

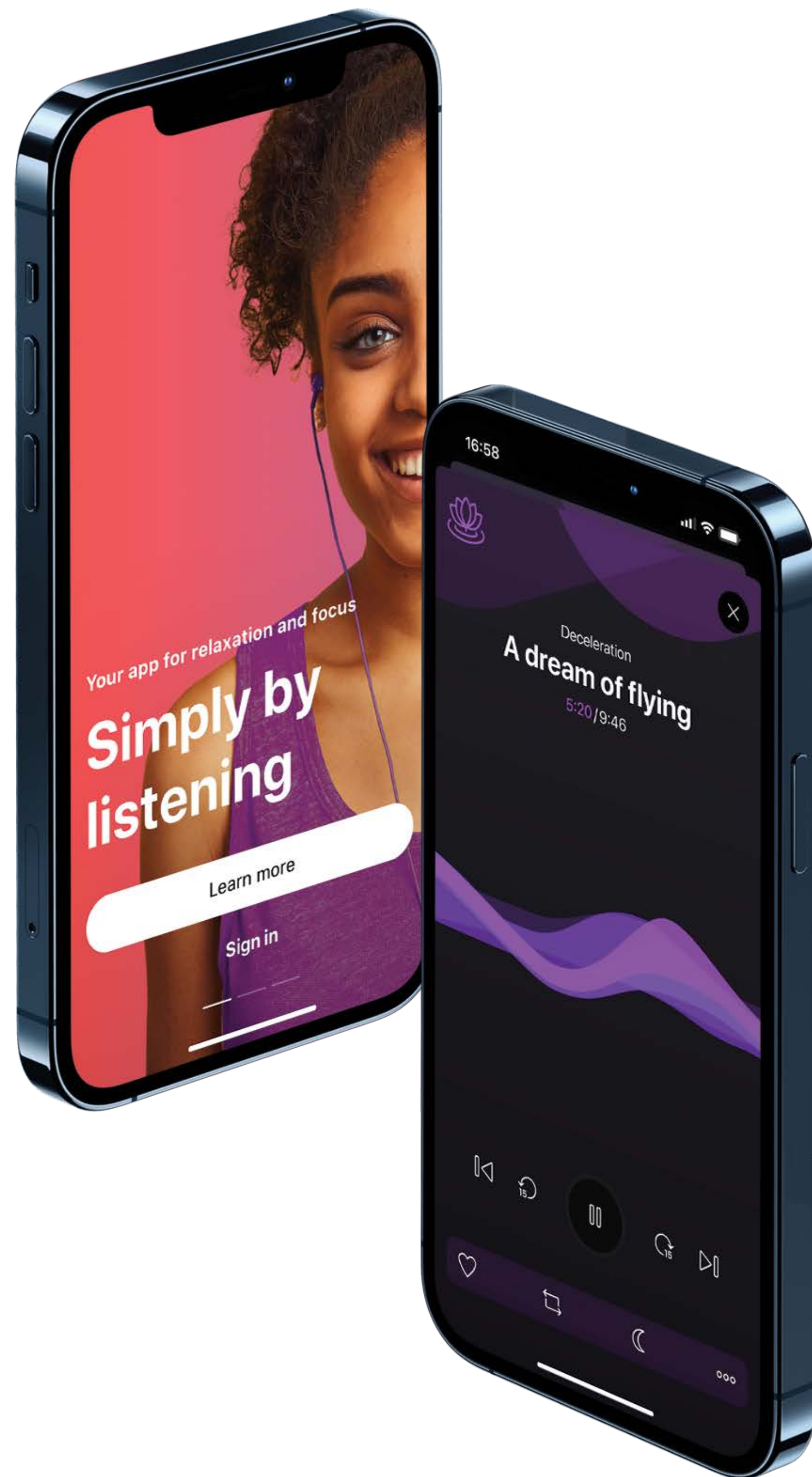


# Promote health. Simply by listening.

sonamedic Business - Relaxation and focus at work







**Hello, we are sonamedic.**

We have developed an audio app to support mental health.  
It helps to promote relaxation and sleep, strengthen  
concentration and build resilience.  
Simply by listening.



