

Sound Pillow® Sleep System



In-Clinic Test Results

Sound Pillow Sleep System Test Partners

National Institute for Holistic Addiction Studies
(N.I.F.H.A.S.)

G&G Holistic Addiction Treatment Center

Destination Hope

Sunrise Detox

Palm Partners

The Problem: Lack of Sleep.⁽¹⁾

Sleep deprivation reduces attention, alertness, vigilance,
and decision-making ability by 50%;

communication skills by 30%;

and memory by 20%.

Sleep deprivation also contributes to depression, irritability,
mood disorders and the ability to reason.

Sleep deprivation costs the United States economy as much
as 100 Billion, yearly, due to lost productivity, medical and
legal costs and damage to property and environment.

Current “Solutions”

Popular pharmaceutical based sleeping aids which come with risk of addiction and a myriad of other negative physiological and psychological side effects.

Exterior sound generators which often disturb the patient's bed partner or roommate, creating additional stress; reducing the patient's use of the device.

Headphones and ear buds become uncomfortable and disruptive as sleeper changes position throughout the night. Disruptions easily awaken a sleeper in REM sleep - an active and *critical sleep stage for the brain*.

A Better Solution: The Sound Pillow Sleep System

100% Natural sleeping aid includes:

Sound Pillow: Comfortable hypoallergenic pillow with two stereo speakers buried deep within a plush pillow. Speakers are hidden and do not disrupt sleeper thus allowing sleeper to experience all sleep stages.

MP4 Player pre-loaded with binaural-sleep sustaining music, nature sounds and affirmations.

In-Clinic Test Methodology

Test participants were individuals in various stages of addiction recovery as sleeplessness is especially widespread in this group.

Participants received:

Sound Pillow

MP4 Player Pre-Loaded with
14 1 / 2 hours of Binaural Music, Nature Sounds
and Affirmations

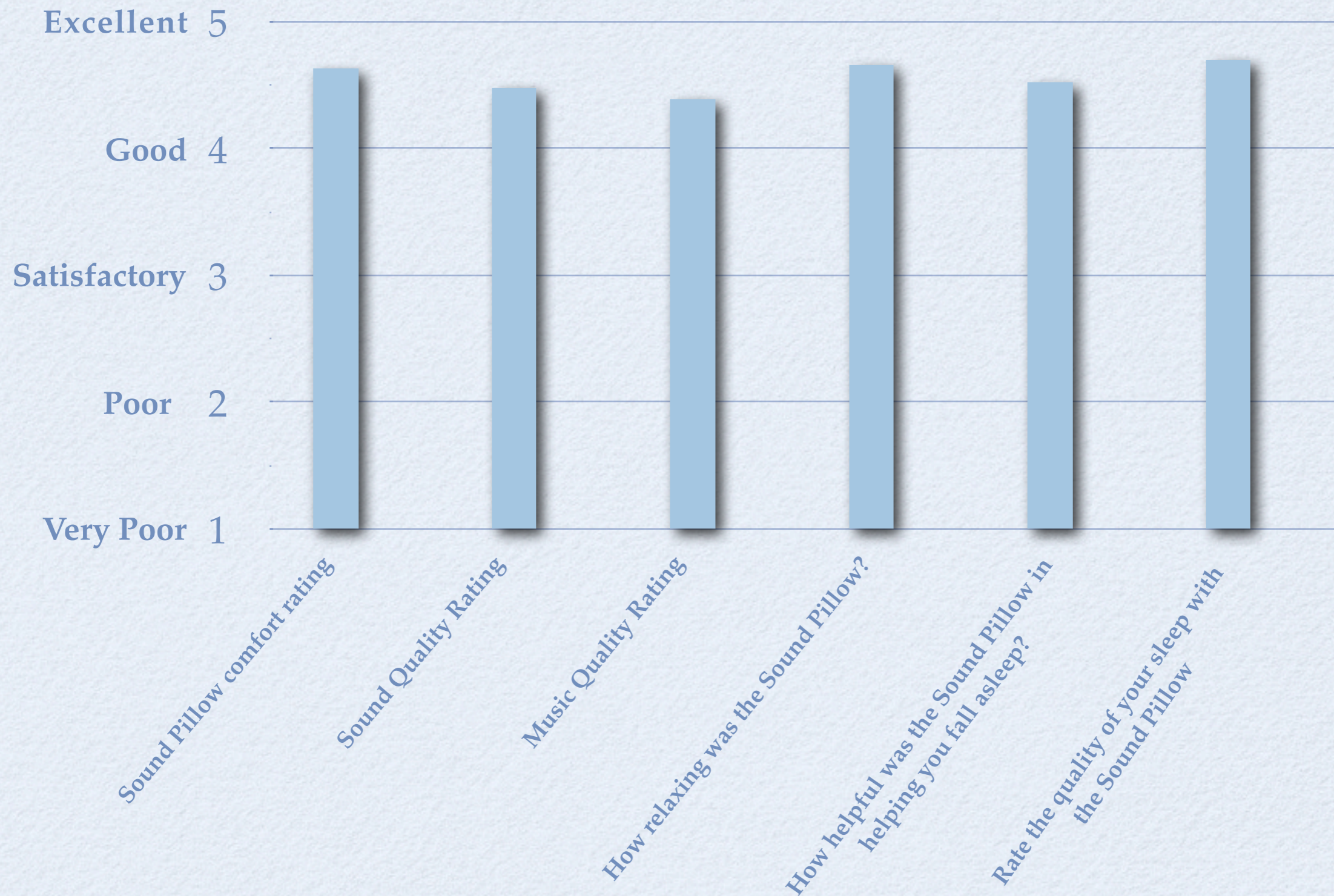
Participants slept with the system for 2-Weeks then answered individual questionnaires.

