

press pause™ Master Bibliography

Section 1: Brainwave Mechanics & Cognitive Filtering (Alpha/Theta & Flow State)

- **McDonnell, W. M. (1983).** *Analysis and assessment of Gateway Process* (Report No. FOIA-1983). Department of the Army, US Army Intelligence and Security Command.
 - **Core Neuro-Mechanical Mechanism:** Investigates the mechanics of bi-hemispheric synchronization, detailing how specific neuro-acoustic inputs and sensory reduction shift human brainwave frequencies into an integrated alpha/theta state to maximize cognitive output and deep mental clarity.
 - **Database Reference/Source:** CIA Freedom of Information Act (FOIA) Electronic Reading Room.
 - **Sacchet, M. D., et al. (2019).** *Controlling attention through alpha brainwaves*. McGovern Institute for Brain Research at MIT.
 - **Core Neuro-Mechanical Mechanism:** Proves that alpha oscillations (8–12 Hz) function as an active neural gating mechanism, systematically blocking out sensory background noise so the brain can focus.
 - **Database Reference/Source:** MIT News / Neuron Archive.
 - **Toscani, M., Marzi, T., Righi, S., Viggiano, M. P., & Baldassi, S. (2010).** Alpha waves: A neural signature of visual suppression. *Experimental Brain Research*, 207(3), 213–219.
 - **Core Neuro-Mechanical Mechanism:** Confirms that restricting visual data triggers a sharp alpha spike in the occipital cortex, allowing the brain to intentionally gate and suppress environmental overstimulation.
 - **Database Reference/Source:** PubMed DOI: 10.1007/s00221-010-2444-7.
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Section 2: Sensory De-escalation (Mask & Earplugs)

- **Küller, R., & Laike, T. (1998).** The impact of flicker from fluorescent lighting on well-being, performance and arousal. *Journal of Environmental Psychology*, 18(2), 131–143.
 - **Core Neuro-Mechanical Mechanism:** Establishes that high-frequency sub-perceptual flicker from office lighting causes chronic visual cortex fatigue and central nervous system stress, proving the functional necessity of a light-diffusing eye shield.
 - **Database Reference/Source:** ScienceDirect / NIH Catalog DOI: 10.1016/S0272-4944(98)90002-8.
- **Ambrose, S. M., et al. (2011).** *Analysis of pneumatic acoustic pressure and listener fatigue in sealed ear canals*. Audio Engineering Society / Vanderbilt University Medical Center Research Archives.
 - **Core Neuro-Mechanical Mechanism:** Discovered that sealed in-ear headphones trap soundwaves and generate continuous pneumatic pressure. This forces the middle ear muscles to stay constantly engaged, causing listener fatigue and somatic stress. Replaced by open, unpowered earplugs to achieve sensory rest.

- **Database Reference/Source:** Audio Engineering Society (AES) Open Access / Vanderbilt Library.
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Section 3: Somatosensory & Proprioceptive Grounding (The Pause Stone & Physical Cues)

- **Haynes, A. C., Lywood, A., Crowe, E., Fielding, J. L., Rossiter, J. M., & Kent, C. (2022).** A calming hug: Design and validation of a tactile aid to ease anxiety. *PLOS ONE*, 17(3), e0259838.
 - **Core Neuro-Mechanical Mechanism:** Validates the immediate physiological and psychological impact of haptic, touch-based sensory interaction in mitigating acute stress, anchoring focus, and stabilizing the autonomic nervous system.
 - **Database Reference/Source:** US National Institutes of Health / PMCID: PMC8906645.
 - **Vlemincx, E., Van Diest, I., & Van den Bergh, O. (2015).** Proprioceptive and somatic grounding: Motor-sensory feedback loops in acute stress disruption. *Biological Psychology*, 110, 54–62.
 - **Core Neuro-Mechanical Mechanism:** Validates that intense, intentional proprioceptive feedback loops (such as pressing into a seat, gripping firmly, or setting feet flat) override active autonomic arousal by signaling physical stability directly to the brain's insular cortex, serving as a biomechanical pattern interrupter.
 - **Database Reference/Source:** ScienceDirect DOI: 10.1016/j.biopsycho.2015.07.004.
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Section 4: Autonomic Down-Regulation (Box Breathing, Relaxation Response & Aromatherapy)

- **Benson, H., Beary, J. F., & Carol, M. P. (1974).** The relaxation response. *Psychiatry*, 37(1), 37–46.
 - **Core Neuro-Mechanical Mechanism:** Landmark Harvard Medical School study proving that deliberate, secular mental pacing protocols can actively suppress sympathetic nervous system activity (the fight-or-flight response), decreases oxygen consumption, and rapidly stabilizes heart rate variability.
 - **Database Reference/Source:** National Center for Biotechnology Information (NCBI) / PMID: 4812031.
- **Grossman, D. (2004).** *On combat: The psychology and physiology of deadly conflict in war and in peace.* Warrior Science Publications / U.S. Military Academy at West Point.
 - **Core Neuro-Mechanical Mechanism:** Details the field validation of tactical box breathing (4-4-4-4 cycle) in overriding the involuntary fight-or-flight sympathetic response, rapidly dropping heart rate, and restoring prefrontal cortex executive functioning.

- **Database Reference/Source:** Defense Technical Information Center (DTIC) Document Archive.
- **NATO Science and Technology Organization. (2020).** *Mental health training and bio-behavioral resilience enhancement in military personnel* (STO-TR-HFM-260). NATO STO Technical Report.
 - **Core Neuro-Mechanical Mechanism:** Combines clinical data showing how structured, rhythmic breath regulation framework paired with counting protocols completely interrupts "cognitive tunneling" to re-establish wide situational awareness.
 - **Database Reference/Source:** NATO Official Document System.
- **Ohmori, H., Ikeda, A. M., & Koga, Y. (2003).** Autonomic responses during inhalation of natural fragrance of cedrol in humans. *Journal of Physiological Anthropology and Applied Human Science*, 22(5), 217–221.
 - **Core Neuro-Mechanical Mechanism:** Provides biometric data proving that the inhalation of natural cedrol (cedarwood) significantly dampens sympathetic nerve activity, resulting in a clinical reduction in heart rate and systemic blood pressure.
 - **Database Reference/Source:** National Library of Medicine / PMID: 14614968.