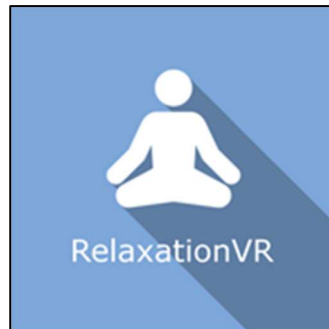




RelaxationVR

Module tutorial



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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

Environment

Scene choice:

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



Environment

Scene choice

Forest - Pines

▼

Beach - Creek

Forest - Pines

Forest - Fir

Avatar gender:

Female, male or none.

Avatar gender

Female

▼

Male

Female

None

Show animals:

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

☒ Show animals

2.1.2. Audio settings

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%.



2.1.3. Research settings

Research settings

Environment tilt



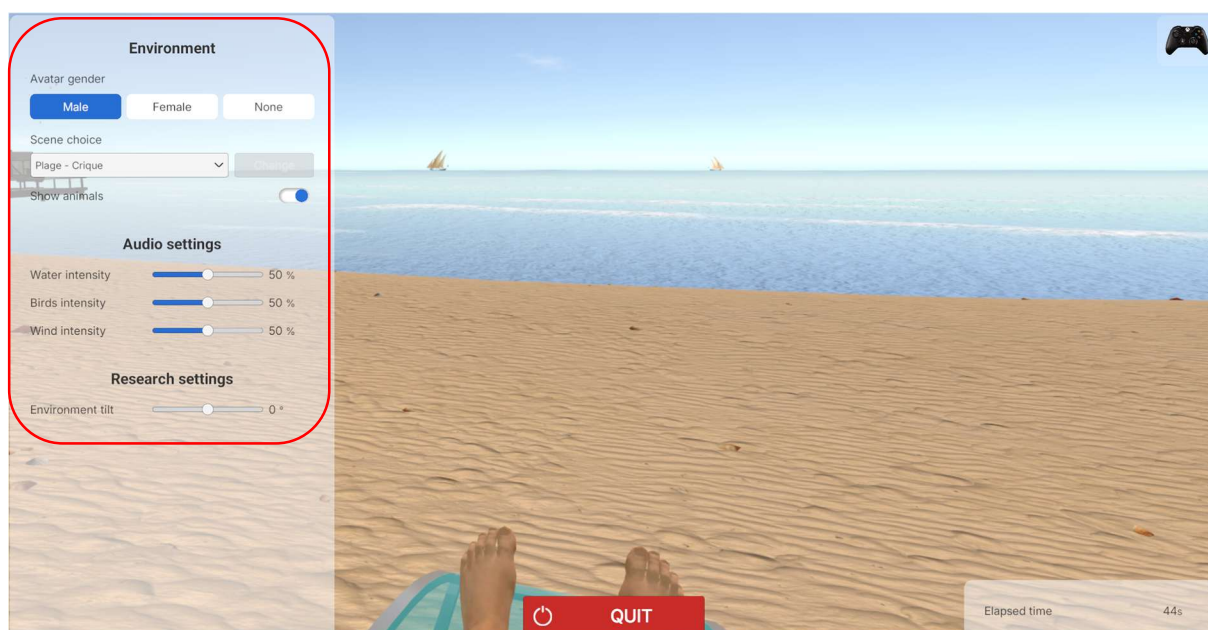
0 °

For research purposes, the visual scene of this environment can be tilted from -45 degrees to +45 degrees. It is not necessary to change this setting for normal use.

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:



Environment

Avatar gender

Male Female None

Scene choice

Plage - Crique Change

Show animals ☒

Audio settings

Water intensity 50 %

Birds intensity 50 %

Wind intensity 50 %

Research settings

Environment tilt 0 °

Modify environment settings

- Avatar gender
- Scene choice
- Show animals

Modify audio settings

- Water intensity
- Birds intensity
- Wind intensity

Modify Research settings

- Environment tilt from -45° to 45°

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
03/12/2025 16:07



RelaxationVR



Parameters

Results

Notes

Name	Initial value	Final value
Scene choice	Beach - Creek	Beach - Creek
Avatar gender	Male	Male
Water intensity	50.00 %	50.00 %
Birds intensity	50.00 %	50.00 %
Wind intensity	50.00 %	50.00 %
Show animals	✓	✓
Environment tilt	0.00 °	0.00 °

 Start session
with initial values

 Start session
with final values