**We come from the professional audio industry.**

In addition to the production of sound and music, we have been intensively engaged in the positive effect of sound on body and mind for years. To make this effect accessible and usable for everyone, we founded sonamedic.

Philipp Hofheinz (left) und Andreas Lehnert (right)  
**sonamedic Founders**







**Stress is the widespread disease of the 21st century.**

80% of working people in Germany suffer from sleep disorders\*. 63% feel their stress level at work is too high\*\*. The BAuA estimates an absence from work due to illness of 708 million days and a loss of value added of 145 billion euros per year.

**\*DAK Health Report 2017**

**\*\*YouGov Study 2019**



**Sound works. And it can do more than just entertain.**

The soft rustling of leaves in the wind. Your favourite song on the drive into the evening. The right sound environment creates quality of life. At sonamedic, we harness the power of sound for health. And thus reduce absenteeism and costs due to mental illness.

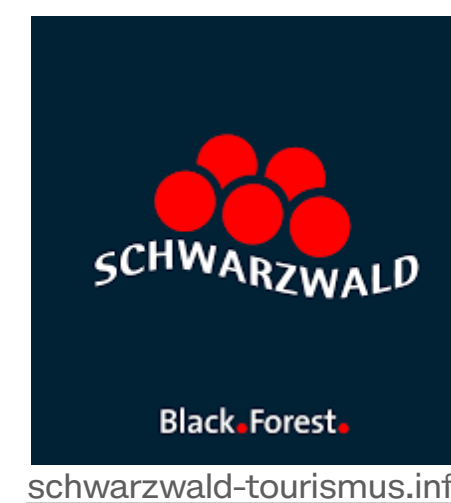






## Handmade. From the Black Forest.

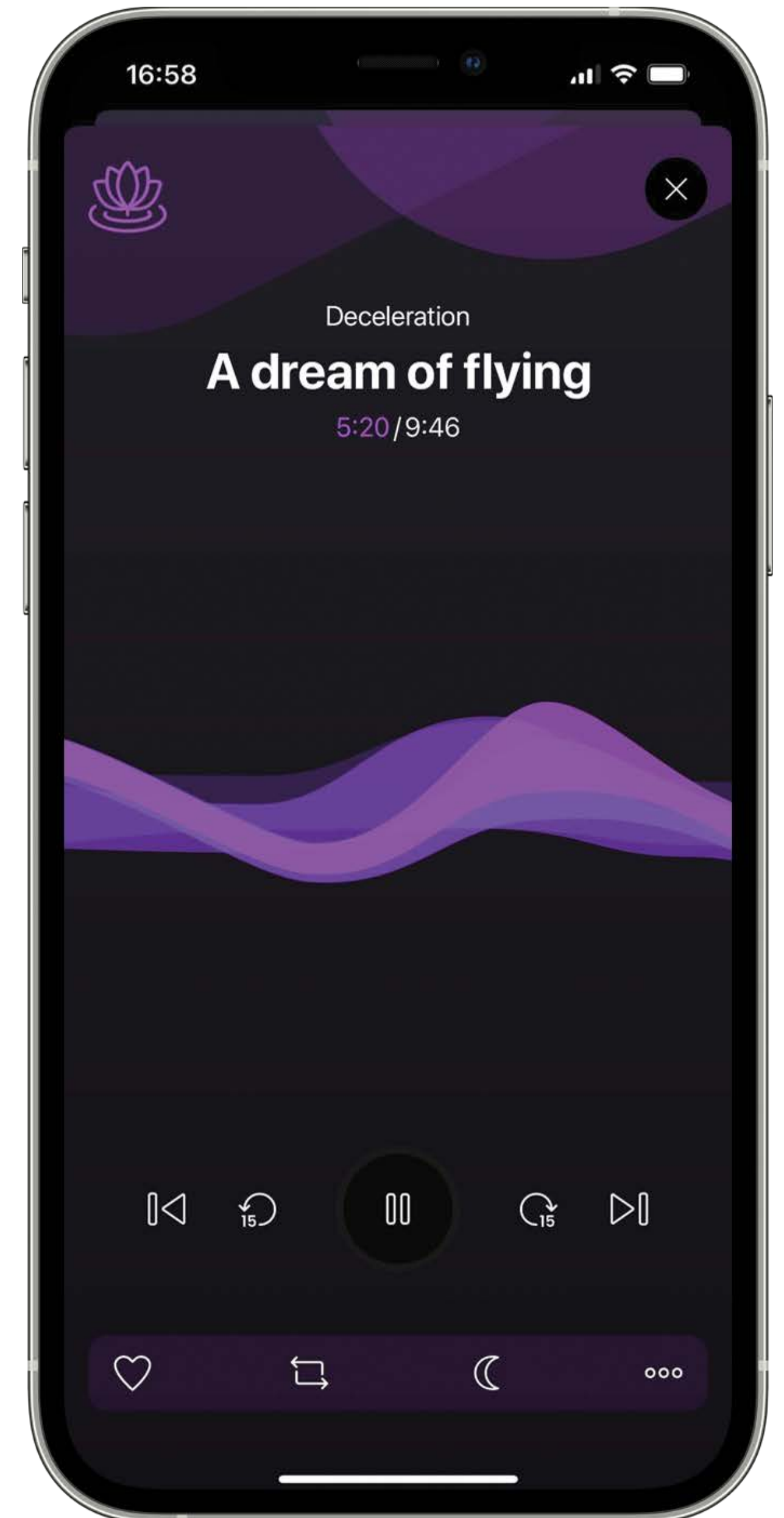
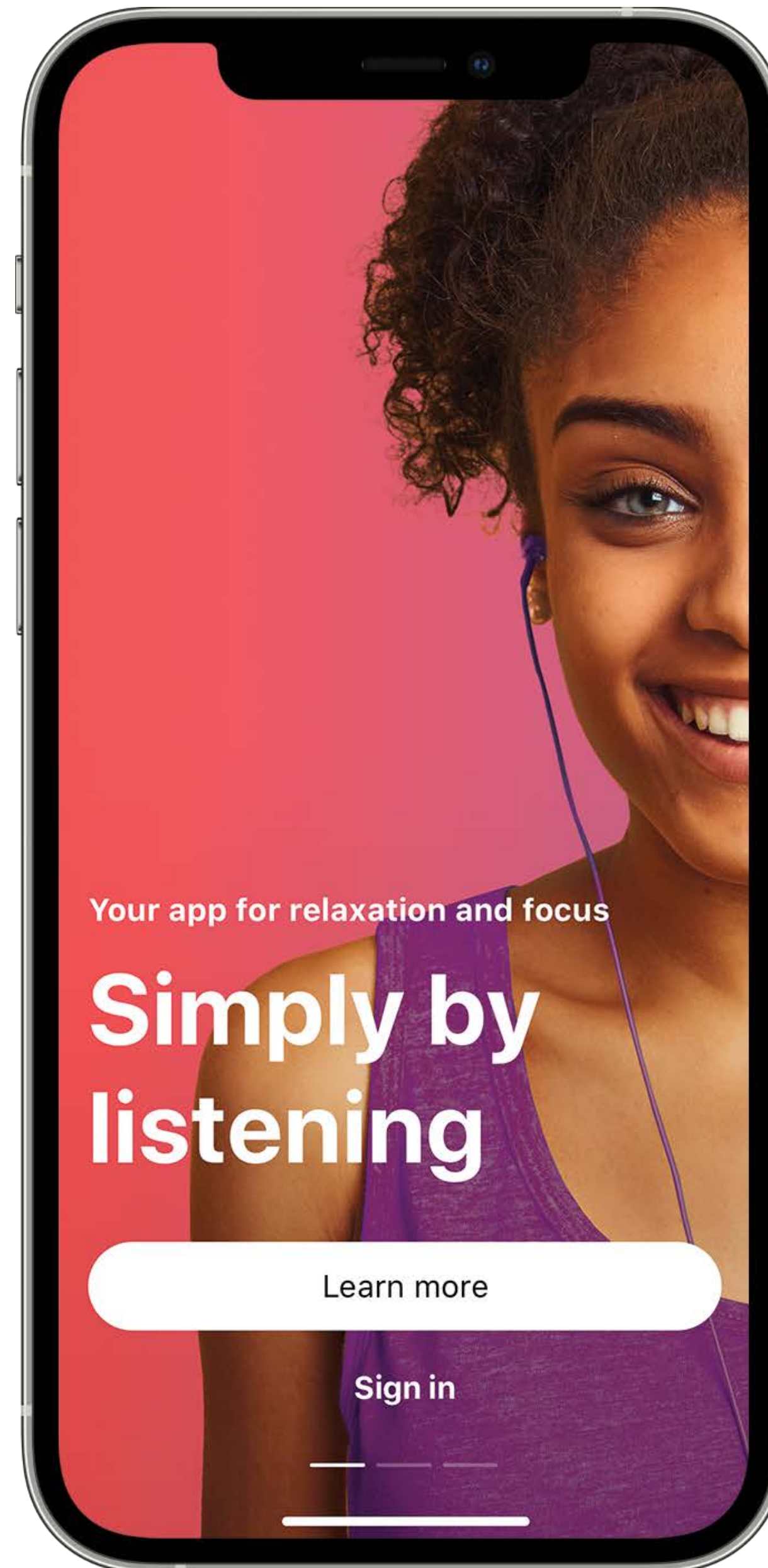
For each sonamedic audio session, we produce an individual sound world. With audio stories recorded by prominent voices, specially composed music and relaxing nature recordings from our home region, the Northern Black Forest.





