# CLAIMS

I claim:

1. A method of treating a mental disorder in a patient in need thereof which comprises subjecting the patient to a sensory stimulation at a frequency, or an harmonic thereof, of a biological metric.

2. The method of claim 1 wherein the biological metric is an EEG frequency, heart rate, respiratory rate, or gastrointestinal movement rate (rate of peristalsis) of the patient.

3. The method of claim 2 wherein the sensory stimulation has a frequency that is an harmonic of the patient's heartbeat or respiratory rate whichever is closer to a desired EEG frequency of the patient.

4. The method of claim 3 wherein the desired EEG frequency is in the delta band (<4 Hz), the theta band (4-8 Hz), the alpha band (8-13Hz), the beta band (13-30 Hz), the gamma band (~40 Hz) or the Mu band (8-13 Hz) of the patient.

5. The method of claim 1 wherein the sensory stimulation is delivered by sound, visual media or touch.

6. The method of claim 5 wherein the sensory stimulation is a song, music, a movie, a video game, an audio file, flickering lights or a vibration.

7. A method of improving a physical condition in a patient in need thereof which comprises subjecting the patient to a sensory stimulation at a frequency, or an harmonic thereof, of a biological metric.

8. The method of claim 7 wherein the biological metric is an EEG frequency, heart rate, respiratory rate, or gastrointestinal movement rate (rate of peristalsis) of the patient.

9. The method of claim 8 wherein the sensory stimulation has a frequency that is a harmonic or of the patient's heartbeat or respiratory rate whichever is closer to a desired EEG frequency of the patient.

10. The method of claim 9 wherein the desired EEG frequency is in the delta band (<4 Hz), the theta band (4-8 Hz), the alpha band (8-13Hz), the beta band (13-30 Hz), the gamma band (~40 Hz) or the Mu band (8-13 Hz) of the patient.

11. The method of claim 7 wherein the sensory stimulation is delivered by sound, visual media or touch.

12. The method of claim 11 wherein the sensory stimulation is a song, music, a movie, a video game, movement of objects on a video screen, an audio file, flickering lights or a vibration.

13. The method of claim 7 wherein the physical condition is concentration, sleep, alertness, memory, blood pressure, stress, libido, speech, motor function, physical performance, cognitive function, intelligence, height or weight.

14. The method of claim 1 wherein the mental disorder is Autism Spectrum Disorder (ASD), Alzheimer's disease, ADHD, schizophrenia, anxiety, depression, coma, Parkinson's disease, substance abuse, bipolar disorder, a sleep disorder, an eating disorder, tinnitus, traumatic brain injury, or fibromyalgia.

15. An audio medium which comprises sounds at a frequency that is an harmonic of a biological metric.

16. The audio medium of claim 15 that is an audio tape, a digital audio file, a video tape, a video game or a computer file.

17. A device that produces a vibration or electrical stimulation at a frequency that is a harmonic of a biological metric.

18. The device of claim 17 which comprises a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

19. A visual medium which comprises visual stimulus at a frequency that is a harmonic of a biological metric.

20. The visual medium of claim 19 wherein the visual stimulus is flickering lights or movement of objects in the visual medium that flicker or move at a frequency of a biological metric or an harmonic thereof.

21. The visual medium of claim 20 which comprises a video game, a DVD, an analog or digital video signal, a computer file, a smart phone, a hand held device or a videotape.

22. A method of providing a conditional response in a patient who has received a repetitive transcranial magnetic stimulation (rTMS) treatment with an rTMS device which comprises subjecting the patient to audio sounds substantially similar to the sounds or physical stimulus emitted or produced by the rTMS device whereby the patient receives therapeutic effects of the original rTMS treatment wherein said sounds and physical stimulus are delivered at a frequency that of the original rTMS treatment.

23. The method of claim 22 wherein the audio sounds are provided with a analog or digital recording of a ticking sound generated by the rTMS device.

