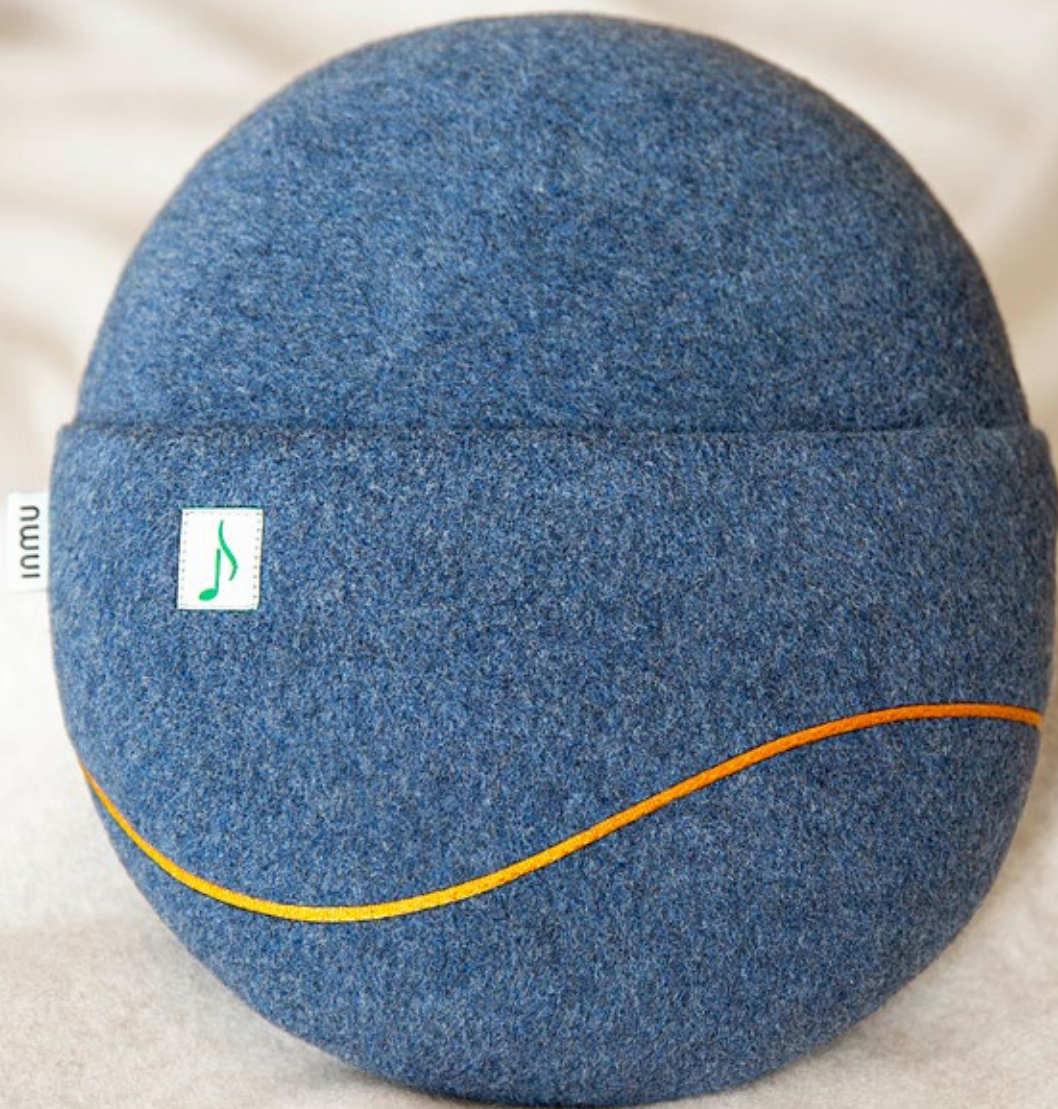


# inmuRELAX

EASES BODY AND MIND



inmuRELAX is an experience  
for eyes and ears, body and soul



### SENSE

how the music and the comforting vibrations follow your touch and movement.

### LISTEN

to the beautiful music as it softly awakens your senses and calms your body and soul.

### FEEL

the safety and comfort of the inmuRELAX against your body and put your hand into its soft pocket.

”

*With the inmuRELAX, we have sought to create a beautiful and dignified sensory tool with a musical universe that the user is a part of themselves.*

Anders Hansen and Toni Marquard,  
inventors of the inmu

” *It is the combination that is unique!*

Toni Marquard, co-inventor of the inmu

## TO THE SENSES

Feel the soft fabric, the tactile elements, and the comforting vibrations with your hands and body. Let your fingers follow the golden wave. Slip your hand into the pocket and feel safe.

