

BOOST
ZEM SLEEP

Restore your inner balance through deep, restorative sleep. A medical programme designed to regulate circadian rhythms and renew physical and mental vitality.



OBJECTIVE Retrain the natural sleep cycle, improve rest quality, and support the body's overall recovery to optimise wellbeing, energy, and emotional balance.

METHODOLOGY Individualised assessment with neurophysiological studies and therapies for brain and emotional regulation. Includes environments designed to promote rest and enhance therapeutic outcomes.

WHO IS IT FOR? For those suffering from insomnia, irregular sleep, stress, or chronic fatigue, seeking to restore restorative sleep that enhances daily vitality.

WHAT DOES IT INCLUDE? Advanced neurophysiological assessment and restorative therapies designed to regulate sleep, reduce stress, and balance body and mind.

SLEEP	
High-Precision Comprehensive Assessment	1
Neuroholistic Interview 90 Minute	1
Biofunctionality Assessment	1
Neuroscan 360°	1
Electroencephalogram + Heart Rate Variability + Facial Thermography	1
Neuromonitoring	1
Portable Polysomnography	1
Dorsolateral Prefrontal Cerebral Stimulation	2
Enhanced Ancestral Therapies	1
Neurofocal Acupuncture	1
Ayurvedic Neuroregulatory Massage	1
Quantum Sound Ceremony	1
Emotional and Mental Wellness Consultation	2
Intravenous Laser Therapy	2
Neuroyoga	3
Post-ZEM Monitoring System	1

RATE 5.500€