

## USEFUL INFORMATION ABOUT NORDIC SENSI®CHAIR

An implementation guide for health  
and social care professionals



## What is the sensory stimulation that Nordic Sensi®Chair provides?

The purpose of Nordic Sensi®Chair is, through a swinging motion, music and tactile stimulation to stimulate the senses and provoke a low level of arousal, encourage rest and improve the wellbeing of people with restless or externalising behaviour, or to increase the level of arousal and alertness of passive users.

Stimulation of the senses through a swinging motion can be beneficial to anyone suffering from imbalance in their sensory system.. This motion has its roots in our earliest memories as humans and stimulates the parasympathetic nervous system, which forms part of the central nervous system (CNS). The parasympathetic nervous system's job is to calm the body after physical and mental strain, to which we are all exposed to some degree on a regular basis.

After just 20 minutes of swinging motion in the Nordic Sensi®Chair, most users feel a significant level of calm and wellbeing.



*“Stimuli targeting the senses can have a positive effect on wellbeing and quality of life ”*



*“As health and social care professionals, it is our job to facilitate positive experiences and to help bring some happiness into life ”*

## Hormonal impact

The brain releases a wide range of signalling substances, on which we as humans are dependent. As professionals, we can make a conscious choice to use the senses to stimulate the brain and increase/decrease, for example, arousal and dose stimuli to help the user achieve inner calm and improve their wellbeing.

**Oxytocin:** The feel-good hormone that is produced when we are touched. This gives a sense of security. The swinging motion increases the concentration of oxytocin.

**Dopamine:** The happiness hormone that gives you a boost/rush, and which is produced with (for example) good food, happy memories, physical activity etc. The swinging motion increases the concentration of dopamine.

**Noradrenaline:** The 'fight' hormone that makes us aggressive and ready for battle. The heart pumps faster, the pulse and blood pressure increase and the muscles tighten, which makes us quicker and sharpens our focus. The swinging motion decreases the production of noradrenaline.

**Cortisol:** This stress hormone is activated when we are placed under strain, physically and/or mentally. It poisons our brain if this strain is more long-term. The swinging motion reduces the concentration of cortisol.



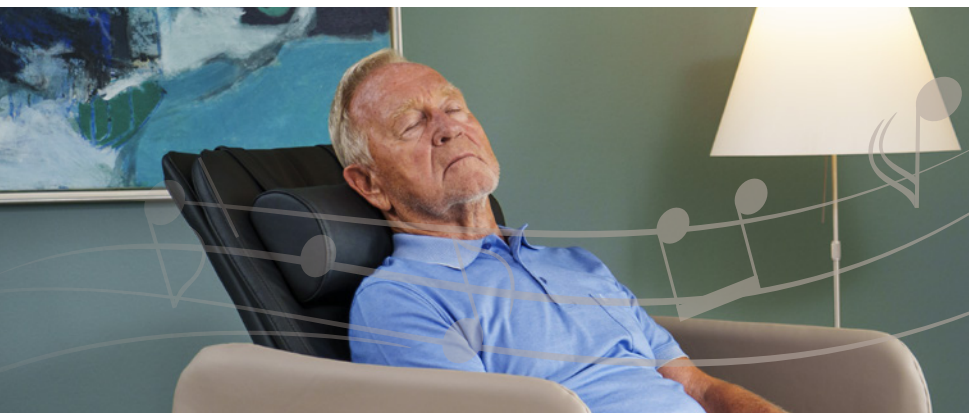
## What effect does the swinging motion have on the senses?

**The sense of balance** is stimulated in a positive way by a swinging motion. Unrest, anxiety and externalising behaviour are reduced, as is the level of arousal – the flight-or-fight response takes a back seat. The swinging motion can also be used to increase arousal among, for example, people with dementia disorders. Modifying the level of arousal can help the user improve their ability to deal with a challenging situation.

**The tactile sense** is stimulated in a positive way by bass vibrations in the backrest, which has an effect on the nerves in the skin. There is even more stimulation if Wellness Nordic's weighted blankets are also used. The majority of users have a positive experience with this kind of tactile stimulation.

**The sense of hearing** is stimulated by specially-composed, evidence-based MusiCure® music during the swinging motion in the Nordic Sensi®Chair. The calming effect this music has on the nervous system has been documented.