## MUSIC

A comforting and meditative musical universe embraces you as you lift the inmuRELAX. The music is like the sound of a gentle stream—always the same but forever changing...

## MOVEMENT

The music and vibrations follow your movements, your touch, and your breathing. Listen to the music and experience how the inmu comes alive when you squeeze, touch, or swing it.

## INDEPENDENCE

The inmuRELAX has no buttons. Even weak or elderly people can activate the music. The music starts as soon as you lift the inmu up and stops automatically when you put it down or when you fall asleep. You are in control of how and when the music plays.



” *It has worked miracles for us—it has meant the world to him. He takes the pillow and puts it against his body and he falls asleep with ease.*

Mother to a 7-year-old boy with a hypersensitive sensory system who has difficulties sensing boundaries

” *inmuRELAX creates a zone in which you can rest and fall asleep—and that wakes you up gently.*

Music therapist on her experiences with using the inmuRELAX in institutions



” *We use the inmuRELAX to form contact and socialisation among residents who are overstimulated. Residents and staff will sit with the inmu in between them.*

Staff member at a nursing home





## RELAX AND FIND EASE

With the **inmuRELAX** resting in your lap or on your stomach, the music and vibrations provide you with relaxation and a calm mind. It is a break in a stressful day, and an energizer for your mind. People who experience unrest or anxiety calm down and relax.

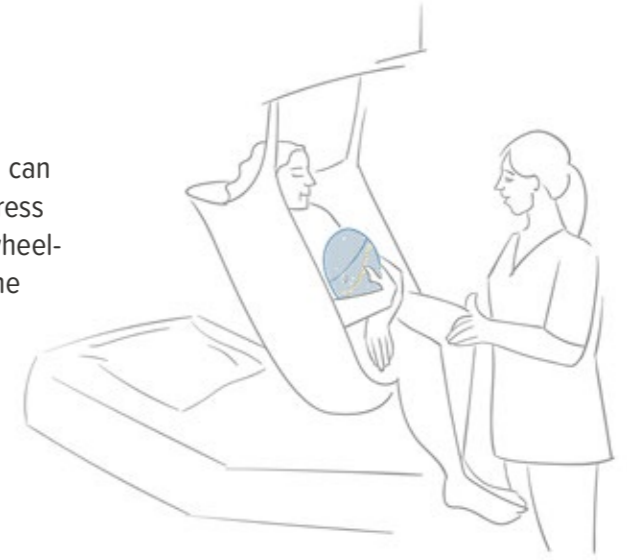


## A GOOD NIGHT'S SLEEP

Lay the **inmuRELAX** on your chest, stomach, or beside you. As long as it can sense your chest moving or your touch, it will play a continuous stream of relaxing and calming music. Combined with the gentle vibrations, it will quickly lull you to sleep. When you are fast asleep, the music will automatically stop.

## DEFLECT ATTENTION

**inmuRELAX** provides a source of security and can be beneficial in deflecting attention from distress or pain—for example, during transfers from wheelchair to bed, daily care routines, or while at the dentist.



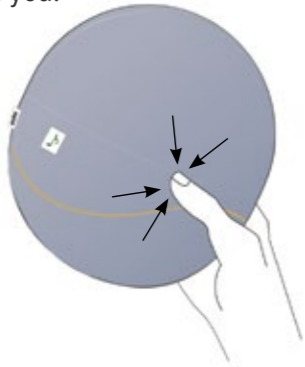
## SILENT COMMUNICATION

The **inmuRELAX** is wonderful to use as a common third. When you sit together, the music stimulates closeness and attention also when words are no longer a possibility. During tough times, it can be life-affirming to just sit together, listen to the music, and feel something pleasant between you.



# A sensory cushion that can feel you

inmuRELAX senses you. Patented sensory technology responds to your touch.



Removable and machine washable cover. The inner cover is water repellent.



Choose between a cover in organic cotton or polyester in 3 different colours.



Rechargeable battery: Needs recharging every 2-3 weeks at typical use.



Stuffing made from natural materials of horse hair and latex.



Interactive meditative music that responds to your touch and movement. The music is composed by advanced artificial intelligence (AI) inside the inmu.

Robust: handles moderate shocks and drops on the floor.

# Music as medicine

Music is the direct route to our soul and mind. Music changes our mood. It can make us feel happy, make us smile, calm us down, and stimulate our thoughts.

