

## **Pulsetto – Information Sheet**

At Children's Therapy Services, we support the whole family system not just the child. A parent's ability to regulate, stay calm, and maintain emotional balance significantly influences a child's development and behaviour.

To support this, we may recommend Pulsetto, a safe, non-invasive device designed to stimulate the vagus nerve and support nervous-system regulation in adults. While Pulsetto is not used with children, it can be extremely helpful for parents who wish to improve their own stress response, emotional regulation, and resilience.

### **What Is Pulsetto?**

Pulsetto is a wearable device that uses *gentle, non-invasive vagus nerve stimulation (VNS)*. It is placed on the neck and delivers a low-frequency signal that supports regulation of the autonomic nervous system—your body's "stress and calm" system.

The vagus nerve plays a key role in:

- Stress recovery
- Emotional regulation
- Heart-rate variability (HRV)
- Sleep quality
- Arousal and calm states
- Cognitive clarity

By supporting vagal activation, Pulsetto can help adults shift from a fight/flight state into a rest-and-digest state, improving day-to-day regulation.

### **Why We Recommend Pulsetto for Parents**

Supporting a child with sensory, behavioural, or developmental difficulties it can be emotionally demanding. Many parents experience:

- High stress levels
- Fatigue or burnout
- Difficulty staying calm during challenging moments
- Overwhelm or emotional reactivity
- Reduced patience or frustration tolerance
- Poor sleep

Pulsetto can help parents regulate their own nervous system, which in turn:

- ✓ Improves the family environment
- ✓ Supports co-regulation with the child
- ✓ Enhances consistency, calmness, and emotional availability

When parents are regulated, children learn to regulate more effectively.

## **How Does Pulsetto Support the Nervous System?**

### **Autonomic Nervous System Balance**

Pulsetto targets the vagus nerve to support balance between:

- **Sympathetic activation** (stress, alertness, reactivity)
- **Parasympathetic activation** (calm, rest, recovery)

This shift promotes emotional steadiness and reduces stress reactivity.

### **Benefits for Parental Regulation**

Pulsetto may help parents with:

- Emotional resilience
- Stress management
- Improved mood stability
- Faster recovery after stressful events
- Lower overall tension
- Improved sleep quality
- Clearer thinking and problem solving

This creates a calmer base from which to support your child.

### **Understanding Vagus Nerve Support**

Vagal activation is closely tied to whole-brain and whole-body functioning. Strengthening vagal tone may support:

#### **Left Hemisphere-Associated Supports**

- Improved planning and organisation
- Greater focus and cognitive clarity
- Better decision-making
- Improved verbal reasoning

#### **Right Hemisphere-Associated Supports**

- Emotional awareness and connection
- Social understanding
- Stress tolerance
- Flexibility in behaviour
- Improved co-regulation with children

Through improved vagal regulation, both hemispheres communicate more efficiently, supporting balanced emotional and cognitive functioning.

### **How Parents May Use Pulsetto**

Parents can use Pulsetto at home as a daily nervous-system support tool.

A typical use routine may include:

1. Placing the device on the neck as instructed.
2. Selecting a session through the Pulsetto app (e.g., *Stress Relief, Sleep, Calm Down, Pain Management*).
3. Completing a 5–20 minute session while sitting or resting.
4. Incorporating Pulsetto into a daily regulation routine (especially before stressful parts of the day, during overwhelm, or before sleep).

Many parents find that regular use improves their ability to respond calmly and consistently to their child's emotional needs.

### **What Are the Benefits?**

Pulsetto may support:

- ✓ Improved emotional regulation
- ✓ Reduced daily stress
- ✓ Better sleep quality
- ✓ Lower anxiety and overwhelm
- ✓ Improved frustration tolerance
- ✓ Increased patience
- ✓ Enhanced calmness during challenging behaviours
- ✓ Better co-regulation with children
- ✓ Improved autonomic nervous system balance

When parents regulate better, children feel safer, calmer, and more supported.

### **Is Pulsetto Safe?**

Yes. Pulsetto uses non-invasive vagus nerve stimulation. It does not deliver electrical shocks and is considered safe for adult use.

If you have implanted medical devices, heart conditions, or neurological concerns, please consult your GP before use.

### **Our Approach at Children's Therapy Services**

Pulsetto is one component of a broad, evidence-informed therapeutic model for families, which may include:

- Parent coaching and emotional regulation support
- Functional neurology assessments
- Occupational Therapy for children
- Emotional regulation programs
- Sensory integration support
- Behaviour and self-regulation strategies
- Primitive reflex integration
- Family-centred intervention planning

Children's Therapy Services Queensland

Our goal is to support both the child and the caregiver, recognising that parent regulation is central to a child's developmental progress.