EXPERT REPORT

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“Cyma-Night” cymatic disc

Study title:

Evaluation of the biophotonic and neuro-vibratory effects of the multi-frequency cymatic disc “Cyma-Night” on the induction of deep sleep and the regulation of the autonomic nervous system (ANS), using GDV electrophotonic analysis in subjects with insomnia

Conclusion:
The Cyma-Night device positions itself as a promising biophotonic technology for restoring sleep homeostasis and regulating the autonomic nervous system. These preliminary results pave the way for further studies, including a larger sample size and an EEG–GDV correlation, in order to confirm the clinical relevance of cymatic interventions in sleep disorders.

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Cyma-Night cymatic disc

Context:
According to the Opinion Way survey for INVS – *Sleep Survey 2025*, sleep disorders have become a major public health issue in France:

- The French sleep an average of 7 hours per night, but 1 in 5 sleeps less than 6 hours.
- 73% report waking up during the night, on average twice per night.
- 45% suffer from at least one sleep disorder, including:
  - Insomnia (21%)
  - Circadian rhythm disorders (13%)

These figures reveal a growing imbalance in the sleep–wake cycle and an urgent need for non-pharmacological, non-invasive, and bio-regulatory solutions aimed at restoring sleep quality and the balance of the autonomic nervous system.

Scientific summary: The Cyma-Night device is a passive vibratory disc, 22.6 cm in diameter, designed according to the principles of applied cymatics. It simultaneously integrates three vibratory patterns corresponding to specific frequencies: **100 Hz, 96 Hz, and 72 Hz**. These frequencies were selected for their ability to induce brain states favorable to falling asleep, nocturnal recovery, and autonomic nervous system harmonization.

1. Scientific precision:

The three fundamental frequencies of the device (72 Hz, 96 Hz, 100 Hz) do not directly correspond to the classical EEG brainwave bands. They act through **harmonic vibratory coupling** on the neuronal circuits responsible for slow brain oscillations (alpha, theta, delta), via **frequency bioresonance mechanisms**. Their action is therefore indirect but specific, based on combined principles of **neuroacoustics, cymatics, and neuro-biophotonics**.

Vibratory frequency	Targeted brainwave band (via neuro-vibratory resonance)	Induced neurophysiological effects	Geometric zone of the Cyma-Night disc
100 Hz	Alpha (8–12 Hz)	Mental relaxation, calm alertness, wake–sleep transition	Upper quadrant
96 Hz	Theta (4–8 Hz)	Access to the subconscious, hypnagogic state, deep meditative relaxation	Lower left quadrant
72 Hz	Delta (0.5–4 Hz)	Induction of deep sleep, tissue regeneration, hormonal modulation (GH, melatonin)	Lower right quadrant

The cymatic patterns were constructed to **superimpose harmoniously** without destructive intermodulation, allowing **passive multi-frequency vibratory stimulation** of the energetic environment of the human body.

2. Materials and methods

A preliminary study was conducted on eight adult subjects (5 women and 3 men), aged between 40 and 75 years, all presenting chronic sleep disturbances (insomnia or delayed sleep onset).

Experimental protocol:

- The Cyma-Night disc was placed **under the pillow** for **seven consecutive nights**, in an environment with **low electromagnetic pollution**.
- Measurements were taken at two time points:
  - In the evening at 8:00 p.m. (before nocturnal exposure);
  - In the morning between 8:00 and 9:00 a.m. (upon awakening),
    using the **GDV Biowell camera**, in order to evaluate the nocturnal impact of the frequencies on **bioenergetic parameters**.

Participants then completed a **qualitative sleep assessment questionnaire**, allowing for cross-analysis between **objective GDV data** and **subjective perceptions**.

