

BioSynCare is a multiplatform digital system for sensory stimulation, guided breathing, cognitive performance, health, and well-being.

Available on the web, iOS, and Android, BioSynCare creates structured sessions that combine patterned auditory stimulation, breathing guidance, visual cues, optional colored noise, and natural soundscapes. These elements help users regulate their level of activation according to their immediate needs—whether they want to concentrate, recover from stress, relax, restore energy, or prepare for sleep.

Main Functionalities

- **Sensory stimulation sessions:** carefully designed rhythmic and patterned audio using binaural beats, isochronic stimulation, sonic symmetries, frequency modulation, spatial movement, and related techniques.
- **Guided breathing:** synchronized auditory and visual cues help users follow slower, more regular breathing patterns, with adjustable timing and inhale–exhale balance.
- **Goal-oriented session catalogue:** sessions support practical needs including focus, cognitive performance, relaxation, anxiety management, stress recovery, sleep, mood, physical tension, sensory settling, migraine support, and contemplative experiences.
- **Seraphony and tailored sessions:** BioSynCare’s AI agent transforms users’ goals, preferences, and context into a tailored sensory-stimulation session, which can then be refined through duration, breathing, soundscape, intensity, and listening controls.
- **Synchronized group sessions:** users can create or join private or public rooms and experience the same session together in real time, supporting one another through shared practices for focus, recovery, relaxation, or contemplation.
- **Colored noise and natural soundscapes:** optional noise textures and environmental recordings—including rain, water, forests, oceans, and fire—can make sessions more comfortable and immersive.
- **High-fidelity synthesis:** precise real-time digital synthesis, signal timing, mixing, and smooth transitions are optimized to preserve the intended stimulation patterns and guarantee that each session is delivered with the highest level possible of fidelity, accuracy, and consistency.
- **Accessible multiplatform delivery:** BioSynCare operates on common computers, smartphones, and tablets, without requiring specialized equipment.

BioSynCare integrates scientific research, psychophysics, software engineering, signal processing, sound design and user-experience design into a practical system for everyday use. Its purpose is to support attention, relaxation, recovery, sleep, cognitive performance, health, and general well-being through non-invasive sensory techniques.

*BioSynCare has endorsed the **European Charter for the Responsible Development of Neurotechnologies**, promoted by the **European Brain Council**, and is listed among the organisations supporting it, affirming its commitment to responsible, human-centred, and rights-oriented innovation.*

BioSynCare is a wellness and performance-support platform and does not replace medical diagnosis, treatment, or professional care.