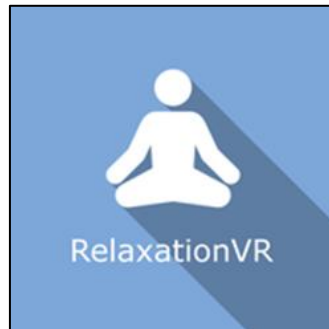




RelaxationVR

Module tutorial



Table of contents

1.	GENERAL	3
1.1.	Description	3
1.2.	Required accessories.....	3
1.3.	Patient setup	3
2.	Settings	3
2.1.	Session settings	3
2.1.1.	Environment	4
2.1.2.	Audio settings.....	5
3.	Module.....	6
3.1.	Session	6
3.2.	Shortcuts	7
3.3.	Results	7
3.3.1.	Summarized results	7
3.3.2.	Graphs and report	7



1. GENERAL

1.1. Description

RelaxationVR software is an immersive 3D simulation based on virtual reality technology which allows a person to be immersed in an artificial digitally created world.

RelaxationVR is used to immerse the patient in ecological environments conducive to relaxation.

1.2. Required accessories

VR headset.

1.3. Patient setup

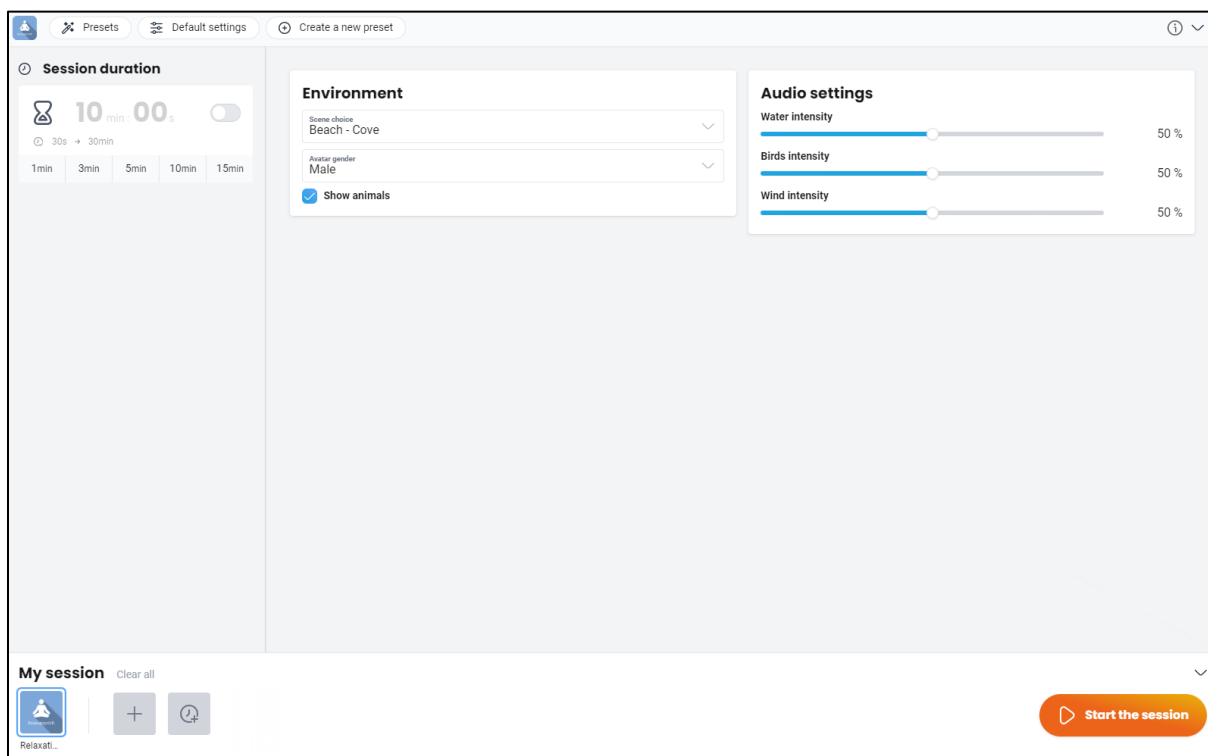
Depending on the environment, the patient can be represented by an avatar in a sitting or lying position. In which case it is advisable to install the patient in the same position as the avatar if there is to be coherence between the visual rendering of the environment and the real position of the patient.

Beach: semi-recumbent position, or patient lying down.

Pines and Fir trees: sitting position.

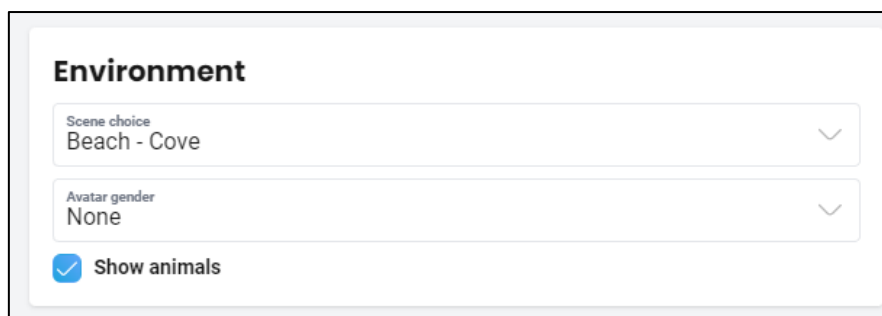
2. Settings

2.1. Session settings



The variable settings for this module are as follows:

2.1.1. Environment



Scene choice:

Several environments are available: beach – cove, forest – pines, forest – fir trees.