Clients' counselors also completed questionnaires.

Responses were Double Blind.

In-Clinic Test Results Aggregate Totals

33 - Client Participants



Testing Client's Said...

"It has helped me fall asleep and stay asleep. A+"

- Edwin G. - G&G Holistic Addiction Treatment Center

"I've been in a better mood & more relaxed. Slept deeper & longer as well as fell asleep faster."

- Ben C. - G&G Holistic Addiction Treatment Center

"Helped me stay asleep more than fall asleep...nice to sleep through the whole night and not wake up every hour."

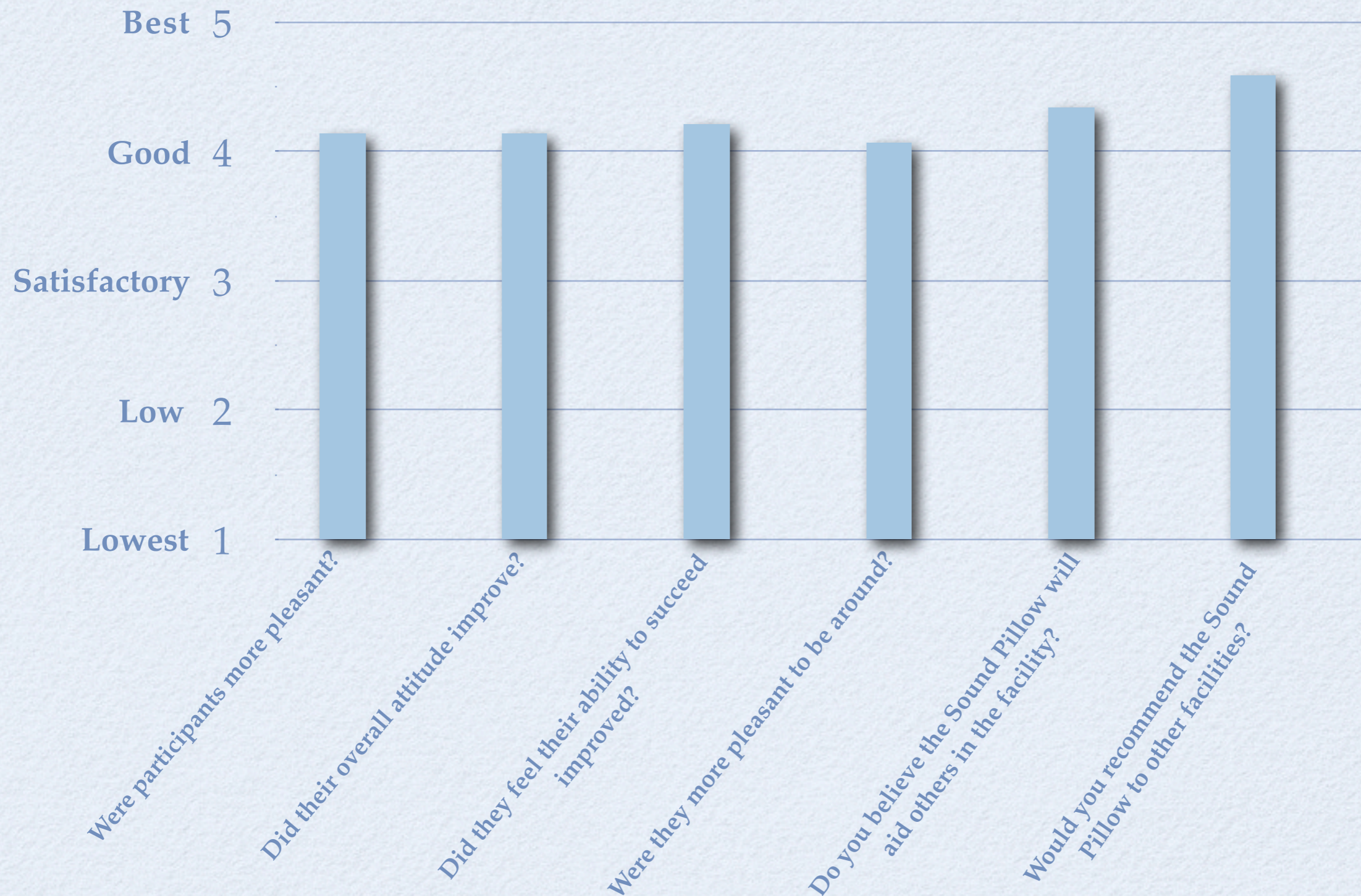
- Patrick - G&G Holistic Addiction Treatment Center

"The morning after using the Sound Pillow, I felt great."

- Anonymous Client - Sunrise Detox

In-Clinic Test Results Aggregate Totals

29 - Counselor Participants



The Counselors' Comments

"Client appeared to be able to reduce issues related to sleeplessness and feelings of stress resulting in an improved ability to effectively communicate feelings and emotions."

- Counselor - G&G Holistic Addiction Treatment Center

"Wonderful." & "Great!" & "Impressive Response!"

- Counselors - Destination Hope

"Patients reported that the Pillow helped immensely [with their] sleeping."