## The sonamedic App. Wellness for your mind.

Using acoustic methods from neurophysiology, the sonamedic app promotes states of mind such as relaxation and focus. All you need is your smartphone and a pair of headphones.







**Target audience: Hamster Wheel Generation.**

Our target audience is the largest part of the working population. From self-optimizers who want to get even more out of their day to stressed-out workers who don't want to slip into burnout, sonamedic offers inspiration for a self-determined everyday life.



## Workplace Health Promotion.

In the area of workplace health promotion, we already work together with platforms such as machtfit.de or Digital Human Balance. As a result, our content has also been increasingly used in companies since the beginning of 2021.





## What the press says.

„Good content, pleasant speakers and a very intense sound backdrop have made us feel deeply relaxed in a very short time.“

**techradar**

„sonamedic helps you through sound therapy to a better attitude towards life, more relaxation, a restful sleep and more ability to concentrate.“

**VOGUE**





**sonamedic in the Apple Store.**



**Great News! The sonamedic app is now preinstalled on all iPhone demo devices in German Apple Stores and at all contract partners throughout Germany!** Whether Saturn, Mediamarkt or in the Gravis Store, we are the only app from the field of stress reduction, mindfulness and meditation that has made it onto the devices. We are very proud that Apple has so much trust in sonamedic.





**From the Black Forest with Love.**

Based in Ettlingen on the edge of the Northern Black Forest,  
we can let the inspiring recreational effect and, of course, the  
sound of our homeland flow into our work every day anew.  
You can feel it - and hear it.

Come and visit us in our studio.

We are looking forward to meeting you!

Philipp Hofheinz, Andreas Lehnert  
and the entire sonamedic team





**sonamedic**

**Get in touch with us!**

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