3. Results

After seven consecutive nights of exposure, the average of all data showed **notable and consistent improvements**:

- **Significant harmonization (30–40%)** of the electrophotonic field, indicating a reduction of left/right asymmetries and an improvement in overall bioenergetic coherence.
- **Stabilization of energy levels** in key meridians associated with the central nervous system and the endocrine system (liver, kidney, pineal gland, cerebral cortex), with average values **around 5×10^{-2} Joules**, within the physiological norm ($4 – 6\times10^{-2}$ J).
- **Average decrease in the electrophotonic stress index (EPI)** from **5.5 to 3.1,** reflecting a **regulation of neurovegetative tone** toward increased parasympathetic balance.
- **Reduction in sleep onset latency:** most subjects fell asleep within **20 minutes**, compared with **45–90 minutes** before the experiment.
- **Increase in total sleep duration:** the average number of hours rose **from 3 to 6 hours**, with better continuity of sleep cycles.
- **Significant reduction in nocturnal awakenings**, as reflected in the questionnaire by a **marked improvement in perceived sleep quality**.

Subjective evaluation questionnaire (morning of day 7)

1. Did you have any difficulty falling asleep after exposure to the Cyma-Night disc?
2. Rate the overall quality of your sleep on a scale from 1 (very poor) to 10 (excellent).
3. Did you wake up during the night? If yes, how many times?
4. Do you feel rested and regenerated this morning?
5. Do you feel any specific positive effect (mental calm, clarity, physical well-being)?

Subject	Difficulty falling asleep D0	Difficulty falling asleep D7	Sleep quality (1–10)	Nocturnal awakenings (n)	Feeling of recovery	Specific effect felt
F, 68 yrs	Yes (90 min)	Less (30 min)	8	3 → 1	Yes	Mental clarity, grounding
M, 60 yrs	Yes (60 min)	Slight (20 min)	7	1 → 0	Yes	Global relaxation, muscular release
F, 42 yrs	Yes (75 min)	Less (25 min)	7	2 → 1	Yes	Deep calm, disappearance of tension
F, 75 yrs	Yes (>90 min)	Less (25 min)	8	2 → 1	Yes	Reduced joint pain upon awakening
M, 66 yrs	Yes (60–75 min)	Slight (20 min)	7	1 → 0	Yes	Mental clarity, lucidity upon awakening
F, 48 yrs	Yes (60 min)	Less (20 min)	7	1 → 0	Yes	General well-being, sense of protection
M, 70 yrs	Yes (>90 min)	Less (30 min)	8	2 → 1	Yes	Lucid dreams, peaceful presence
F, 55 yrs	Yes (75 min)	Slight (20 min)	7	2 → 0	Yes	Emotional calm, restorative sleep

4. Discussion and conclusion

The results of this preliminary study highlight convergent objective and subjective effects supporting a **regulatory biophotonic action** of the Cyma-Night disc. The reduction in the **electrophotonic stress index (EPI)**, coupled with the **energetic stabilization of the meridians**, reflects a **functional harmonization of the autonomic nervous system (ANS)**, primarily through the activation of the **parasympathetic branch**.

These observations take on particular significance in light of the national data from the *Opinion Way Survey for INVS – Sleep Survey 2025*, which confirm the high prevalence of sleep disorders in France.

The **Cyma-Night disc** thus appears as a **non-invasive and complementary vibratory solution**, offering a **frequency- and geometry-based approach to sleep**, in harmony with the advances in **resonance medicine** and **neurobiophotonics**.

