

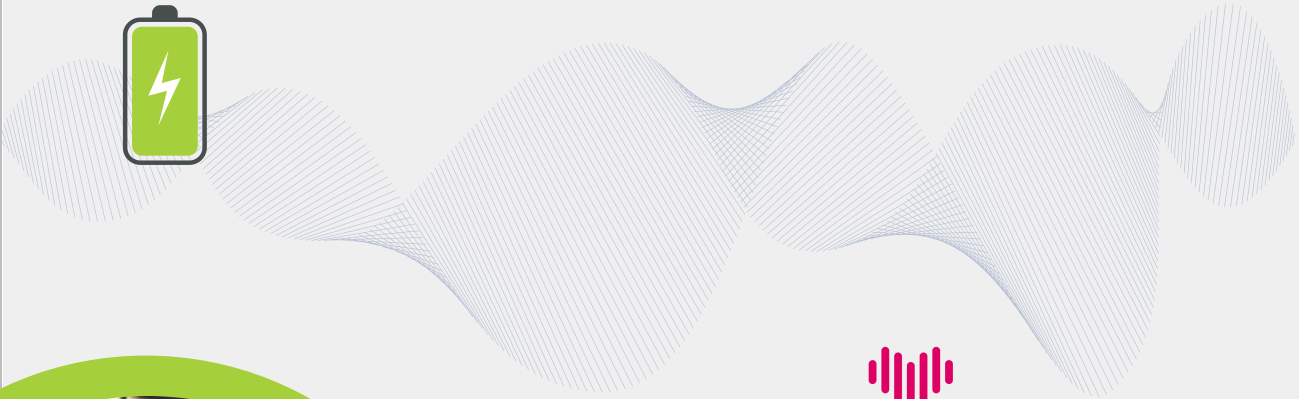


Esbjerg  
Kommune

Danish Municipality

Local Government

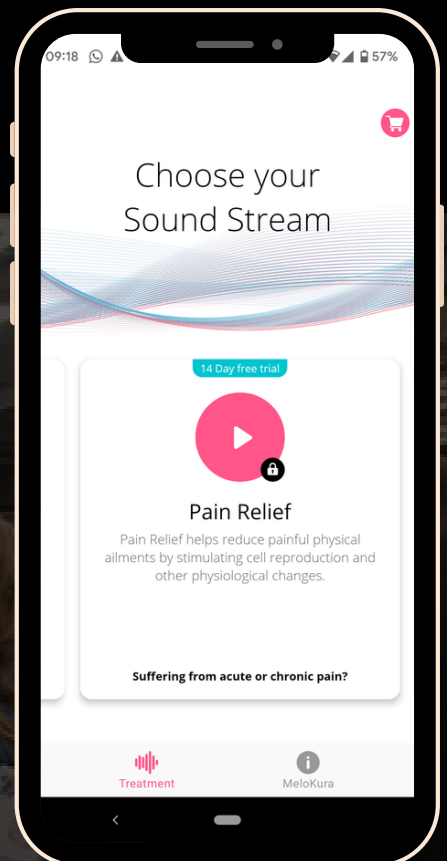
## EMPOWERING THE WORK FORCE



MeloKura

### CASE STUDY

Frequency Sound Streams





Esbjerg  
Kommune



Denmark

## PARAMETERS

Esbjerg Kommune, a Danish municipality, has conducted a survey on a group of its staff who have been using one or several MeloKura frequency sound streams for a period of time.

## TRIAL GROUP

49 members of staff

## RESPONDENTS

41 members of staff

## INCOMPLETE INFO

8 members of staff

## USAGE - 1 OR MORE STREAMS

61%



# Case Study

Intelligent Frequency  
Sound Streams

## ESTABLISHMENT

Esbjerg Kommune

## FUNCTION

Local Government/ Danish Municipality

## LOCATION

Denmark

## NUMBER OF STAFF

10,500

## MELOKURA LICENSES PURCHASED

3,000

## GOALS

Facilitate Recruitment  
Reduce Absence  
Reduce Stress  
Address Burnouts  
Improve Sleep Quality  
Improve Productivity

**Case study Lead name** Heidi Vestergaard Larsen

**Job position** Head of Education, IT &  
Working Environment

**Contact details** hvl@esbjerg.dk



"MeloKura is collaborating with Esbjerg Kommune providing a white-label selfcare app that is easy to use anywhere, anytime to increase the wellbeing, relief and healing of its employees".



