

# Sound Pillow® *Sleep System*



## Wounded Warriors Detachment - BAMC



# Participating Wounded Warriors Detachments



Tampa, Florida

San Antonio, Texas - BAMC

Minneapolis, Minnesota - TBI



# Our Need for Sleep is Indisputable

Sleep provides an opportunity for the body to repair and rejuvenate itself. <sup>(2)</sup>

Sleep is correlated to changes in the structure and organization of the brain. <sup>(2)</sup>

During deep sleep, the production of growth hormone is at its peak. Growth hormone speeds the absorption of nutrients and amino acids into your cells and aids the healing of tissues....<sup>(1)</sup>

Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis and growth hormone release occur mostly, or in some cases, only during sleep. <sup>(2)</sup>

1) *Sleeps Healing Properties* - CNN Health - Willam Collinge, M.P.H., Ph. D - August 1999

2) *Why do we sleep anyway?* - Harvard Medical School - reviewed December 18, 2007



# Current Approach to Sleep Issues

The prescribing of sleeping pills which come with the risk of addiction and a myriad of negative short and long term physiological and psychological side effects.

Including:

depression, anxiety, aggression, agitation, confusion, unusual thoughts, hallucinations, liver toxicity, memory problems, changes in personality, chest pain, fast or irregular heartbeat, feeling short of breath, trouble breathing or swallowing, risk-taking behavior, decreased inhibitions, no fear of danger, thoughts of hurting one's self or suicide...(3)

(3) <http://www.rxlist.com/ambien-drug/patient-images-side-effects.htm>



# A Better Solution: The Sound Pillow Sleep System

100% Natural sleeping aid includes:

**The Sound Pillow:** Comfortable hypoallergenic pillow with stereo speakers buried deep within a plush pillow. Speakers are shaped to be camouflaged/hidden from the user and do not disrupt their sleep.

**Also Included:** An easy-to-use MP3 Player pre-loaded with deeply relaxing nature sounds and “music.” The “music” is designed to relax the body and quiet the mind to both promote and sustain sleep.



# Review's Back Story

Based in San Antonio, Texas aka *Military City USA*, I am always crossing paths with folks serving in the military. And as a firm believer in the healing power of sleep, it just made sense to drop off a few Sound Pillow Sleep Systems to the Wounded Warriors Detachment - BAMC.

The reactions to the sleep systems were very positive. And in short time, there were many requests for more systems.

An additional 20 Sound Pillow Sleep Systems were delivered.

Feedback was requested, on a volunteer basis, with no expectations of anyone responding.

*19 individuals volunteered their feedback...*



# The Reviewers

Reviewing individuals were injured Marines in the Wounded Warriors Detachments under the command of Lt. COL David Barnes USMC.

## Individuals received:

Sound Pillow

MP3 Player Pre-Loaded with 14 1/2 hours of Binaural Music, Nature Sounds, Binaural Music layered with Nature Sounds.

Individuals slept with the system for 2-weeks then voluntarily provided feedback via questionnaires and personal comments regarding the system's components and quality of their sleep.

