

Melissa Methven's Calm Chair System Helps Dental Practices Ease Stress in the Chair

Registered dental hygienist and podcast host Melissa Methven built a guided-audio nervous system tool now used by dental practices nationwide.

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[Melissa Methven](#), RDH, a registered dental hygienist, keynote speaker, and host of the Not Alone podcast, built the [Calm Chair System](#), a guided-audio nervous system tool now used by dental practices nationwide to ease the stress patients and providers feel in the dental chair. Delivered through a simple QR code, with no app, login, or extra equipment required, the system gives dental teams and their patients access to short breathwork, calming music, and guided-visualization sessions designed to shift the body from stress to calm in minutes, before, during, and between appointments.



Methven built the system around a premise she has carried through her own career in dentistry: the nervous system, not the treatment plan, often decides how a patient experiences care. Research on dental anxiety shows that as many as 60 percent of Americans report some degree

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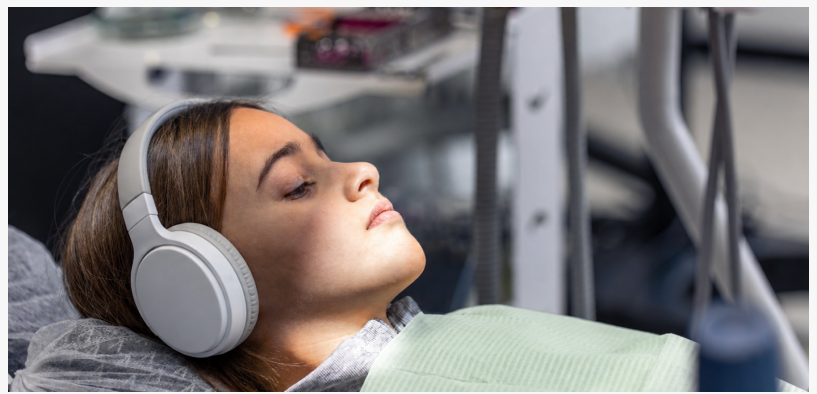
When the nervous system feels safe, the body heals better. I built the Calm Chair System because I watched patients white-knuckle appointments that didn't need to be that hard.”

Melissa Methven

of dental-related fear, and multiple studies have linked that anxiety to measurable increases in blood pressure and heart rate once a patient is seated in the chair. The Calm Chair System is built to interrupt that response directly: patients use two to five minute guided sessions while waiting for anesthesia or moving through a procedure, and providers use a separate set of reset audios between patients to manage the toll of absorbing that stress appointment after appointment.

“When the nervous system feels safe, the body heals

better. I built the Calm Chair System because I watched patients white-knuckle appointments that didn't need to be that hard, and I watched providers carry that fear home with them, appointment after appointment, until it wore them down too. This gives both sides of the chair a way back to calm, without adding a single minute to the visit." – Melissa Methven, RDH



The system is available to dental practices for \$299 a month, or \$3,289 a year, a plan that includes one month free, with one subscription covering an entire office, twelve core audio practices split between patients and providers, and new sessions added on an ongoing basis. Methven is direct that it complements sedation and medication rather than replacing them: the goal is to help the nervous system regulate itself, not to treat or diagnose anything in the chair. Practices using the system have reported calmer patients, fewer last-minute cancellations, and less burnout among staff who spend all day absorbing other people's stress.

Methven is the author of *The Truth Behind the Smiles*, which examines the hidden pressures inside the dental profession, the same territory the Calm Chair System was built to ease. It is available on Amazon and Audible and also published in French. A certified breathwork facilitator, she has spoken for the Texas Dental Association and continues to develop dentist wellness retreats and virtual breathwork continuing education for the dental profession.

Methven's system offers dental practices a way to address patient anxiety and provider burnout without adding time or cost to the visit. The Calm Chair System is available now to dental practices across the United States.

ABOUT MELISSA METHVEN

Melissa Methven, RDH, is a registered dental hygienist, keynote speaker, certified breathwork facilitator, and the author of *The Truth Behind the Smiles* and *The Gut God Connection*. She is the founder of the Calm Chair System, a guided-audio nervous system tool for dental practices, and the host of the Not Alone podcast. Her work centers on nervous system health, mental health in the dental profession, and suicide prevention. Melissa Methven is represented by [Moon Media Affairs](#).

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