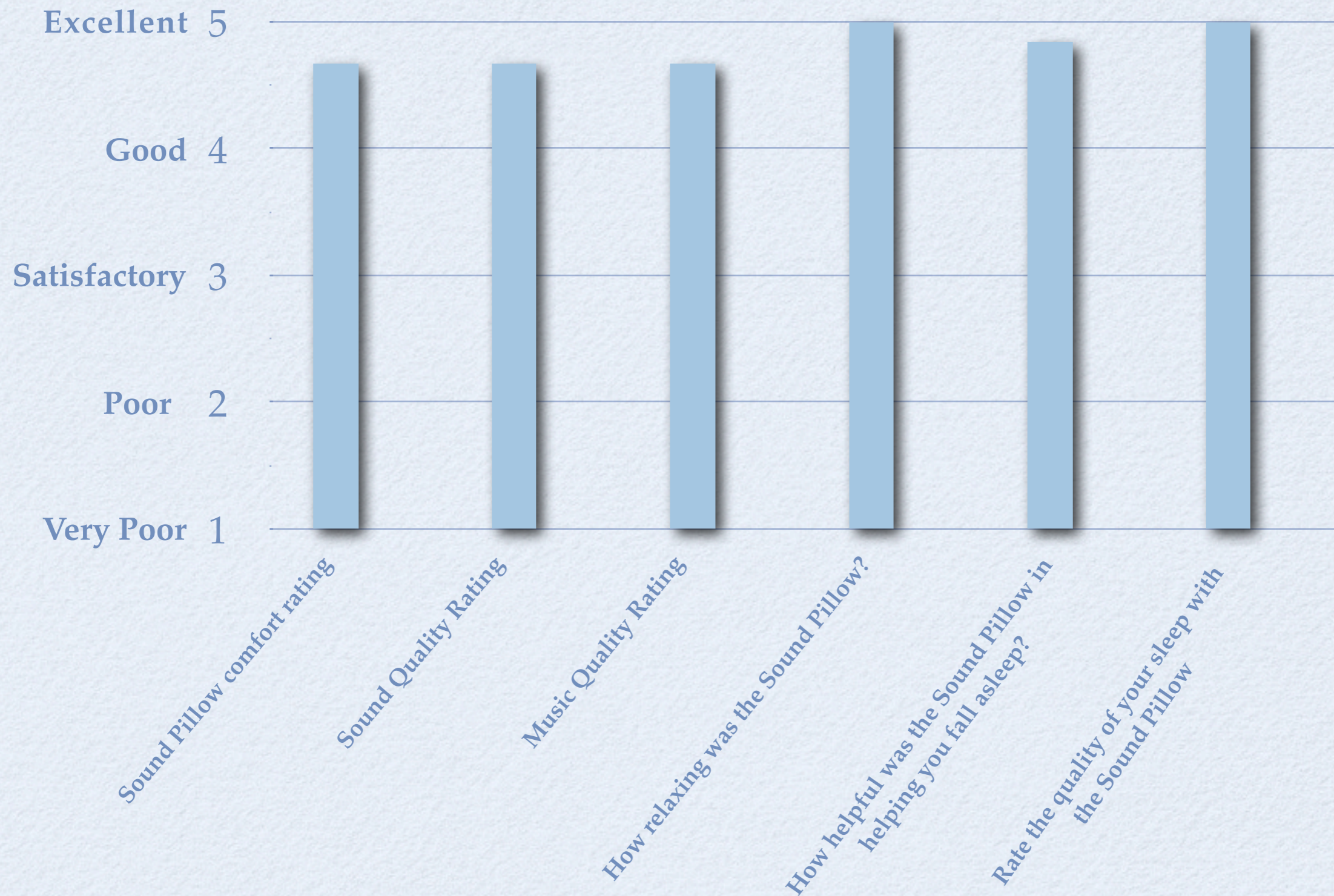
- Counselor - Sunrise Detox

"All of the clients I spoke to who had used the Pillow said they felt more relaxed and were able to sleep better."

