

Brain Fog — could the Oska Pulse help?



First things first — what actually is brain fog?

If you've ever felt like your mind is wrapped in cotton wool — struggling to remember things, hold your focus, or think as clearly as you usually do — then you already know what brain fog feels like. It often comes hand in hand with feeling stressed and worn out, and it can be really disheartening when you just want to feel like yourself again.

In plain terms: *“Brain fog” isn't a medical diagnosis on its own. It's a friendly nickname for that fuzzy, slowed-down feeling when memory, concentration and clear thinking aren't working the way they normally do.*

You're certainly not alone in this. According to *Medical News Today*, brain fog is one of the most commonly reported symptoms among people living with long COVID. Some effects — like changes in mood or feelings of anxiety — tend to settle back to normal fairly soon after an infection. Others, unfortunately, can linger for much longer.

Brain fog doesn't only follow COVID, though. It can also show up alongside a number of other things, including CRPS (a chronic nerve-pain condition), ongoing inflammation, concussion, hormonal changes, or as a side effect of certain medications.

Two quick words explained: *CRPS stands for Complex Regional Pain Syndrome, a long-lasting nerve pain condition. Inflammation is the body's natural response to injury or illness — helpful in the short term but tiring when it hangs around.*

So — could the Oska Pulse help?

Many of us here use our Oska overnight, often tucked comfortably under a pillow (in a position that suits you). Time and again, people tell us the device seems to encourage a lovely, settled sleep. That's down to Oska's “vascular phase,” one of its built-in treatment settings, which gently encourages activity at the cellular level and helps bring balance to the nervous system — and better balance often means better rest.

What's the “vascular phase”? *It's simply one of the gentle, pre-set programs inside the Oska Pulse that's designed to support healthy circulation and calm, balanced nerve activity — you don't feel a thing while it works.*

Coming back to COVID for a moment, or even colds or the flu: One of the reasons it can leave you feeling so drained is that it can lower the performance of your mitochondria. Think of mitochondria as the tiny “power stations” inside every one of your cells — they're responsible for producing the energy that keeps your body running. When they slow down, so do you.

Here's the encouraging part. Scientific research has shown that PEMF therapy — the type of gentle pulsed energy the Oska Pulse produces — can boost how well those little power stations work, helping them make more ATP, the body's natural energy “fuel.”

[You can read more about PEMF and mitochondria here.](#)

PEMF, made simple: *PEMF stands for Pulsed Electromagnetic Field therapy — a drug-free approach that sends gentle, pulsing energy into the body to support its own natural healing. ATP is just the name for the fuel your cells use to make energy.*

So — not feeling your best today? Brain still half asleep? A few quiet hours with your Oska just might help you feel a little more like you again.

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