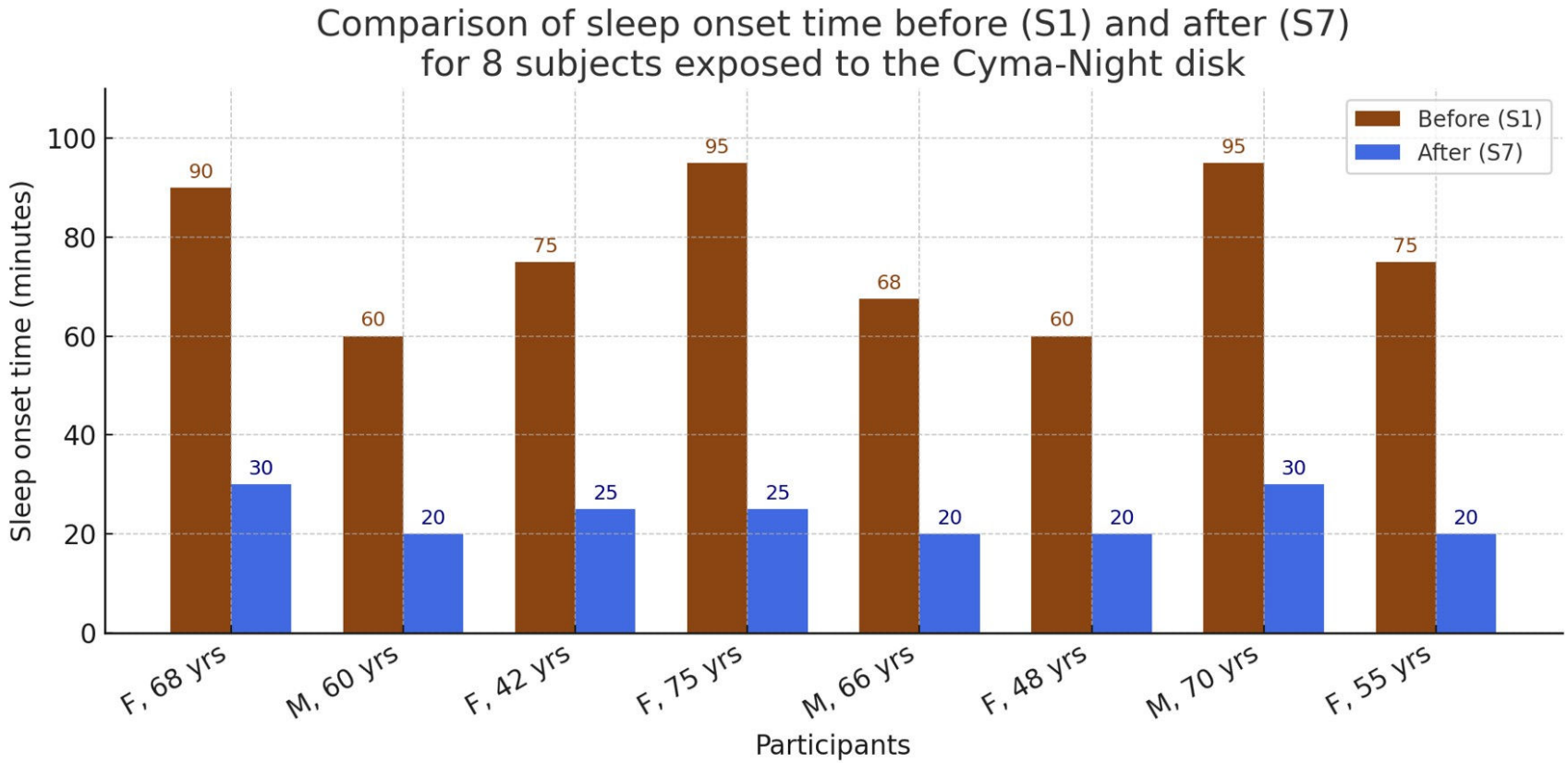
From a mechanistic standpoint, the **harmonic multi-frequency stimulation (72–100 Hz)** seems to promote an **entrainment of brain oscillations** toward **alpha, theta, and delta states**, which are conducive to sleep onset, **cellular recovery**, and **nocturnal hormonal regulation**.