- Counselor - G&G Holistic Addiction Treatment Center

Results: Palm Partners

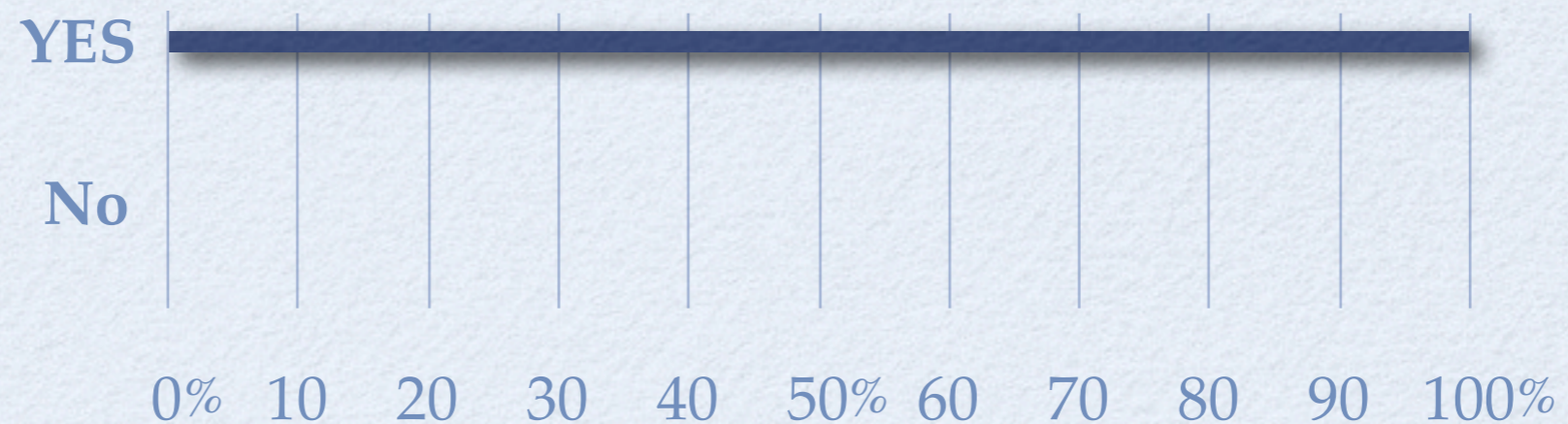
6 - Client Participants



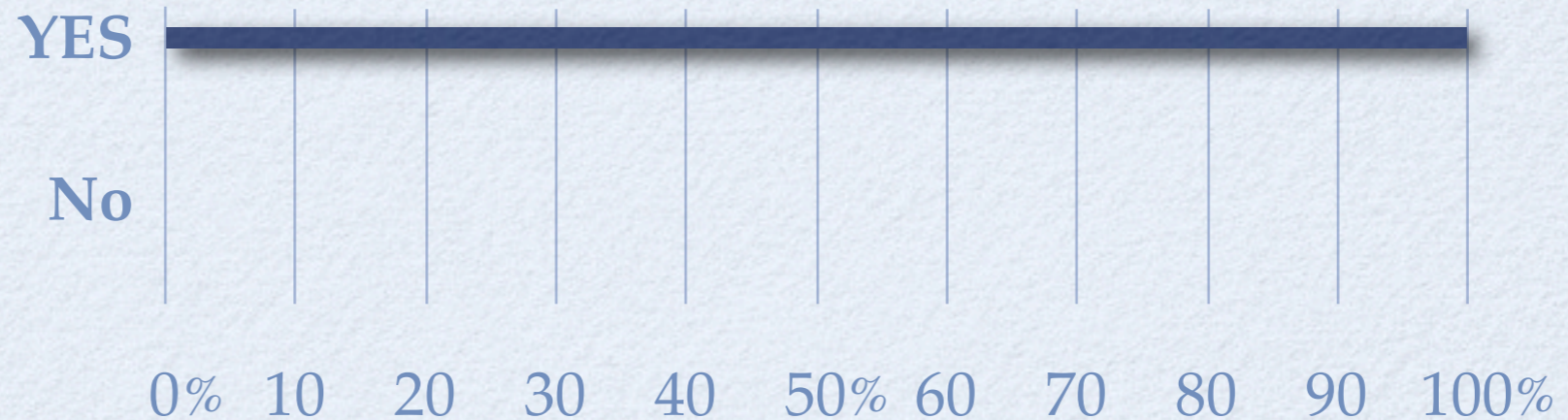
Results: Palm Partners

6 - Client Participants

Do you believe the Sound Pillow can help your recovery journey?

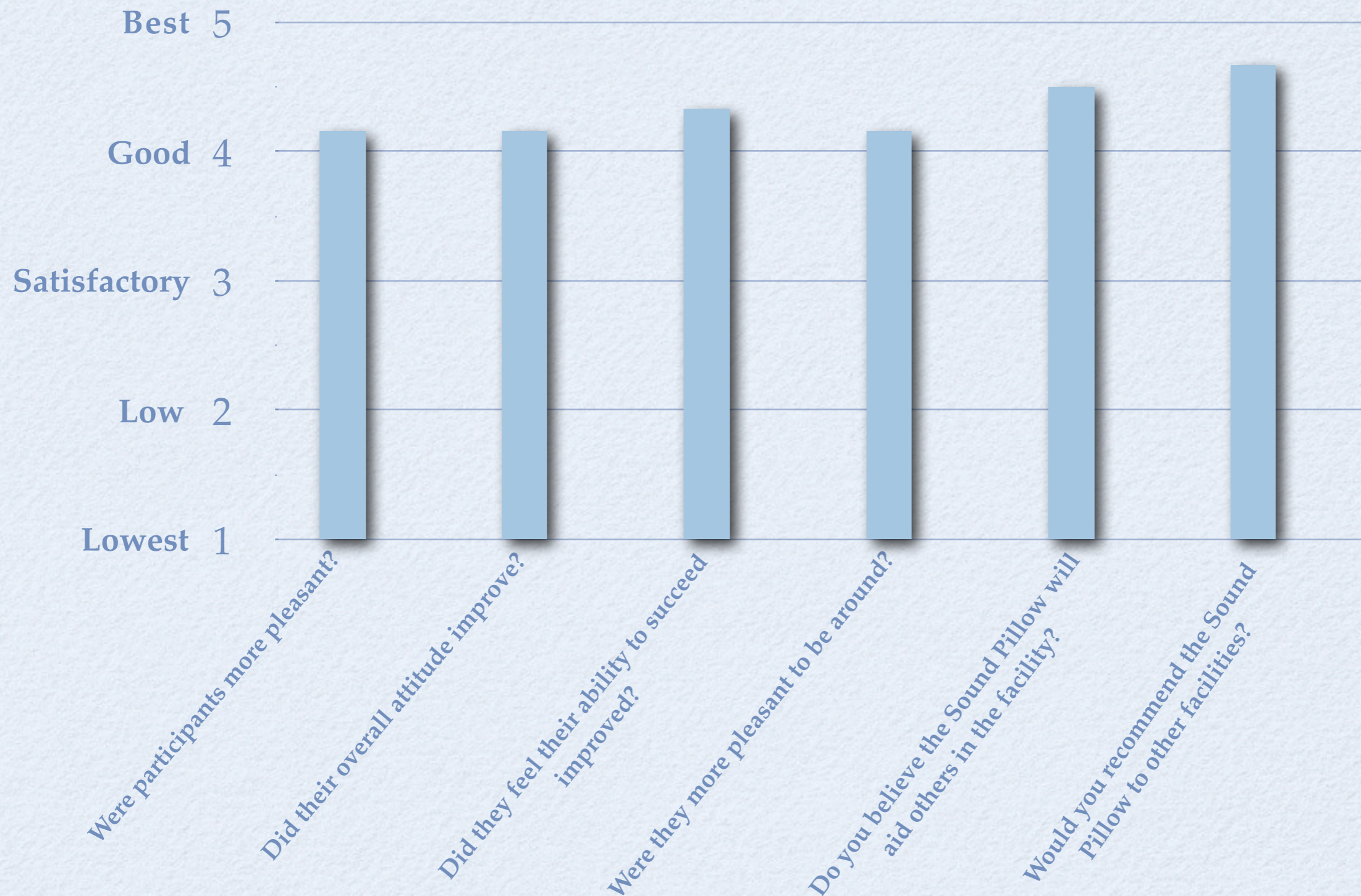


Would you recommend the Sound Pillow to others in recovery?



