What if better sleep, less stress and improved recovery required no effort at all?

Neurosonic brings professional-grade wellbeing technology into the home with new Harmonia GO

Finnish wellbeing technology brand **Neurosonic** has introduced **Harmonia GO**, bringing its professional-grade, low-frequency whole-body vibration technology into a more accessible format for use at home.

Better sleep, less stress and improved recovery are things many of us are actively trying to achieve. But the solutions often come with another routine to follow, whether that's meditation, supplements, recovery exercises or keeping a closer eye on our health data. Neurosonic takes a different approach. What if supporting sleep, stress levels and recovery didn't require finding any more time in your day at all?

Neurosonic answers that question with Harmonia, its portable low-frequency vibration technology designed to support relaxation, recovery, sleep and alertness while users simply lie down. Now, the brand is making that same technology easier to access.

Launching 20 October, Harmonia GO is **available for £995 upfront**, with access to its 10-minute Powernap programme without a subscription. **A £24.90 per month or £249 per year subscription can then follow to unlock the full Neurosonic content offering**, including eight low-frequency vibration programmes, recommended programmes, the ability to create personalised programme combinations, a music licence and Neurosonic Insights. The brand's data tracking, which syncs with the likes of Oura, Apple Health and Google Health Connect, brings metrics including heart rate, HRV, stress levels, sleep duration and sleep stages into the Neurosonic app to track daily and longer-term trends. **The core technology remains the same, with Harmonia GO changing how it can be accessed at home.**

Placed directly underneath a mattress or sofa cushion, Harmonia GO delivers calibrated low-frequency vibrations through the surface beneath the body, creating a passive, whole-body experience designed to support relaxation, recovery, sleep and alertness. Unlike other wellness rituals, there is nothing to learn or get right and, crucially, no extra time to find in the day. Simply get into bed or settle down on the sofa, as you normally would, choose a programme in the Neurosonic app and let the vibrations do the work. The half an hour spent watching television, falling asleep in bed, or simply lying down after a run, can become an opportunity to support wellness, without changing how you spend that time.

The technology can also work around your day, from the moment you go to bed to the moment you wake up, with an activation programme that uses gentle vibrations to help wake the body. Designed to support alertness and activation, it offers a calmer way to move from sleep into the day – without adding another step to the morning routine.

Unlike many recovery tools that concentrate on one muscle or area at a time, Harmonia delivers low-frequency vibration across the entire surface the body rests on. Neurosonic's approach recognises that the effects of a

long day rarely stay neatly in one place – tension can be carried through the shoulders, jaw, chest, back and legs at the same time. Lightweight and portable, Harmonia GO allows this technology to be enjoyed at home, at work or while travelling, without requiring a dedicated recovery space or bulky wellness equipment.

"We've made wellbeing increasingly complicated," says Juha Suoniemi, CEO of Neurosonic. **"People want to sleep better, feel less stressed and recover properly, but achieving those things can start to feel like another job."**

"Harmonia has always been about doing the opposite. You don't need to wake up earlier, find another half an hour in your day or learn a new technique. You can use it while you're already lying in bed or relaxing on the sofa. You can choose a programme, and the technology does the work. With Harmonia GO, we're bringing that same professional-grade technology into the home in a more accessible format. By lowering the upfront investment and introducing a subscription model, we can give more people another way to access it, on terms that better fit how they already choose to spend and commit."

The UK will be the first market to launch Harmonia GO and Neurosonic's new subscription model, as the Finnish brand explores a more flexible way of bringing its existing technology into everyday life. Neurosonic Harmonia GO launches on **20 October 2026, priced at £995 upfront, with subscriptions available for £24.90 per month or £249 per year.** The existing Harmonia outright-purchase model will continue to be available, also.

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About Neurosonic:
Neurosonic is a Finnish wellbeing technology brand that helps people reset, sleep better and stress less using science-led low-frequency vibration technology. Grounded in neuroscience, Neurosonic's solutions work with the body's natural recovery processes to support relaxation, recovery and sleep, effortlessly. Trusted globally by wellness professionals, athletes and workplaces, Neurosonic combines research-driven innovation with considered design to make everyday wellbeing intuitive and accessible. For more information, visit **www.neurosonictech.com**.

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