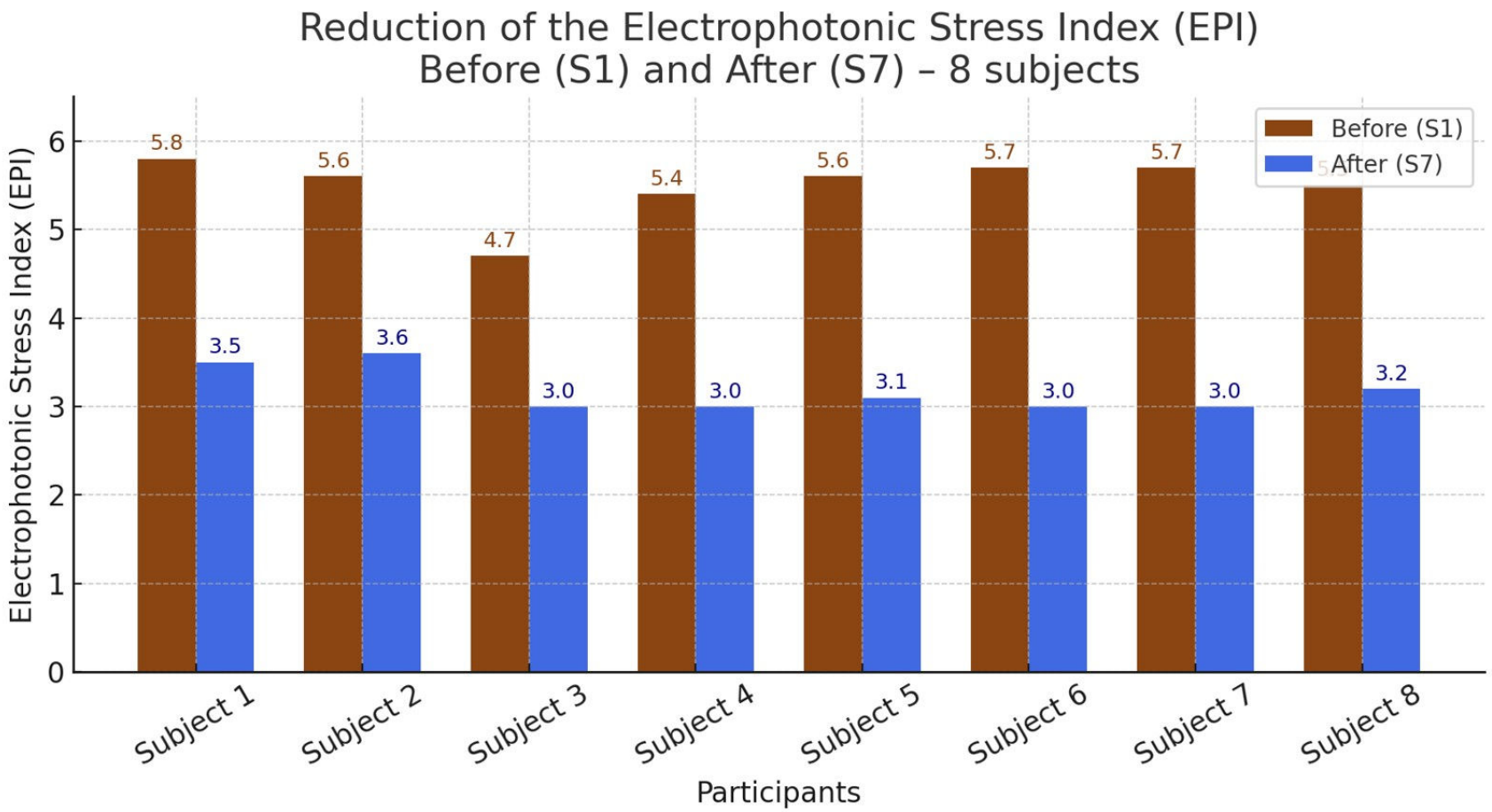
In conclusion,

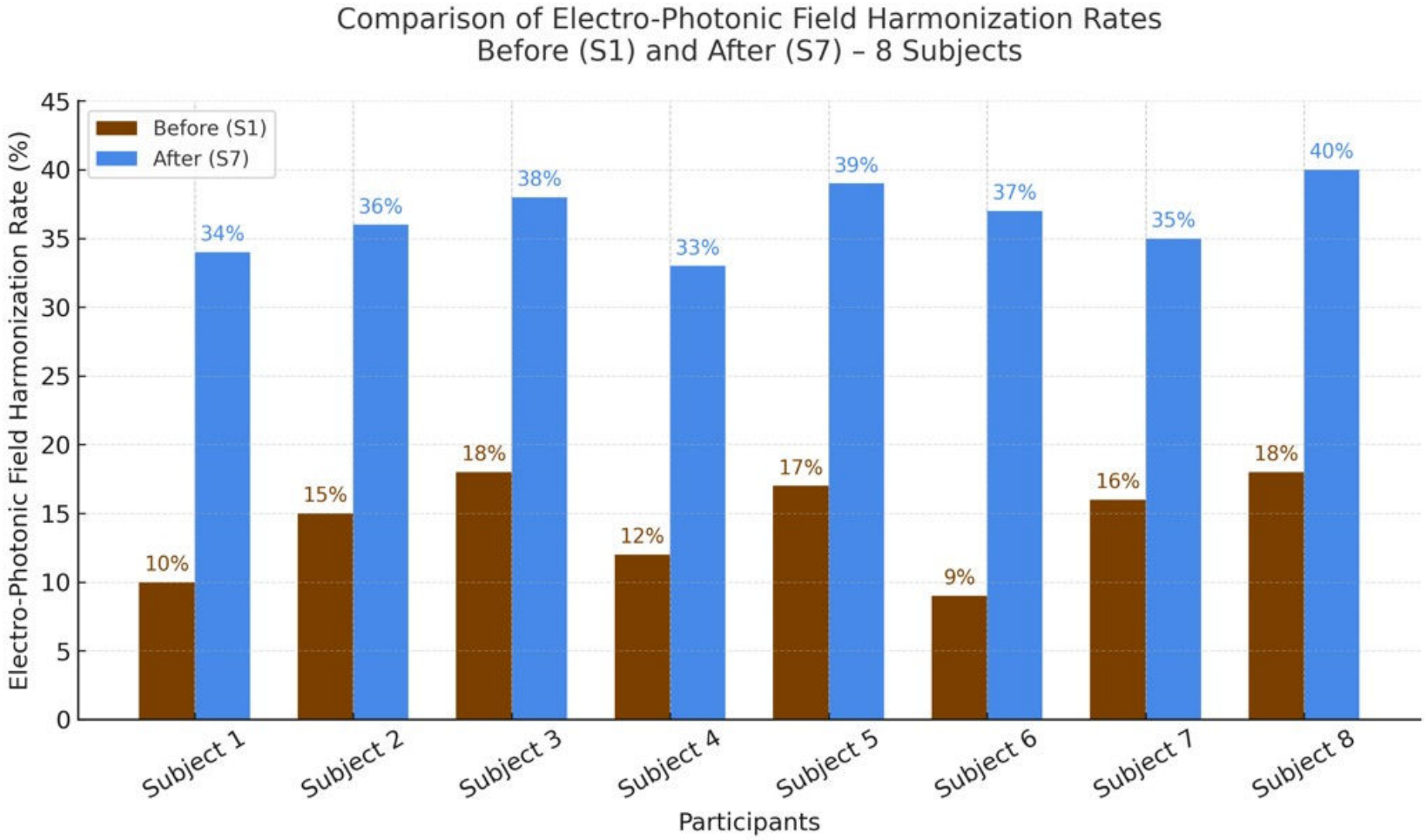
The Cyma-Night device positions itself as a promising biophotonic technology for the restoration of sleep homeostasis and the regulation of the autonomic nervous system.