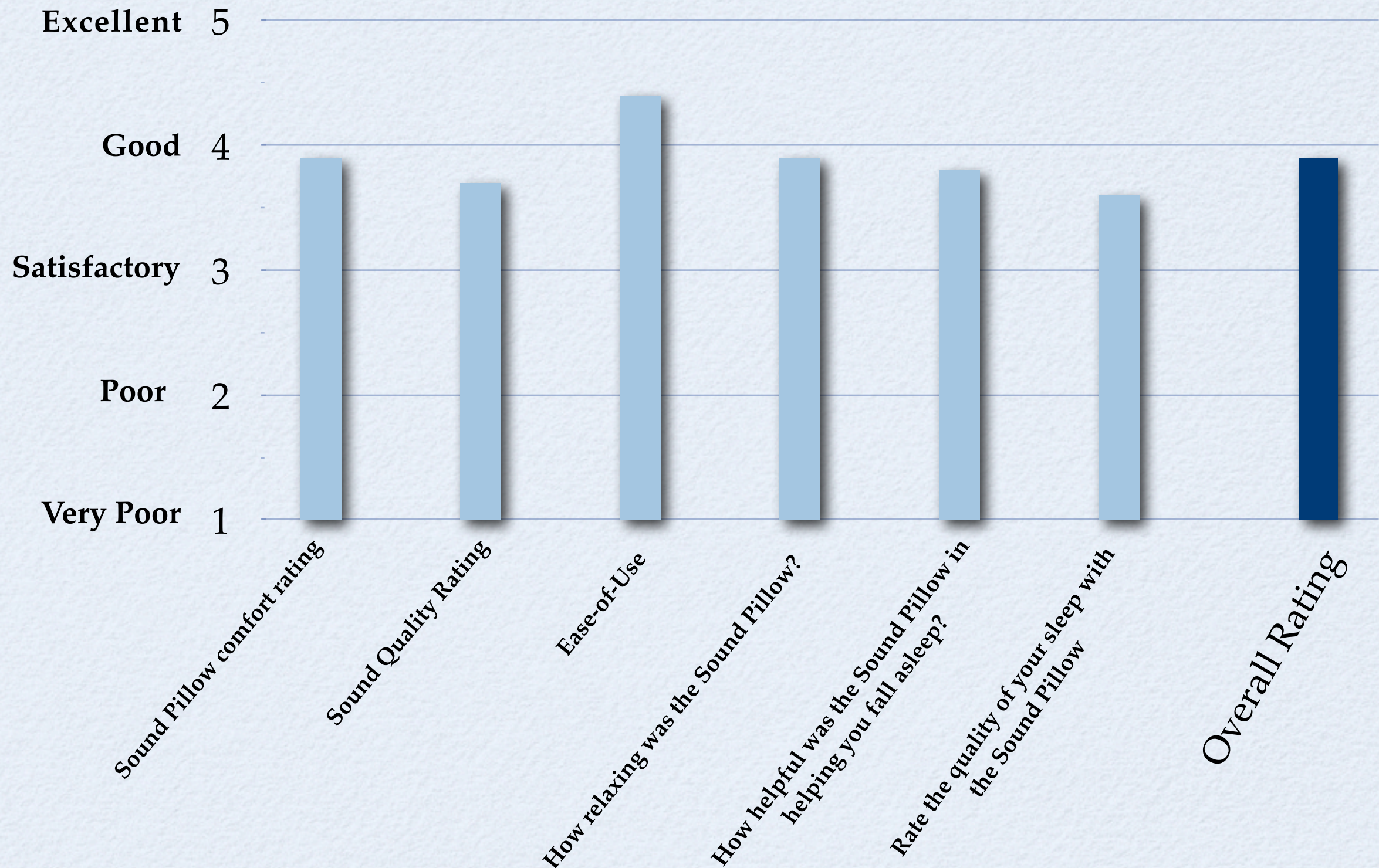
In some cases, the reviewer's care giver also volunteered feedback: i.e. regarding attitude changes.