**Heidi Vestergaard Larsen**

Head of Education, IT & Working Environment



Esbjerg  
Kommune

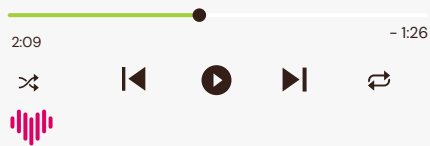
## USAGE - WHICH STREAMS DID STAFF USE



### PRE SLEEP

**50%**

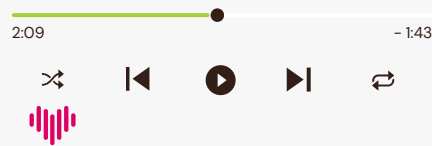
MeloKura



### DEEP SLEEP

**53.6%**

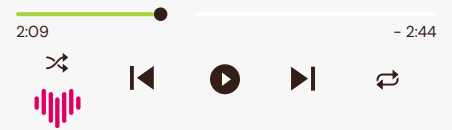
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### PAIN RELIEF

**46.6%**

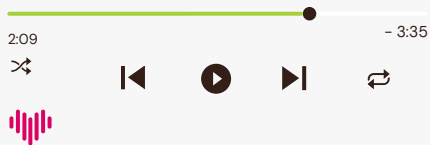
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### STRESS RELIEF

**74.1%**

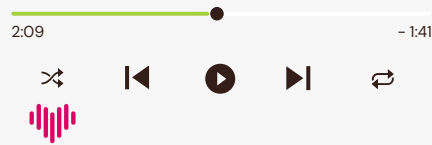
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### WELLNESS OPTIMISER

**53.6%**

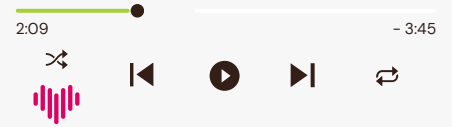
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### TENSION RELIEF

**28.6%**

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Esbjerg  
Kommune



## testimonials

"Before using MeloKura, I slept only 4 hours a night several times a week. Now it only happens about 1 time per week that I only sleep 4 hours a night. Now my night's sleep is up to about 7 hours most nights."

"I have arthritis and experience pain daily. Pain relief makes me relax for the night"

"As previously written, I know that it works, as I used it a lot in the beginning, right now it is paused, which I can feel - so will probably use it again. "

"I mostly use Pre-Sleep and it makes me fall asleep quickly and I sleep for longer periods of time and sometimes completely without waking up - it's nice :)"

OVER

**81%**

RECCOMEND



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"I generally have a lot of anxiety in my body after I have been affected by stress in 2018. After using MeloKura Stress Relief I notice marked change. Uses the program daily after returning from work. "

"I put MeloKura on when I come to work, and I listen to it while I sit in front of my computer and work"

"I suffer from chronic neck/shoulder pain and a worn hip/knee. I also have facet joint syndrome, so I am used to having pain daily. Seems I can feel a significant difference with Wellness Optimizer and Pain Relief daily."


"I have noticed significant improvement in my daily life, I have slept better, I feel less restless in my body, and have more energy and my mood has improved."

"I can feel I have increased energy, already after the first few days. "

"It's amazing that "music" of this kind can have such a big impact. "

**MOST UTILISED STREAMS**

**1**

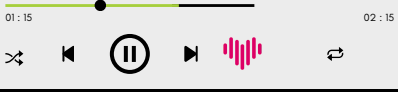


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**STRESS RELIEF**

frequency sound streams  
MeloKura

01:15 02:15



Before MeloKura

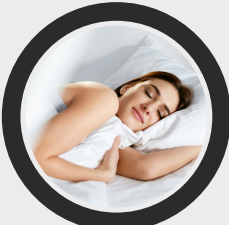
**60%** FELT OVERLOADED  
of staff

**5** and above  
on a scale of 1 to 10

After MeloKura

only **20%**  
of staff felt overloaded

**2**

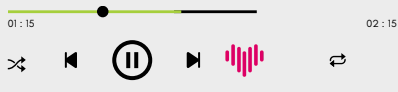


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**DEEP SLEEP**

frequency sound streams  
MeloKura

01:15 02:15



Before MeloKura


**39%** ENERGY LEVELS  
of staff

**7** and above  
on a scale of 1 to 10

After MeloKura

**73%**  
of staff had energy levels 7 & above

**3**

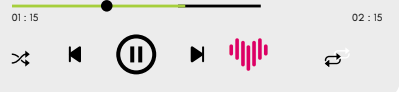


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**WELLNESS OPTIMIZER**

frequency sound streams  
MeloKura

01:15 02:15



Before MeloKura

**39%** ENERGY LEVELS  
of staff

**7** and above  
on a scale of 1 to 10

After MeloKura

**80%**  
of staff had energy levels 7 or above

Before MeloKura

**26.7%** SLEEP QUALITY  
of staff

no 9's or 10's reported  
**7** and above  
on a scale of 1 to 10

After MeloKura

**73.3%** 26.7% reporting their sleep to be 9 out of 10  
of staff had sleep quality of 7 or above

Before MeloKura

**26.6%** ANXIETY LEVEL  
of staff

no 9's or 10's reported  
**7** and above  
on a scale of 1 to 10

After MeloKura

**73.4%** CALMNESS LEVEL  
of staff  
6.7% reporting their calmness level being 10 out of 10  
**7** and above  
on a scale of 1 to 10



Esbjerg  
Kommune