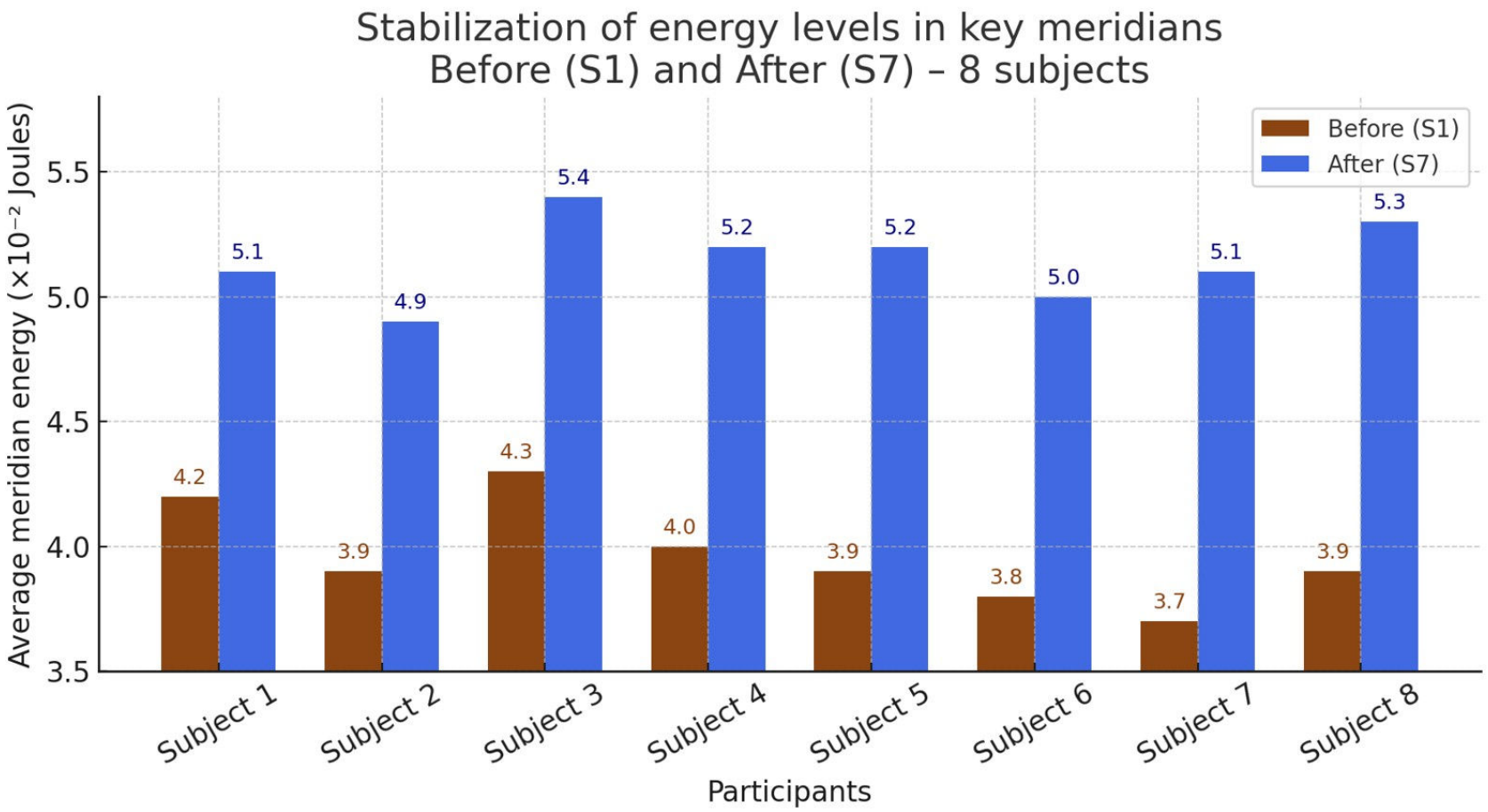
These initial results pave the way for further studies, including a larger sample size and an EEG–GDV correlation, to confirm the clinical relevance of cymatic interventions in sleep disorders.

HISTOGRAMS of RESULTS


Comparison of sleep onset time before (S1) and after (S7)
for 8 subjects exposed to the Cyma-Night disk
Before (S1)
After (S7)
Sleep onset time (minutes)
0
20
40
60
80
100
90
30
60
20
75
25
95
25
68
20
60
20
95
30
75
20
F, 68 yrs
M, 60 yrs
F, 42 yrs
F, 75 yrs
M, 66 yrs
F, 48 yrs
M, 70 yrs
F, 55 yrs
Participants


Reduction of the Electrophotonic Stress Index (EPI)
Before (S1) and After (S7) – 8 subjects
Electrophotonic Stress Index (EPI)
Participants
Before (S1)
After (S7)
5.8
3.5
5.6
3.6
4.7
3.0
5.4
3.0
5.6
3.1
5.7
3.0
5.7
3.0
3.2
Subject 1
Subject 2
Subject 3
Subject 4
Subject 5
Subject 6
Subject 7
Subject 8


