

PULSE

The Mindfulness Ring®

Be in Your Moment, Not in Your Thoughts.

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WHAT PULSE IS

Pulse is the world's first mindfulness ring. A Swedish-designed titanium ring that uses gentle haptic vibrations to bring people back to presence throughout the day. No screens, no notifications, no biometric tracking, no data collection. The ring works on its own in always-on Mindfulness Mode, with an optional companion app for Focus, Meditation, and Soothing sessions.

Pulse sits in a different category from tracking wearables. Tracking rings deliver data about your body after the fact. Pulse meets you in the moment itself, with a tactile cue.

WHAT PULSE DOES

- Interrupts autopilot moments with a gentle physical cue, no phone required.
- Builds presence as a daily habit, not a scheduled session.
- Supports established mindfulness practice without adding another screen to your day.

THE FOUNDER

Pulse was built by Johan Matton, a long-term meditator who built the ring because he wanted one. The product is shaped by his own practice: presence as something you return to, not something you measure. Johan is available for written interview on request.

KEY FACTS

Battery	21 days in standalone Mindfulness Mode
Materials	Titanium, silver and gold
Water resistance	Waterproof
Design and manufacture	Swedish-designed, made in Europe
Subscription	None required; optional Pulse Plus available
Warranty	2-year warranty, 14-day returns
Pre-launch traction	400 founding Kickstarter backers, plus 14,500 on the waiting list for general release
Legal entity	Pulse Mindfulness Inc

EXPERT ENDORSEMENTS

"Pulse has transformed the way I experience presence." Alex Elle, NYT bestselling author and restorative writing teacher

"Each calming Pulse Ring vibration gently helps you connect with yourself." Vex King, Sunday Times bestselling author of *Good Vibes, Good Life*

"I love to take the Pulse Ring moments to repeat a mantra." Kelly Smith, yoga and meditation teacher

"The Mindfulness Ring grounds me. It reminds me to pause and reconnect with myself." Rimpal Narwan, self-love coach and author

FROM FOUNDING MEMBERS AND EARLY USERS

"This mindfulness ring has reshaped my world. Not knowing when it will vibrate has been a blessing. It really helps me be aware at random times, and it has deepened my practice." Michael, founding member

"The gentle pulse brings me back in and helps me notice what the body is doing. A little bit less on autopilot, a little bit more mindfully." Alice, founding member

"I'm already fascinated how well it works for me. Now I feel it on my finger and take that deep breath bringing me back to the present moment every time my Pulse Ring vibrates." Katharina Keller, CEO, meta|five Human Performance Consulting

"I almost feel a bit in love when it vibrates. It has become like a Pavlovian feeling: heere comes the joy." Julia, founding member

PRESS CONTACT

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