



(43) International Publication Date
10 October 2013 (10.10.2013)

(10) International Publication Number
WO 2013/152348 A1

- (51) **International Patent Classification:**
A61M 21/02 (2006.01) *A61H 23/00* (2006.01)
A61N 5/06 (2006.01)
- (21) **International Application Number:**
PCT/US2013/035625
- (22) **International Filing Date:**
8 April 2013 (08.04.2013)
- (25) **Filing Language:** English
- (26) **Publication Language:** English
- (30) **Priority Data:**
61/621,389 6 April 2012 (06.04.2012) US
61/621,399 6 April 2012 (06.04.2012) US
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- (81) **Designated States** (*unless otherwise indicated, for every kind of national protection available*): AE, AG, AL, AM, AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ, CA, CH, CL, CN, CO, CR, CU, CZ, DE, DK, DM, DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN, HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KN, KP, KR, KZ, LA, LC, LK, LR, LS, LT, LU, LY, MA, MD, ME, MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SC, SD, SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.
- (84) **Designated States** (*unless otherwise indicated, for every kind of regional protection available*): ARIPO (BW, GH, GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Published:

— with international search report (Art. 21(3))

(54) **Title:** FREQUENCY SPECIFIC SENSORY STIMULATION

(57) **Abstract:** One or more sensory, auditory and/or visual stimuli are presented to a subject at a specific frequency that is equal to, or a harmonic of, the intrinsic frequency of one or more of the subject's biological signals. The purpose is to indirectly (through the eyes, ears, or touch) provide frequency coupling among different organs (e.g., heart, brain, breathing, and gastrointestinal movement) through rhythmic entrainment. The specific harmonic chosen is the one closest to the interested EEG frequency. The interested frequency is chosen based on the cognitive element or symptom that is targeted. Additionally, games and programs (audio, video, computer) can incorporate Pavlovian cues to facilitate placing the brain in an acceptable state. In one embodiment, the ticking sound of a repetitive transcranial stimulation (rTMS) device is played to subconsciously remind the patient of the rTMS treatment and thereby produce a therapeutic effect. Additionally, physical stimulus such as tapping or low-level electrical stimulation at a pre-determined rate will accomplish the same effect.



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