24. The method of claim 22 wherein the audio sounds are generated as a part of a puzzle, game or task to be used or given by or to the patient.

25. The method of claim 22 wherein the audio sounds are generated as a reward for achieving a goal in a video game.

26. The method of claim 22 wherein the physical stimulus simulates the tapping sensation felt by the patient undergoing rTMS treatment.

27. An audio medium which comprises sounds substantially similar to the sounds emitted by an rTMS device wherein the audio medium can be set to a predetermined frequency.

28. The audio medium of claim 27 that is an audio tape, a digital audio file, a video tape, a video game or a computer file.

29. A device that simulates a sensation felt by a patient who has undergone an rTMS treatment wherein said simulation is delivered at a frequency of the patient's original rTMS treatment.

30. The device of claim 29 wherein the sensation is a tapping sensation felt by the patient who has undergone an rTMS treatment.

31. The device of claim 30 which comprises a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

32. The device of claim 29 wherein the sensation is an electrical stimulation felt by the patient who has undergone an rTMS treatment.

33. The device of claim 32 which comprises a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

34. The device of claim 29 that simulates a sound heard by the patient who has undergone an rTMS treatment.

35. The device of claim 34 that is an audio tape, a digital audio file, a video tape, a video game, a computer file, a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

36. The device of claim 31 wherein the tapping sensation is mimicked by vibration next to the skin of the patient.

37. The device of claim 31 wherein the tapping sensation is mimicked by low-level electrical impulses imparted by electrodes touching the skin of the patient.

38. In a video game that includes multiple levels of play based on the skill of a player playing said video game, the improvement which comprises programming said video game to simulate the ticking sound of an rTMS device after each level of play is mastered.

39. The improved video game of claim 17 wherein the ticking sound it produced at a frequency at which a patient received an rTMS treatment.

**CLAIMS**

1. A device for simulating a sensation felt by a patient who has undergone an rTMS treatment wherein said device is capable of delivering simulation at a frequency of a patient's original rTMS treatment.

2. The device of claim 1 wherein the simulation is a tapping sensation or an electrical stimulation felt by a patient who has undergone an rTMS treatment, preferably wherein the tapping sensation is mimicked by vibration next to the skin of a patient or by low-level electrical impulses imparted by electrodes touching the skin of a patient.

3. The device of claim 2 which comprises a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

4. The device of claim 1 wherein the simulation is a sound heard by a patient who has undergone an rTMS treatment.

5. The device of claim 4 that is an audio tape, a digital audio file, a video tape, a video game, a computer file, a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

6. An audio medium which comprising a sound at a frequency that is an harmonic of a biological metric, or a device that produces a vibration or electrical stimulation at a frequency that is a harmonic of a biological metric, or a visual medium comprising a visual stimulus at a frequency that is a harmonic of a biological metric.

7. The audio medium of claim 6, wherein the audio medium is an audio tape, a digital audio file, a video tape, a video game or a computer file.

8. The device of claim 6 which comprises a watch, a bracelet, a necklace, a cell phone, a hand-held computer, or a handheld video control unit.

9. The visual medium of claim 6 wherein the visual stimulus is flickering lights or movement of objects in the visual medium that flicker or move at a frequency of a biological metric or an harmonic thereof.

10. The visual medium of claim 9 comprising a video game, a DVD, an analog or digital video signal, a computer file, a smart phone, a hand held device or a videotape.

11. The audio medium, device, or visual medium of claim 6, wherein the biological metric is an EEG frequency, heart rate, respiratory rate, or gastrointestinal movement rate (rate of peristalsis) of the patient.

12. The audio medium, device, or visual medium of claim 11, wherein the EEG frequency is in the delta band (<4 Hz), the theta band (4-8 Hz), the alpha band (8-13Hz), the beta band (13-30Hz), the gamma band (~40 Hz) or the Mu band (8-13 Hz) of a patient.