Results: Palm Partners

6 - Counselor Responses



Results: G&G Holistic Addiction Treatment Center

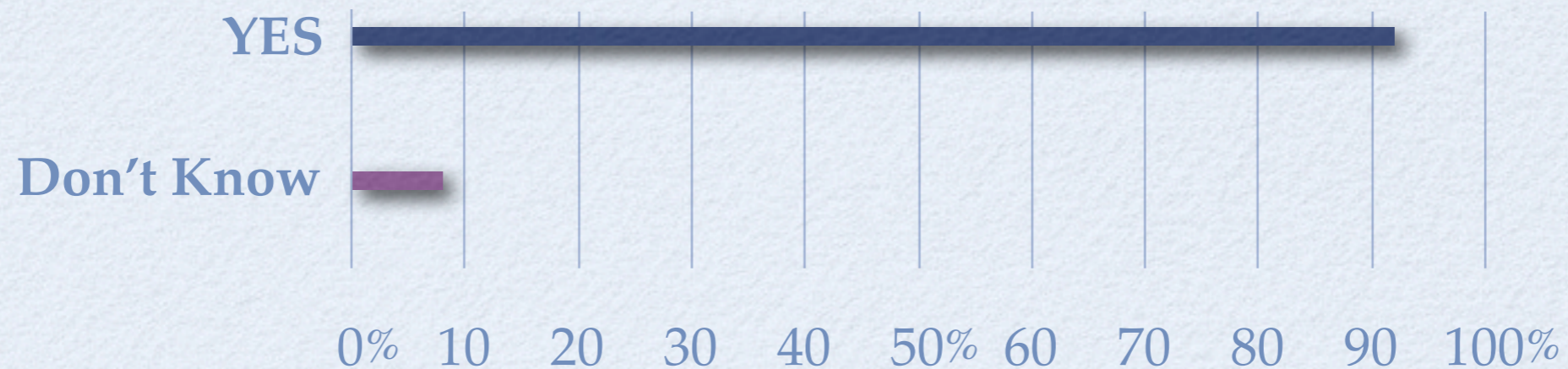
13 - Client Participants



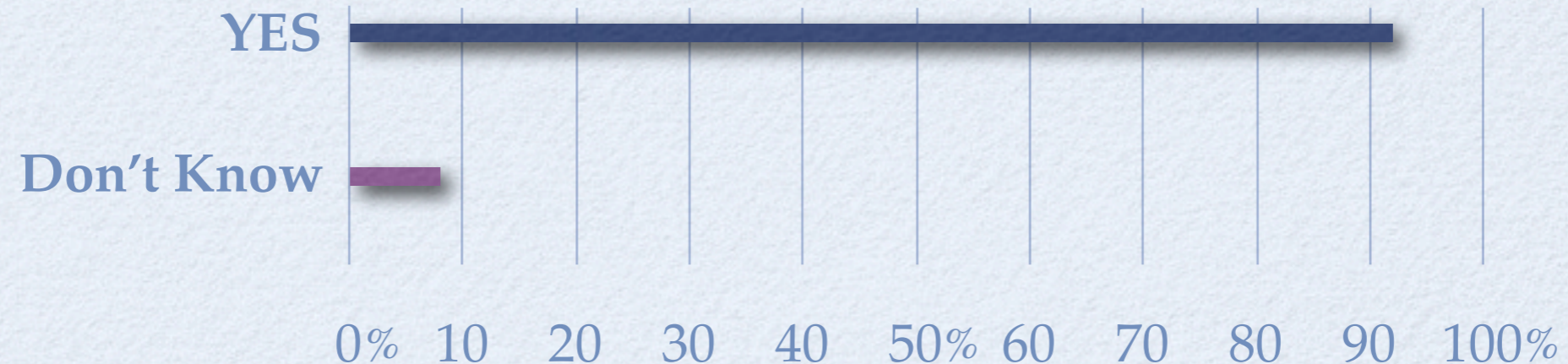
Results: G&G Holistic Addiction Treatment Center

13 - Client Participants

Do you believe the Sound Pillow can help your recovery journey?