*Care Giver Responses were Double Blind.*



# Wounded Warriors Detachment - BAMC: San Antonio, Texas

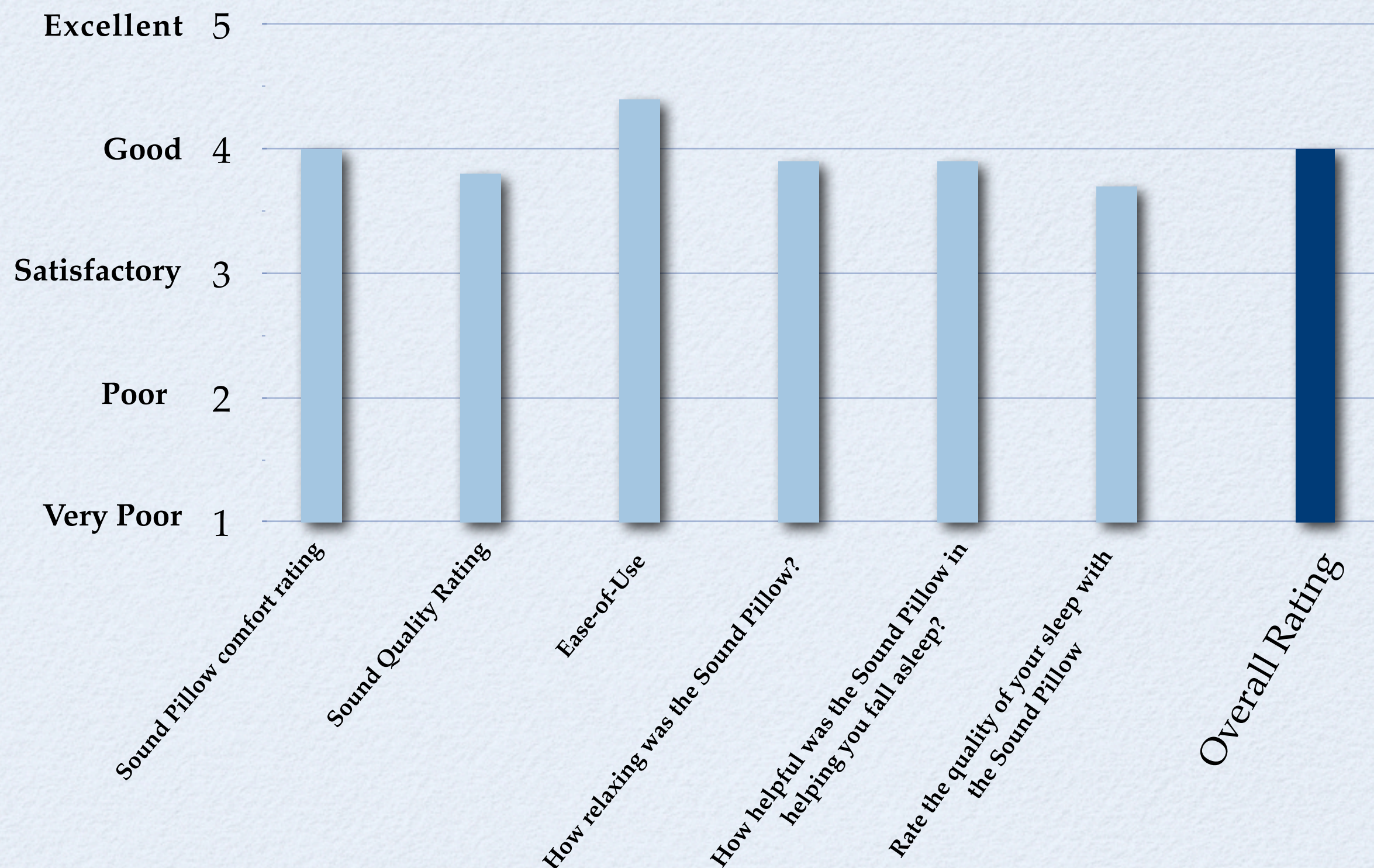
## 9 - Reviewers (First Review)