Comparison of Electro-Photonic Field Harmonization Rates
Before (S1) and After (S7) – 8 Subjects
Before (S1)
After (S7)
Electro-Photonic Field Harmonization Rate (%)
0
5
10
15
20
25
30
35
40
45
10%
34%
15%
36%
18%
38%
12%
33%
17%
39%
9%
37%
16%
35%
18%
40%
Subject 1
Subject 2
Subject 3
Subject 4
Subject 5
Subject 6
Subject 7
Subject 8
Participants


Stabilization of energy levels in key meridians
Before (S1) and After (S7) – 8 subjects
Average meridian energy (×10⁻² Joules)
Participants
Before (S1)
After (S7)
Subject 1
Subject 2
Subject 3
Subject 4
Subject 5
Subject 6
Subject 7
Subject 8
4.2
5.1
3.9
4.9
4.3
5.4
4.0
5.2
3.9
5.2
3.8
5.0
3.7
5.1
3.9
5.3

Scientific recommendations
for the use of the Cyma-Night cymatic disc in subjects suffering from insomnia

1. Initial adaptation phase (weeks 1–2): continuous nocturnal exposure

Objective: to induce a gradual resonance of the autonomic nervous system (ANS) with the alpha, theta, and delta frequencies emitted by the nodal structure of the disc.

Recommended usage :

- The subject places the disc **under the pillow**, centered along the head axis.
- **Exposure every night** for 7 to 14 consecutive days, in an environment with **low electromagnetic pollution**.
- **Exposure duration:** the entire night (no side effects observed to date).
- It is recommended to practice **gentle preparation before sleep** (dim light, calm breathing) to optimize vibrational receptivity.

Scientific rationale:

- The **passive stimulation of the bioenergetic field** induces a **gradual decrease in sympathetic activity** (stress) and a **strengthening of parasympathetic tone** (rest), as demonstrated by the observed **reductions in the EPI index** and **increases in energetic values** in the endocrine meridians.
- Repeated exposure promotes **vibrational neuroplasticity**, i.e., the brain's ability to naturally **resynchronize with alpha–theta waves** conducive to sleep.

2. Consolidation phase (weeks 3–6): alternating or targeted exposure according to individual profile

Option A – Alternating use (every other night or 5 nights per week)

- Recommended if the subject has observed **a notable improvement in sleep** after two full weeks.
- Maintains **vibratory stimulation without dependency**, while assessing the stabilization of **autonomous vibrational sleep regulation**.

Option B – Occasional use (as needed in case of relapse)

- Recommended if the subject's sleep has become stable but they wish to have a **support tool in case of mental fatigue, stress, or difficult nights**.
- In such cases, the disc should be placed **under the pillow whenever sleep latency exceeds 30 minutes** or in cases of **recurrent nocturnal awakenings**.

3. Long-term maintenance phase (beyond 6 weeks)

- It is advisable to use the disc **1 to 2 nights per week**, particularly during **seasonal transitions**, periods of **emotional overload**, or alongside **detoxification phases** (liver, kidneys).
- It can also be **temporarily placed under the pillow during a restorative nap** or used **during evening meditation sessions** to enhance relaxation.

Practical summary

Phase	Recommended duration	Frequency of use	Disc positioning	Objective
Initial	7–14 days	Every night	Under pillow, centered	Induction of vibratory rhythm and neurovegetative synchronization
Consolidation	2–4 weeks	Alternating (5/7 or every other night)	Same	Stabilization of autonomous sleep
Targeted	As needed	Occasional	Same	Support during stress, fatigue, or jet lag
Maintenance	Long term	1–2 times per week	Same or during relaxation	Prevention of relapse and vibrational sleep hygiene

Additional recommendations:

- Do not expose the disc to **strong electromagnetic fields** (smartphones, chargers, Wi-Fi) in its immediate vicinity.
- For **electrosensitive or highly reactive users**, begin with **30 minutes of pre-sleep exposure**, then increase gradually to full-night sessions.