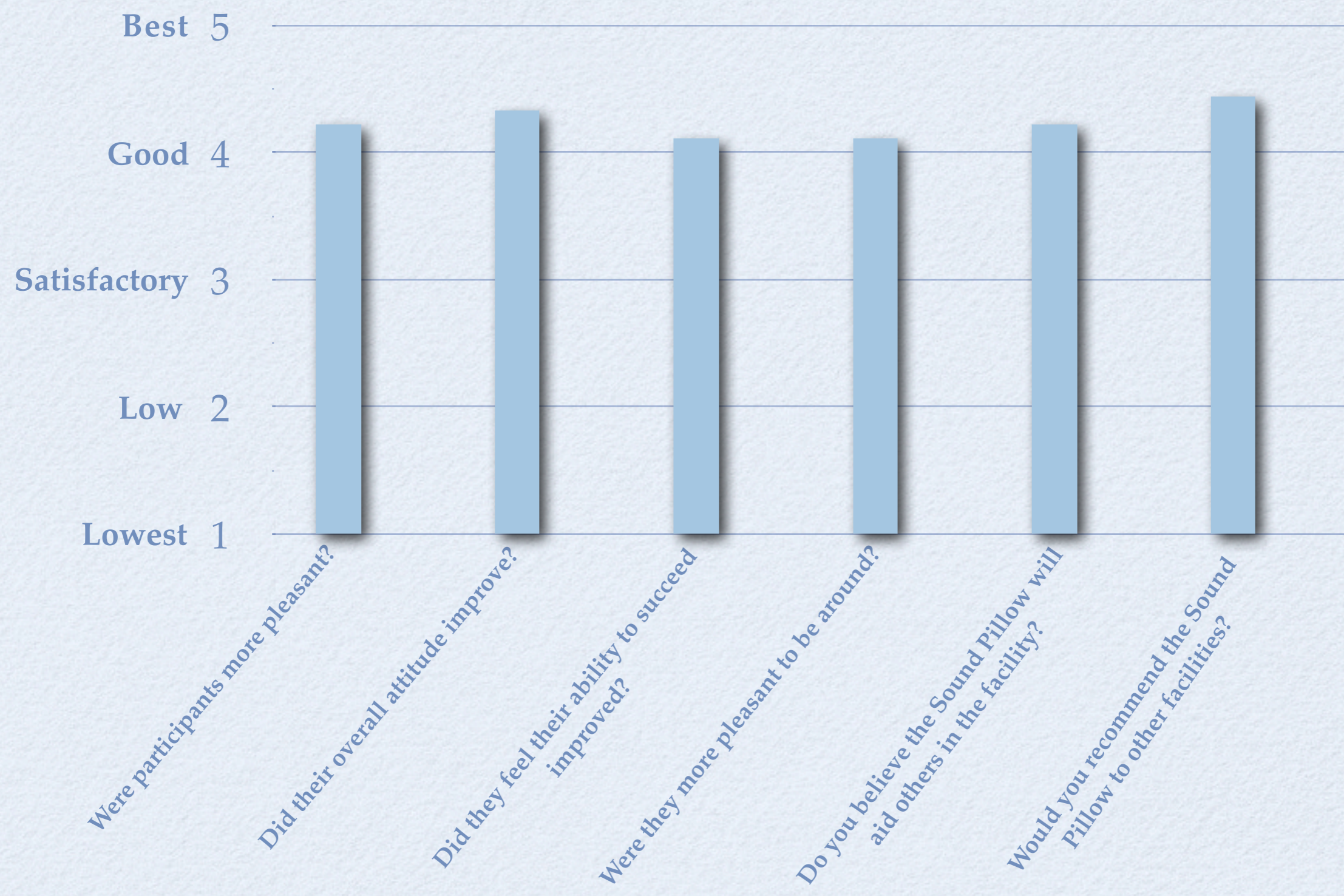


Would you recommend the Sound Pillow to others in recovery?



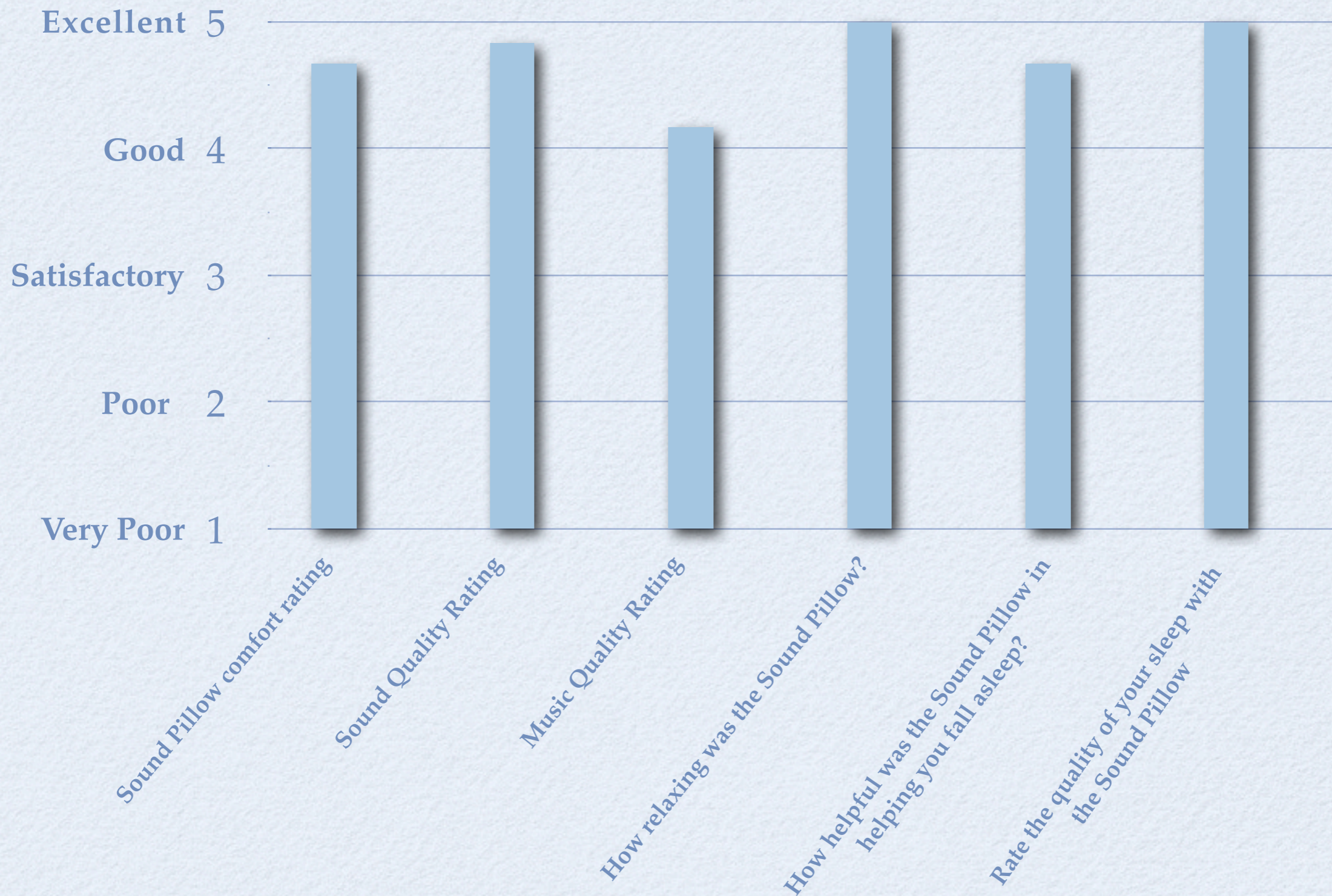
Results: G&G Holistic Addiction Treatment Center

