



LENS for First Responders: Performance & Recovery

First responders—including law enforcement, fire, and EMS—face unique, high-intensity neurological challenges. Constant hyper-vigilance, disrupted sleep cycles, and exposure to traumatic events can leave the nervous system stuck in a "high alert" state. The Low Energy Neurofeedback System (LENS) provides a fast, passive, and effective way to reset these patterns and restore peak operational functioning.

How LENS Supports the Front Line

- **Quieting Hyper-Vigilance:** LENS targets the central nervous system to help alleviate the "startle response" and severe anxiety often associated with high-stress service.
- **Restoring Sleep Cycles:** It is specifically effective at resolving insomnia and restless sleep, helping those on irregular shifts achieve deeper, more restorative rest.
- **Clearing Cognitive Fog:** For responders who have experienced head injuries or chronic stress, LENS helps clear "brain fog" and improves concentration and word recall.
- **Reducing Irritability:** By balancing brainwave activity, LENS can decrease symptoms of explosiveness and reactivity, improving both professional performance and personal relationships.

Why LENS is Different for First Responders

- **Fast-Acting Results:** Noticeable improvements in functioning are often reported within the first few sessions, making it ideal for those with limited downtime.
- **Passive & Effortless:** Unlike traditional therapies that require active participation or reliving trauma, LENS is a passive technology where you simply sit comfortably for a few minutes.
- **Efficiency:** Average sessions last from a few seconds to several minutes, fitting easily into demanding schedules.
- **Lasting Impact:** Changes are enduring, meaning there is no need for ongoing, long-term treatment once goals are met.
- **Results:** Over 85% of clients have benefitted significantly from the LENS.
- **Safety:** LENS is an **FDA-cleared Class II medical device** (Regulation 882.5050) with an electromagnetic signal strength less than 1/100th of a standard cell phone.

What to Expect During Treatment

1. **Customized Plan:** You will complete three initial questionnaires used to develop a treatment plan unique to your physiology and service history.
2. **Monitoring:** Sensors are placed on the head or body to monitor real-time brainwave activity.
3. **Unique Feedback:** The LENS identifies your unique EEG "fingerprint" and uses it to provide customized feedback that matches your specific neurological profile.
4. **Rapid Relief:** With typical symptom presentations, responders often begin to experience relief from reactivity and stress within 1–3 sessions.

Direct Resources & Success Stories

The San Diego Police Department Study Officers struggling with duty-induced trauma and hyper-vigilance were treated with Direct Neurofeedback (LENS technology). Participants reported a significant reduction in post-traumatic stress symptoms and a dramatic improvement in sleep quality and emotional regulation on and off the clock.

100% Success Rate: NFL Post-Concussion Study A clinical study of former NFL players suffering from post-concussion syndrome—including memory loss, irritability, and "brain fog"—showed that **10 out of 10 players** experienced significant clinical and statistical improvement in cognitive function and symptom reduction after neurofeedback treatment.

NHL Alumni Recovery Retired professional hockey players have utilized this technology to clear the chronic fog and balance issues associated with repetitive head impacts. Many report that for the first time in years, "the lights came back on," allowing them to regain their quality of life.

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