Research shows that music has a unique ability to stimulate our brains, and that music can even heal damage to the brain.

**inmuRELAX** is the first sensory tool that uses interactive music, meaning music that you can affect and be a co-creator of. The music is created when you touch the **inmu**, and the musical universe changes when you touch, stroke, or move the **inmu**.

The music is created by a computer inside the **inmu**. The computer uses advanced artificial intelligence (AI) software that composes the music while you hold **inmuREALX** in your hands. The software can register when you hold or move it; thus, you don't need to stream or upload music to the **inmu**.

The musical universe never repeats itself. This has a superbly beneficial effect on the brain. The small changes in the musical universe trigger a sense of curiosity in our brain and can stimulate it to form new connections—maintaining interest.



# Design was integral from the start

The Danish Design Award jury said:

” *A high-tech design solution for a specialised area, disguised as an attractive cushion in quality materials. The music cushion **inmuRELAX** is intended for a group of users whose needs often go unmet because they are unable to speak for themselves. The cushion reaches out to the user through music in a form that goes beyond hi-fi and high-tech. The warm, soft expression and the stimulating tactile surface give it a strong emotional appeal that counteracts stress.*

” *When we developed the **inmu**, we knew from the beginning that the design was an integral part of the product.*

Anders Hansen and Toni Marquard, inventors of the **inmu**



## inmuRELAX is a good sleeping buddy

It can be hard to fall asleep when you are ill, especially if you experience pain, discomfort or intrusive thoughts. An **inmu** is pleasant, soft and calming to fall asleep and wake up with.

The calming music continues to flow as long as you touch it. When you fall asleep, the music stops automatically.

”

*I have been suffering from severe sleeping disorders for three years. I have already tested a lot of things, but the pleasant vibrations and the soft sounds of the **inmuRELAX** have been a relief for me. They help me to find peace in my sleep. When I wake up during the night as usual, I can re-trigger the activity of soft music with a slight movement of the **inmu**, which makes me fall asleep again quickly. After the first day of having the **inmu**, I could experience the feeling of waking up fresher and more relaxed in the morning for a really long time.*

Woman, 45

”

*After our son got **inmuRELAX**, he sleeps without problems. This has never happened since he was born 10 years ago.*

Father to 10-year-old boy with infantile autism



Music is used in a wide range of ways to relax, calm down, solve sleeping disorder, and change the mood. An **inmuRELAX** is safe and soft to hold, and it promotes the feeling of safety combined with relaxing music that you can control yourself. You can put it away when you don't need it anymore, and the music will stop.

The tactile details and the soft vibrations make you feel your body.

The **inmuRELAX** is a valuable tool for many psychiatric patients. It helps to reduce unease and excessive thoughts. **inmuRELAX** is used in several psychiatric hospitals, often as a part of the Safewards method.

”

*I cried tears of joy because I could feel myself again.*

Woman in her 20s, suffers from schizoaffective disorder and hallucinations are a part of her daily life

”

*After having used the **inmuRELAX** for a week, he didn't need to take medication to sleep—he fell asleep with the **inmu**.*

Social worker at mental health centre about a male patient in his 30s who has anxiety, unrest, and paranoid thoughts



Personal care can be experienced as an unpleasant and humiliating situation when you are ill. The **inmuRELAX** can help make personal care less uncomfortable. It's much more pleasant to be cared for in a calming atmosphere surrounded by soft tones. The **inmuRELAX** calms and can be used to distract attention from pain and unpleasant situations.



”  
*We cannot change the fate and living conditions for the residents, but with the **inmu**, we can change their environment.*

Occupational therapist at nursing home

”  
*When Ingrid lies with the **inmuRELAX** on her chest, she'll calm down and become aware of the world around her.*

Care professional about agitated resident with dementia who easily becomes overstimulated

”  
*It's amazing! Now that the resident has become used to using the **inmuRELAX** as a daily comfort tool, the dentist is free to work on fixing her teeth.*

Care professional at a nursing home on resident with dementia who suffers from dental fear



”  
*Mary will often get angry and scream loudly out of powerlessness. I'll lay the **inmuRELAX** on her chest, and that's enough to let me wash her. She feels safe and calls the **inmu Peter**—the name of her little brother she always used to take care of.*

Care professional at a nursing home on resident with dementia



”  
*John gets scared and will grab blindly after things when we, for example, try to move him. With the **inmuRELAX** in his hands, he'll relax noticeably and his attention shifts to sensing the cushion. The music has a calming effect on him.*

Care professional at a nursing home on resident with dementia

## Evidence

Results from a pilot project on the use of the **inmuRELAX** involving 50 people with dementia living in 11 care facilities in 10 Danish municipalities during a four-week period.