# Wounded Warriors: San Antonio, Texas

## 9 - Reviewers (Second Review w/ Cool Max Pillow Case)

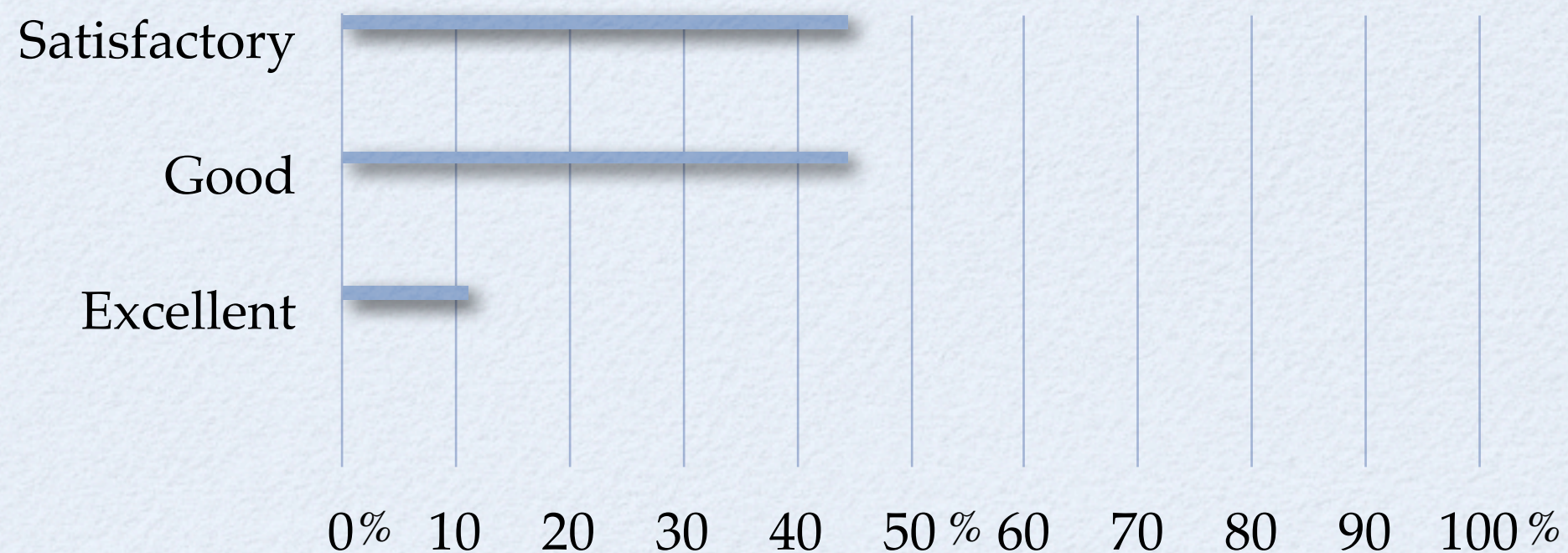




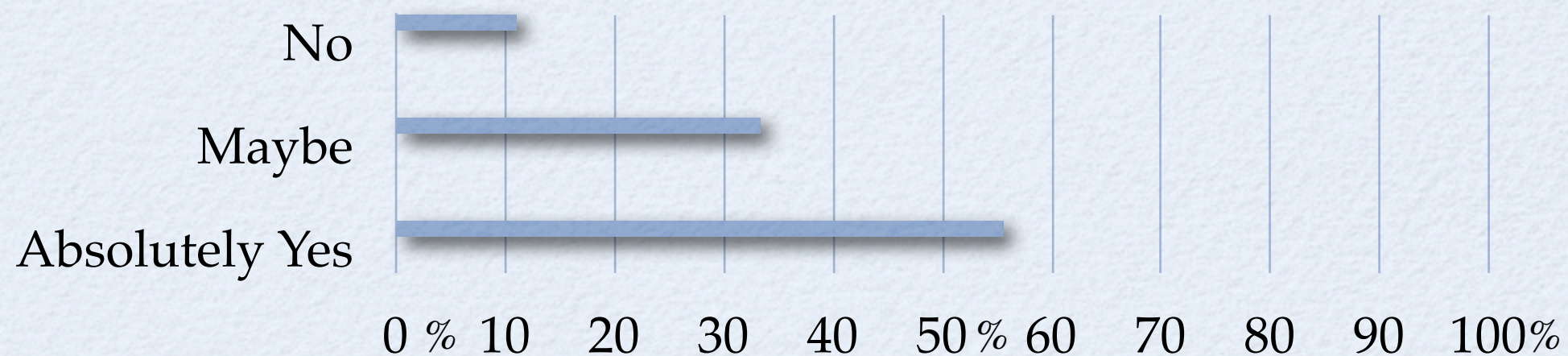
# Wounded Warriors Detachment - BAMC: San Antonio, Texas

