

About Alphabeats

Mental well-being is crucial to overall health. Emotionally healthy people have control over their ideas, feelings, and actions. Alphabeats, a digital mental wellbeing platform, provides those who care about their mental health with a new routine for mental wellbeing and excellence that is powered by their favorite music.

Founded in 2019, Alphabeats is a Netherlands-based deep-tech venture that uses Philips technology and implicit learning to lower stress by listening to music for as little as 10 minutes per day. AlphaBeats directly improves the quality of life, making users feel more fit and healthy and giving them a higher level of resilience.

AlphaBeats uses music-based biofeedback to help reduce chronic stress and its associated effects such as poor sleep, increased blood pressure, lowered immune system, anxiety, and depression. The app measures stress levels through breathing and heart rate variability.

Through its algorithmic audio layer that responds to both the music one is listening to, and the biofeedback, Alphabeats allows your brain to reset to alpha-state, a.k.a state of wakeful rest.

How does it work?

Alphabeats is based on a clever interplay between human nature and human innovation. The effect that music has on the human brain is already amazing. The additional insight is that it appears that people are neurologically hardwired to want good music. Our brain will do whatever it takes to make the music you love most, sound the best. Even generating high Alpha waves.

This is why Alphabeats works best with the music you love most. Our unique audio layer has two main components:

- The first is a dynamic equalizer that continuously adapts its' settings in response to your biofeedback,
- The second is a set of various sound additions to more consciously, but still, very gently, guide your breathing and heart rate.

This combination triggers your brain to find and produce Alpha waves, breaking through the stress loop and building up.

All you need is the Alphabeats app, a phone, headphones, 10 dedicated minutes, and your favorite music. Our app helps you to track progress, keep the routine going, and find your inner alpha each day, every day.

Anytime, anywhere, any kind of music.