- Improves the general mood and well-being for people with dementia.
- Eases daily care routines for people with dementia.
- Minimises limitations in the autonomy of people with dementia during necessary daily care routines.
- Reduces unrest and the use of sedative medication on people with dementia.
- Improves night rest for people with dementia and reduce the use of sleeping medication.
- Limits threats and agitation made by people with dementia against care professionals.

Read more at [inmutouch.com](http://inmutouch.com)



## The inmu gives safety and comfort to kids



”  *inmuRELAX helps him regulate his level of arousal at home and in the kindergarten. It makes him relax and fall asleep easier in the evening.*

Mother of 6-year-old boy with autism who screams and cries when he comes in close contact with other people

”  *I feel calm and get a warm feeling inside.*

Boy in second grade



”  *For me, the sound is like stars that I can capture. This calms me a lot and I put it on my belly in the evening when I go to bed and listen to the soft sounds.*

6-year-old boy who is suffering from insomnia. Through the inmuRELAX, he has been able to reduce the time it takes him to fall asleep from 90 minutes to 10 minutes

inmuRELAX appeals to movement through its interactive music. Damages to the brain—acquired or congenital—are almost always followed by cognitive problems. In rehabilitation, recovery depends on finding “a way” into the brain. Learning does not only happen through the brain and what we understand intellectually, but also through the body.

inmuRELAX is made to feel nice to hold, and because it’s easy to carry, it’s a unique therapy tool. It can be used anywhere where there is a necessity for it and in all circumstances where it can be beneficial—the limit is the imagination.

”  *The majority of the residents exhibit a high level of arousal. It means that they have trouble adjusting their behaviour in relation to their surroundings. They are constantly bombarded by sensory stimulation, and their nervous system is not capable of handling their reactions probably. inmuRELAX provides calm and happiness. The music helps the residents achieve an inner balance and a way of handling conflicts. It is a dignified tool, and best of all it can be used anywhere.*

Manager at an assisted living facility for people with congenital brain damage



## Take an inmu moment on the job

Imagine being able to create your very own soundscape with an inmuRELAX in your hands. You feel the soft fabric and the vibrations. The calming music makes you feel relaxed and frees your breathing.

Whether it is at work or at home, you will benefit from a 5-minute break with inmuRELAX—you will enjoy it.

”

*Beautiful, dream-like music that awakes the imagination. Calming. Could be beneficial for relatives who need a bit of a break.*

Service assistant

”

*If you've gotten lost in your thoughts, it can bring your focus back. People who are into yoga and meditation will catch on to the music style.*

Nurse at a hospice

”

*Perfect for care professionals to use for a short power nap.*

Psychologist



”

*inmuRELAX creates a friendly atmosphere!*

Retired nursing home manager

To be together and to understand and communicate with other people are among the most valuable human experiences. But it can be a tough challenge if you cannot talk, see, hear, remember, or sense your surroundings.

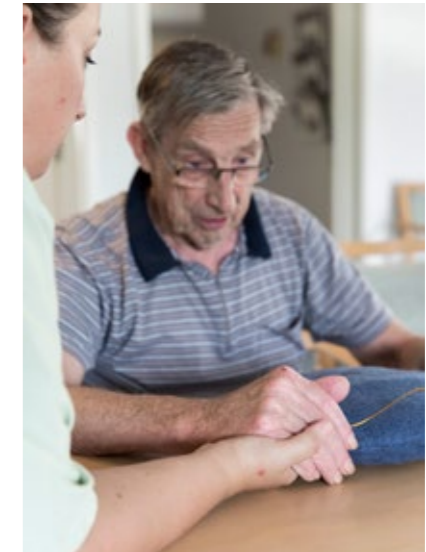
inmuRELAX can be used to form contact and to combat feelings of "abandonment" and loneliness.

inmuRELAX is a beautiful and dignified link between people when you need something to form contact—no matter age or ailment.

”

*To have been able to experience the moments of happiness and relatability the nurses and the relatives have while using the inmuRELAX has been a true gift.*

Nursing home manager and music therapist



”

*I have for a long time not been able to get in contact with my mom. But when I give her the inmuRELAX, she'll open her eyes and I can feel that contact being restored. We'll hold the inmu together, and I can see and feel that she relaxes.*

Daughter to mother with advanced Alzheimer's dementia

## inmuRELAX is made for motion



Changes in the music tell you that you are moving.

