REFRESHING MIND	98%
SUSTAINABLE BODY & MIND	96%
RELIEF OF STRESS	96%
FEELING BLISS & SAFETY	94%
FEELING HAPPIER & RELAXED	97%
RELIEVE OF HEADACHE, BACK, NECK PAIN	90%
RELIVE OF ANXIETY	88%
MULTI-SENSORY EXPERIENCE	94%
FEELING OF CALM/ PEACE AND BE LOVED	96%
RELIEF OF JET LAG	96%

DATE AND PLACE OF RESEARCH: 2-14.XII.2018 KATOWICE POLAND RESEARCHER: MAGDALENA FILCEK

CONCLUSION

INNOVATIVE SYSTEM TO IMPROVE ENERGY & HEALTH

VINCI POWER NAP®

DREAM'S SPACE® - THE PERFECT ENVIRONMENT - NEUROARCHITECTURE REGENERATING BODY AND MIND -

NASA 26-MIN POWER NAP - HEALING ALL SENSES - ZERO GRAVITY POSITION

WEBSITE:

PUBLICATION:

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<https://drive.google.com/file/d/1C-SlVg1t8X0InNcz77EMJPM3qPzAze/view>
<https://www.springerprofessional.de/en/innovative-vinci-power-nap-neurotechnology-system-to-reset-and-r/20181582>