

Which Mindfulness Tool Matches Your Nervous System?

A short quiz designed to help you discover the best AI-powered wellness gadget for your unique needs.



Ever wondered why certain mindfulness tools feel life-changing for some but not for others?

The truth is, your nervous system type plays a big role in which tools will actually help you regulate stress, focus, and rest. Take this quick quiz to discover the AI-powered mindfulness gadget that matches your unique nervous system needs.



Question 1: How does stress usually show up for you?

- A) Racing thoughts / overthinking
- B) Tight shoulders, migraines, or eye strain
- C) Trouble focusing or getting stuck in distraction loops
- D) Trouble sleeping or feeling “wired but tired”

Question 2: What’s your go-to reset in the middle of the workday?

- A) A quick meditation or breathing exercise
- B) Closing your eyes, resting, or stretching
- C) Moving around or grabbing a snack
- D) Scrolling your phone in bed before sleep

Question 3: What kind of self-care feels the most nourishing to you?

- A) Mental clarity and calm
- B) Physical relaxation and comfort
- C) Focus + flow for productivity
- D) Deep rest and better sleep

■ Results: Your Perfect Match

Mostly A's → Muse S (Gen 2) Headband

Perfect if your stress is mental. Tracks brain activity and helps you meditate with real-time feedback.

Mostly B's → Therabody SmartGoggles

You carry stress physically. SmartGoggles use heat + vibration to relieve eye strain, migraines, and tension.

Mostly C's → Apollo Neuro

You thrive when your nervous system is balanced. This wearable uses vibrations to promote calm focus.

Mostly D's → Somavedic Vedic Device

Your main need is rest. Somavedic supports sleep and energy flow, making your environment calmer.

■ Share your results in the comments: Which mindfulness tool matched YOUR nervous system?

■ Then download your free **Mindful Tech Starter Guide** for daily routines + expert picks.

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