9 - Counselor Responses



Results: Sunrise Detox

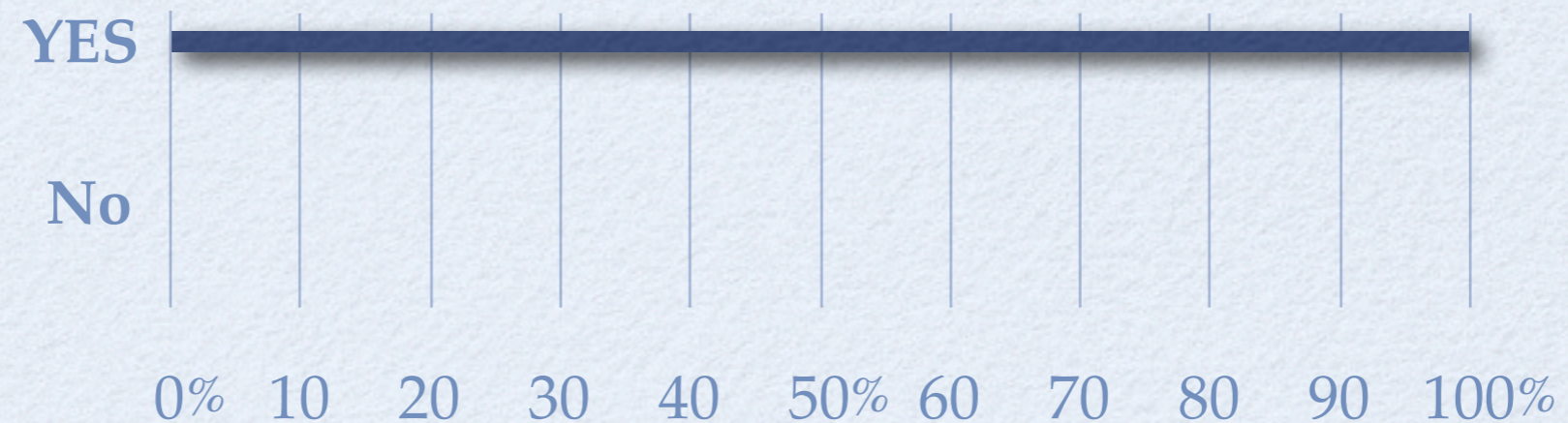
6 - Client Participants



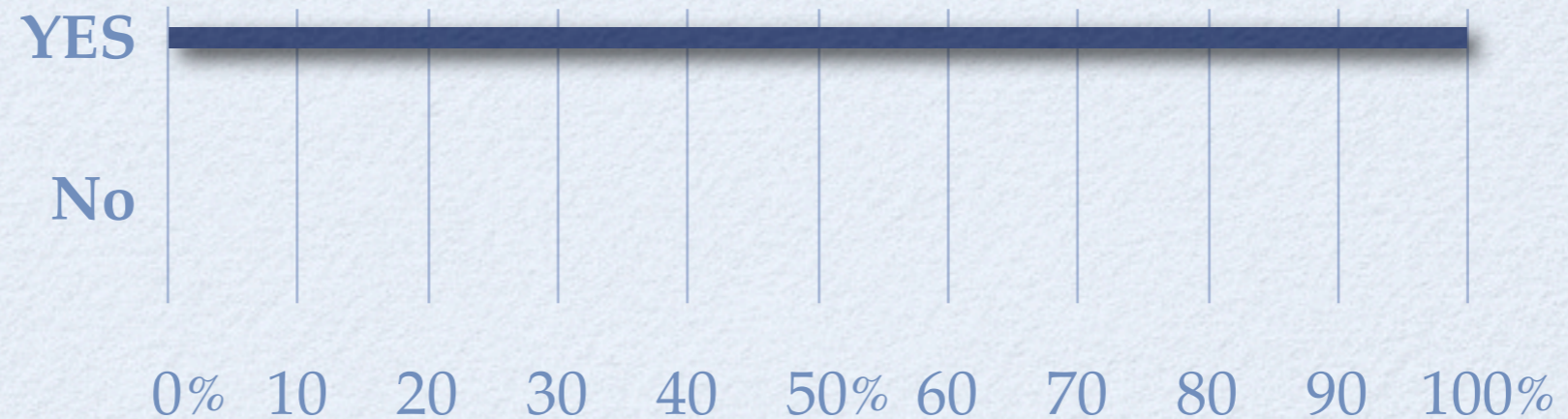
Results: Sunrise Detox

6 - Client Participants

Do you believe the Sound Pillow can help your recovery journey?



