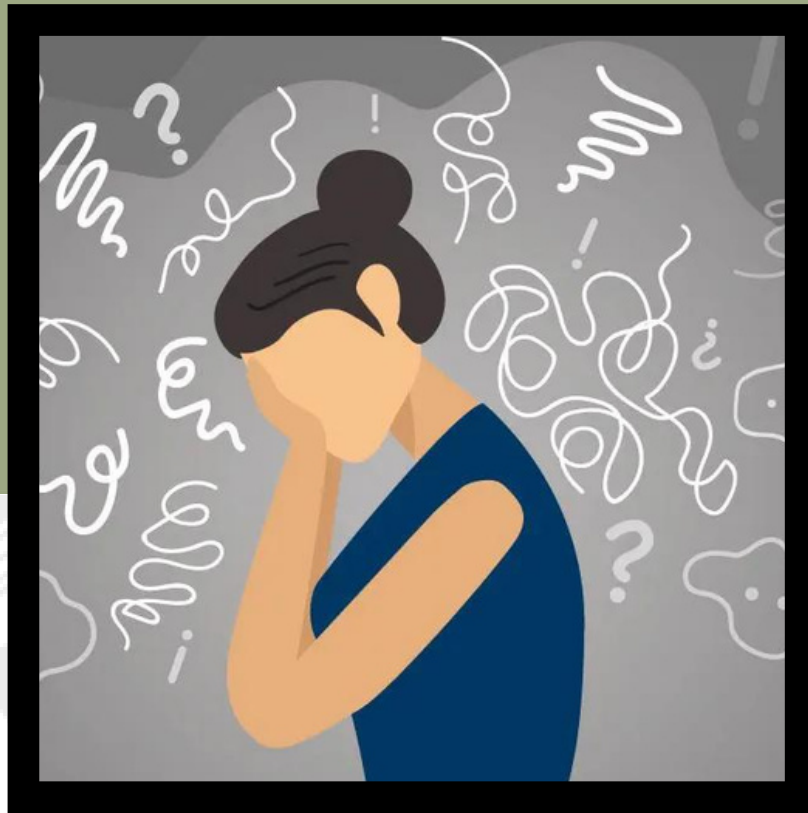


THE NORTHWEST WELLBEING HUB



HYPERBARIC OXYGEN THERAPY **ANXIETY**

KEY POINTS

- Relaxation and stress reduction
- Increased oxygenation and brain function
- Anti-inflammatory effects
- Neuroplasticity and neuronal regeneration
- Enhanced sleep quality

THE NORTHWEST WELLBEING HUB

ANXIETY

1. Relaxation and stress reduction: HBOT sessions take place in a calm, pressurised environment, which can promote relaxation and reduce stress. This tranquil setting combined with increased oxygen levels can help individuals with anxiety experience a sense of calm and tranquility during and after HBOT sessions.
2. Increased oxygenation and brain function: HBOT involves breathing pure oxygen in a pressurised chamber, leading to increased oxygen levels in the bloodstream. This increased oxygenation supports brain function and can have a positive impact on mood and cognitive processes. By optimising brain oxygenation, HBOT may help alleviate anxiety symptoms and improve overall mental well-being.
3. Anti-inflammatory effects: Chronic inflammation has been linked to anxiety disorders. HBOT has anti-inflammatory properties and can help reduce inflammation in the body. By modulating the immune response and decreasing inflammation, HBOT may help alleviate anxiety symptoms and promote a greater sense of calm and relaxation.
4. Neuroplasticity and neuronal regeneration: Anxiety disorders can impact the structure and function of the brain. HBOT has been proposed to enhance neuroplasticity, the brain's ability to reorganise and form new neural connections. It may also promote neuronal regeneration, potentially reversing some of the structural and functional changes associated with anxiety disorders. This effect can contribute to improved mood and resilience to stress.
5. Enhanced sleep quality: Anxiety can disrupt sleep patterns and lead to sleep disturbances. HBOT has shown potential in improving sleep quality by reducing insomnia symptoms and promoting deeper, more restful sleep. By enhancing sleep quality, HBOT may help individuals with anxiety achieve better rest and restoration, ultimately reducing anxiety symptoms.



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