HIRREM Media Coverage

The publication in Military Medical Research, reporting results using HIRREM for military-related traumatic stress, was the featured research of the month for April, 2018 on the website of the DoD Blast Injury Research Program.

On February 6, 2018, Dr. Charles Tegeler was interviewed by Spectrum News for television broadcast across North Carolina regarding his publication on the use of HIRREM for symptoms of military-related traumatic stress.

David Ford, of WFDD Radio, interviewed Dr. Tegeler regarding HIRREM, and recently published results reporting use in a series of individuals with symptoms of military-related traumatic stress.

Recently published results using HIRREM for symptoms of military-related traumatic stress were reported in the Winston-Salem Journal on January, 29, 2018.

The January 2018 issue of Heroes Magazine, a publication of Project Hero, included an article by Dr. Charles Tegeler on HIRREM for military-related traumatic stress.


Wake Forest Baptist Health issued a press release on December 22, 2017, announcing the publication of a manuscript reporting both reduced symptoms of post-traumatic stress, and improved autonomic cardiovascular regulation in a military cohort.

An article published by The Winston-Salem Journal on October 9, 2016, highlighted results from a published manuscript on athletes with persisting post-concussion symptoms.

Dr. Charles H. Tegeler was interviewed for an article published by Fox News Health on September 29, 2016, about how HIRREM may reduce blood pressure.

An article published on September 16, 2016, by Dennis Thompson of HealthDay, discussed the use of HIRREM to potentially reduce migraine symptoms and blood pressure.

The America Heart Association issued a press release on September 15, 2016, highlighting two abstracts that were selected for poster presentation at The Council on Hypertension 2016 Scientific Sessions.

Dr. Charles H. Tegeler was interviewed by Newsweek as part of an article published on May 6, 2016, entitled, "Rewiring Your Brain: Neurofeedback Goes Mainstream."

On August 27, 2015, Shawn Fitzmaurice of WFDD radio interviewed Dr. Charles H. Tegeler regarding the HIRREM Research Program at Wake Forest School of Medicine.

Time Warner Cable News aired an interview about a recent research publication, which suggested a potential new method to evaluate brain pathways involved in the stress response.

On May 6, 2015, Dr. Charles H. Tegeler was interviewed by WPTF Radio, Raleigh, NC regarding stress responses, and a potential new method to assess involvement of central pathways.
WSJS Radio, Winston-Salem, NC, interviewed lead author Dr. Charles H. Tegeler, on May 6, 2015, regarding publication of a research study about a potential new method to assess stress.

On May 5, 2015, WXII Television, Winston-Salem, NC, ran a story about the use of HIRREM for vasomotor symptoms associated with menopause.

Wake Forest Baptist Health issued a press release on April 24, 2015, announcing publication of a manuscript regarding a research study that described a potential new method to assess central pathways in the brain that are involved in the stress response.

An article published on March 12, 2015, by The Winston-Salem Journal, discussed publication of a research study from investigators at WFBH, reporting reduction in vasomotor symptoms of menopause, associated with the use of HIRREM.

On February 11, 2015, Wake Forest Baptist Health issued a press release highlighting the publication of a manuscript exploring the use of HIRREM for symptoms related to menopause.

Support from the U.S. Department of Defense, for a research project evaluating the use of HIRREM for symptoms of post-traumatic stress disorder in military personnel and Veterans, was discussed in a July 23, 2014, Wake Forest Baptist Health press release.

On April 8, 2014, The Winston-Salem Journal published an article regarding support received to carry out a research project in athletes who are experiencing persisting post-concussion symptoms.

A press release was issued on April 8, 2014 regarding an additional research grant from the Susanne Marcus Collins Foundation, Inc. to support ongoing HIRREM research.

On February 26, 2013, WXII Television, Winston-Salem, NC, ran a story about the use of HIRREM to relieve insomnia.

The Winston-Salem Journal published an article on January 30, 2013 about the generous donation we received from The Susanne Marcus Collins Foundation, Inc., in order to continue our research efforts.

Wake Forest Baptist Health issued a press release about HIRREM funding for the upcoming year on January 29, 2013.

The Scoop, a Women’s Health Magazine blog, included mention of HIRREM in a piece reviewing ways to sleep better.

Dr. Charles H. Tegeler was featured in an interview about HIRREM insomnia research on November 20, 2012 by CBS affiliate KCBS of the San Francisco Bay Area.

A press release was distributed by Wake Forest Baptist Health on November 19, 2012, highlighting the first research manuscript publication in a peer reviewed journal, evaluating HIRREM to relieve insomnia.

Dr. Charles H. Tegeler was quoted in a sleep section insert within USA Today on September 26, 2012.

On June 30, 2012, Wake Forest Baptist Health distributed a press release about the findings of the wait-list controlled HIRREM insomnia pilot trial.

ABC 30 aired a story about one of the study participants in the insomnia study on May 5, 2013.
Dr. Tegeler was interviewed by Steve Biddle for WFDD radio station in March, 2012.

The Winston-Salem Journal printed an article about an additional $600,000 in funding to further HIRREM research on February 27, 2012.

On February 27, 2012, Wake Forest Baptist Health published a press release on funding to continue HIRREM research from The Susanne Marcus Collins Foundation, Inc.