Would you recommend the Sound Pillow to others in recovery?



Results: Sunrise Detox

1 - Counselor Response for 6 - Client Participants



Results: Destination Hope

8 - Client Participants



In-Clinic Test Results

Destination Hope

8 - Client Participants

Do you believe the Sound Pillow can help your recovery journey?

50% - "Yes"

Yes - 4, No - 2, Not Sure - 1, No Response - 1

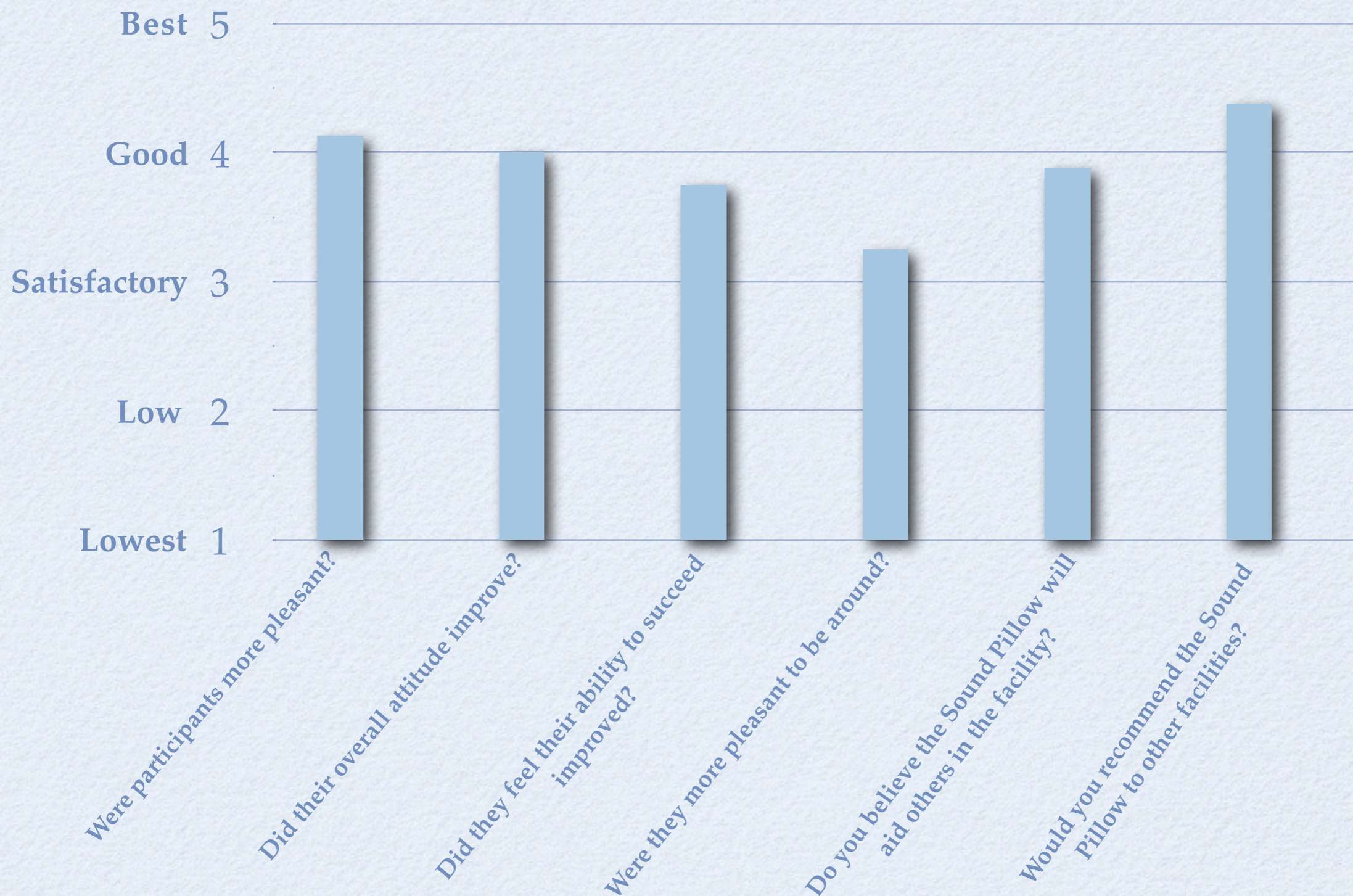
Would you recommend the Sound Pillow to others in recovery?

75% - "Yes"

Yes - 6, No - 2

Results: Destination Hope

8 - Counselor Responses



Why the Sound Pillow Sleep System Works

The Sound Pillow is comfortable and does *not disrupt users' sleep*.
Thus allowing sleeper to experience all sleep cycles.

Sleep system's music is slow with no loud punctuations of sound or fast tempos - *does not disrupt sleeper*.

The binaural music slows cardiovascular and respiratory systems, as well as brain activity. Allowing for deep relaxation.

Sound Pillow's sound quality is very good. Thus the nature sounds & music reproduced are natural and pleasing to the sleeper.

Sound Pillow's stereo speakers are positioned near the sleeper's head, allowing only the sleeper to hear and experience the sounds. Does not disrupt bed partner or roommate.

Conclusion

The Sound Pillow Sleep System provides the user with a comfortable and non-disruptive night's sleep. Thus allowing the sleeper to experience all sleep cycles required for meaningful-rejuvenating sleep. Which in turn showed to enhance test clients' moods, attitudes and overall outlook of success.

In virtually all cases, test clients became more pleasant to be around, having a positive effect on others around them.

Contact Information

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Patent Pending