A screenshot of the "Environment" settings panel. It has a title "Environment" at the top. Below it is a dropdown menu labeled "Scene choice" with "Beach - Cove" selected. Below the dropdown is a list of three options: "Beach - Cove" (highlighted in blue), "Forest - Pines", and "Forest - Fir trees".

Environment

Scene choice
Beach - Cove

Beach - Cove

Forest - Pines

Forest - Fir trees

Avatar gender:

Female, male or none.

A screenshot of the "Avatar gender" settings panel. It has a title "Avatar gender" at the top. Below it is a dropdown menu with "Female" selected. Below the dropdown is a list of three options: "Male", "Female" (highlighted in blue), and "None".

Avatar gender
Female

Male

Female

None

Show animals:

If this option is activated by checking the corresponding box, animals appear in the environment.

2.1.2. Audio settings

A screenshot of the "Audio settings" panel. It has a title "Audio settings" at the top. Below it are three sliders, each with a label, a slider bar, and a percentage value. The first slider is "Water intensity" at 50%. The second slider is "Birds intensity" at 50%. The third slider is "Wind intensity" at 50%.

Audio settings

Water intensity 50 %

Birds intensity 50 %

Wind intensity 50 %

Sound intensity of water, birds and wind:

Lets you modulate the sound intensity of certain elements in the environment.

Value: from 0 to 100%.



3. Module

3.1. Session

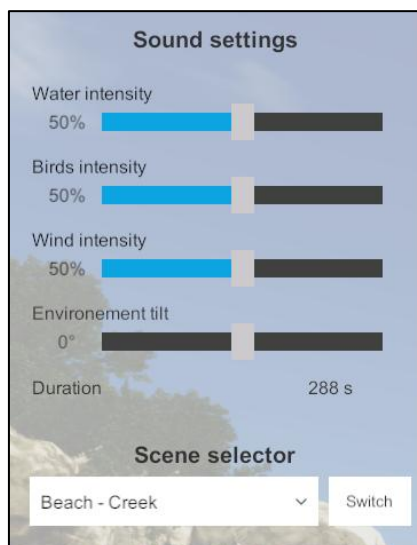
Once the presets have been defined, click on the "**Start the session**" button.



In the top left of the screen:

Modify audio parameters, change the environment and view the session duration.

Change the **environment tilt**, from -20 to 20°.



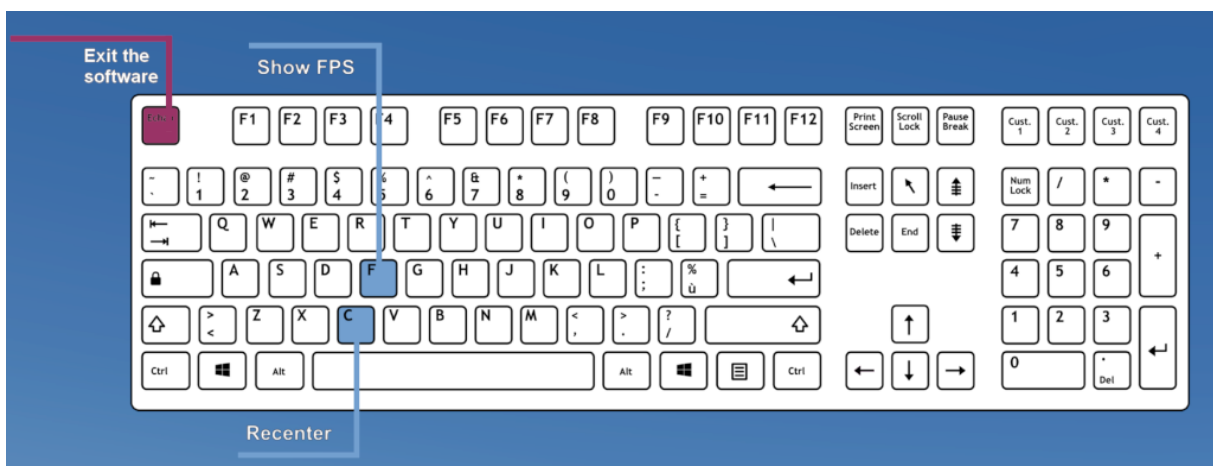


In the bottom of the screen:

End the session by clicking the “Quit” button.

3.2. Shortcuts

During the session, the shortcut list is found by clicking on the Xbox controller icon in the upper right corner of the screen.



3.3. Results

Once the session is over, you can view the results.

3.3.1. Summarized results

No summarized results are displayed at the end of the session.

3.3.2. Graphs and report

To find the detailed results and to generate a report, click on the histogram icon.



Session details
12/07/2024 16:26

RelaxationVR

Parameters

Results

Notes

Name	Result
------	--------