Vibrations that you can feel throughout your hands or body help you focus. The inmu's shape and weight make it able to be used as an exercise tool.

”

*The inmu's spread great joy when the residents throw them to each other. They are not 'dangerous' because they are soft and not hard like a ball. When the inmu's are used in physical activity, their focus is not directed towards the sound, but on the movement: for example, to throw or push the inmu among them. Sometimes I'll direct their awareness to the sound, which makes the residents hold the inmu up to their ears. It gives them a natural break in the physical activity and shows that the music has a positive effect.*

Social worker at nursing home

”

*Anna runs her hand along the inmu and then she smiles.*

Care professional at nursing home



## inmuRELAX in daily life

### Make the user feel safe using the inmu.

Let the inmuRELAX be a part of daily life—leave it lying around, make the user aware of it through daily activities, and use it when together with several users at the same time. That way, it becomes a social unifier.

### Create a safe transition before, for example, a visit to the doctor or the dentist.

Let the user sit with the inmuRELAX and relax before the user leave the house or before a visit. Bring the inmu with you and let the user keep the inmu with them after the visit.

### A soft stimulation of the senses.

Put the inmu on the user's chest, stomach, or lap. Let the user put their hand inside the pocket. Touch the inmuRELAX and pay attention to how the music develops. Let the fingers follow the golden wave and feel the softness inside the pocket and the warmth from the inmu held against the body. Feel the vibrations against the body.

### No movement—no music.

The changes in the music motivate movement and make the inmuRELAX an ideal tool for activity therapy. Let the user put their hand inside the pocket on the inmuRELAX. While you listen to the music, gently bend and stretch their arms. Lift the inmuRELAX using both hands, and move it up and down or from side to side in a tempo suitable for the user. Swing the inmuRELAX from side to side and hear the “stardust”. Let a group of users play throw-and-catch. Push the inmuRELAX across a table, and draw the user's attention to listening to the music or the physical movement.



”

*Our inmu's lies in the living room. They are always ready to use.*

Occupational therapist at nursing home

It is estimated that 30% are afraid to go to the dentist. 5-10% are afraid to such a degree that they avoid treatment (odontophobia).

In a study conducted at three dental clinics, 85% of the patients answered that they experienced fewer pains when using an **inmuRELAX** during treatment.

Read more about **inmuRELAX** for dental care at [inmutouch.com](https://inmutouch.com)

”

*Normally the children that come here are nervous, and we have to find ways to calm them down. I was seeing a 5-year-old girl who was just full of energy, and she couldn't stay calm. She wanted to touch everything. The **inmuRELAX** made her calm down, and made her lie still during the entire treatment. Her patience was short, but the **inmu** made it longer.*

Hygienist, school-based dental clinic

”

*...actually, the entire room begins to buzz with gentle calm.*

Hygienist

**inmuRELAX** is a unique combination of calming music and something soft and nice to hold in your hand during treatment.

When the patient puts their hand into the pocket of the **inmuRELAX**, it gives them a sense of safety and diverts their attention from what is going on in their mouth.

The patient's hands can be disinfected before use. The cover can also be disinfected or changed and washed.



”

*The music really calmed me. I could just lie back and relax while the music played and I could feel the vibrations. It felt very calming.*

12-year-old girl suffering from dental fear

”

*The **inmu** gives me more time to work inside the patient's mouth.*

Dentist, special dental clinic

## Technical specifications

### **MATERIAL:**

Cover: 100% organic cotton fleece or 100% polyester fleece.  
Inner fabric: Water repellent polyester fabric.  
Filling: Rubberized horse hair.

### **WASHING INSTRUCTIONS:**

Cover is machine washable at 40°C (cotton cover) / 60°C (polyester cover).

### **DIMENSIONS AND WEIGHT:**

22 cm x 23 cm and 520g (without shipping box).

### **CHARGER:**

240V or 110V charger enclosed.

### **BATTERY CAPACITY:**

Lithium-ion battery (rechargeable). Up to three weeks between charging at regular use.

### **VOLUME:**

Three different volume levels are supported.

### **RESILIENCE:**

Can absorb moderate shocks, e.g., being dropped on the floor.

### **ENVIRONMENTAL PROTECTION:**

The **inmu** is made of materials that are as sustainable, natural and hypoallergenic as possible.

### **WARRANTY:**

2 years.

Danish Design



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