



**MEDIZINISCHE
FAKULTÄT**

Medizinische Fakultät, Leipziger Str. 44, 39120 Magdeburg

To
Mr. Stephen Tolle
Eye Yoga Headset
11 Windward Parade, Chiswick
NSW 2046, Australia

**Institut für Medizinische
Psychologie**

Prof. Dr. med. habil. Bernhard A. Sabel
Direktor

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Ihre Zeichen, Ihre Nachricht vom:
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Unsere Zeichen:
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Durchwahl:
-21800

Datum:

Magdeburg, 29 April 2021

Dear Mr. Tolle

As you know we are currently carrying out a clinical trial on the use of eye yoga exercises in patients with glaucoma. Our eye yoga includes a number of behavioural elements such as accommodation, vergence, convergence, eye movement exercises, face massage and deep breath Meditation. I know from my clinical experience that eye yoga is a valuable approach to help facial tissue around the eye and eye muscles to relax, and this is expected to enhance blood flow and nerve cell activation in the eyes and optic nerve, improving visual functions and reduce eye pain and fatigue. While our randomized clinical trial is still ongoing, an interim (preliminary) analysis shows indeed improved visual functions in the eye yoga group or some (though not all) patients.

Therefore, a device that helps people to exercise their eyes, such as your Eye Yoga headset, has the potential to help individuals with eye strain or patients with vision loss to relax their eyes and – in case of our patients - even improve (recover) residual vision when combined with microstimulation therapy. As you know, at SAVIR (www.savir-center.com) we are currently evaluating the usability of your device for patients with glaucoma and optic nerve damage as an “add-on” to our therapy with micro-stimulation. If efficacy can be demonstrated by clinical trials, we are ready to implement it in our clinical practice for patients with low vision.

Sincerely, yours

Prof. Bernhard A. Sabel, PhD

Director, Institute of Medical Psychology, University of Magdeburg Medical School

Secretary, Int. Soc. Low Vision Research and Rehabilitation (ISLRR)
www.islrr.org/about

Founder and Chief Clinical Scientist (CSO), SAVIR GmbH
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