**The proprioceptive sense** is stimulated during the swinging motion, due to the weight of the body being moved. The proprioceptive sense is further stimulated if Wellness Nordic's weighted blankets are also used; these help by adding a weight that envelopes the user. A greater sense of peace and quiet and security is felt when proprioception (the sense of self-movement, force and body position) are increased in this manner.



## How to achieve success with sensory stimulation. There are a number of aspects you need to consider to begin with:

- What do you intend to achieve by using sensory stimulation for this particular user?
- What time of day would be best for the user the first time they use the chair?
- What framework can you create for the user so that they feel safe and secure during sensory stimulation with the swing motion?
- How could you factor in the user's life story to help with the sensory stimulation process?
- What sensory program would be best for the user?
- When would it be appropriate to document the effect of implementation on the user (success, safety etc.)?



*"The swing chair has improved our working environment, because our residents are no longer restless and do not shout all the time"*

## What swing program should you use?



### **Relax** **20 min. with music**

Recommended for users presenting with unrest, anxiety, unease, low mood etc., when the purpose of sensory stimulation is security/reassurance, increased wellbeing and more relaxation – in short, perceived peace and quiet and wellbeing.

The swing tempo setting is the equivalent of the average breathing rate of humans when awake first of all and then when asleep. The volume of the music decreases through the course of the program.



### **Refresh** **20 mins with music** **(Powernap)**

Recommended as a power nap or to increase arousal in more passive people. We recommend conducting professional assessments to determine which users will benefit from the program.

The swing tempo setting is the equivalent of the average breathing rate of humans when awake first of all and then when asleep.

The backrest is gradually declined to a lying position, then finally to a sitting position. The music tempo and volume are increased/decreased gradually during the program, according to the swing tempo.



### **Comfort** **2 hours without music**

This program is recommended for all users, as an introduction to sensory stimulation with a swinging motion. Max. start-up time of 5 min., with subsequent graduation of the time. Can be used at night to help with insomnia, inner anxiety or low mood.

The swinging tempo is uniform from start to finish, with no music. Although the swinging motion begins while you are sitting, the backrest can be adjusted in each individual case during the program.

## Tips and recommendations



- To increase the likelihood of successful acclimatisation, the first rocking session should be short and take place at a time when the user seems motivated and is as calm as possible.
- We recommend the Comfort program for the first session, as the swinging will be done sitting and will make eye contact between you possible. The program does not play music, which means stimulation is light.
- To avoid over-stimulation and for further gradual acclimatisation, the subsequent three to four swing motion sessions should be shorter in duration – e.g. 5-10 mins.
- Bear in mind that the sense of balance tends to be under-stimulated. Decrease the swing tempo if the user feels uncomfortable. If the user is wearing glasses with varifocal lenses, these should be removed and placed to one side.
- Sit at eye level when the user is trying out Nordic Sensi®Chair for the first time. Visually scan the user's eyes for any reactions.
- Get the user to try the chair several times to work out what is best for them. Offer them use of the chair when they are feeling good, as doing so will mean the body remembers the positive effect this has. Acclimatisation will always vary.
- Use life story, personality and integrity in your invitation to the individual to participate in sensory stimulation through swing motion.
- Consider using a U-shaped cushion and our positioning kit to support a seated position and to reassure them.
- Offer to help boost the effect of the chair and increase the sense of security with Wellness Nordic's weighted blankets and U-shaped cushions. The U-shaped cushion supports/provides relief for the neck and shoulder region.
- Swing in motion together with the user if you have more than one chair.
- You can connect their/your music if desired. We recommend conducting a professional assessment to determine how the music affects the user and whether this is consistent with the intended purpose of using the chair.
- Consider to use the chair as a training/exercise tool for any vertigo.

# Areas of application



Nordic Sensi®Chair is already used by many different target groups, e.g. in care homes, special schools, within psychiatry, in residential homes and within the hospital system. Sensory stimulation with the Nordic Sensi®Chair can relieve symptoms such as:

All testimonials (in "quotation marks") in this folder are from the brochure Customer References, which can be required from Wellness Nordic.

- motor/psychological unrest
- anxiety
- depression
- sleep disorders
- compulsive behaviours
- touch deprivation
- externalising behaviours
- stress

## Wellness Nordic

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Nordic Sensi®Chair is CE-marked in accordance with the medical regulations of MDR EN 2017/745.