## 9 - Reviewers

**Rate your overall experience the Sound Pillow Sleep System?**



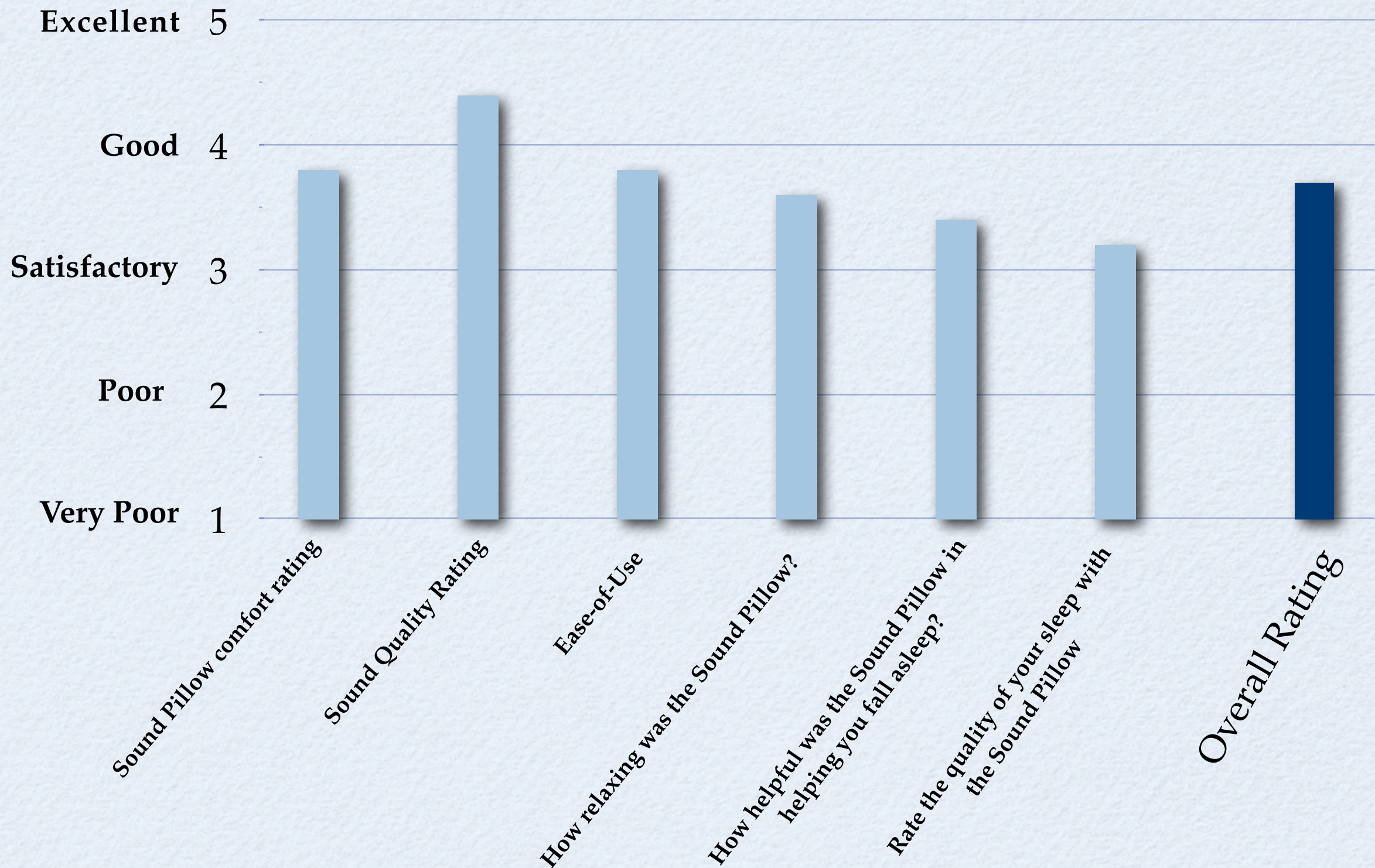
**Would you recommend the Sound Pillow Sleep System to others?**





# Wounded Warriors Detachment: Tampa, Florida

## 5 - Reviewers

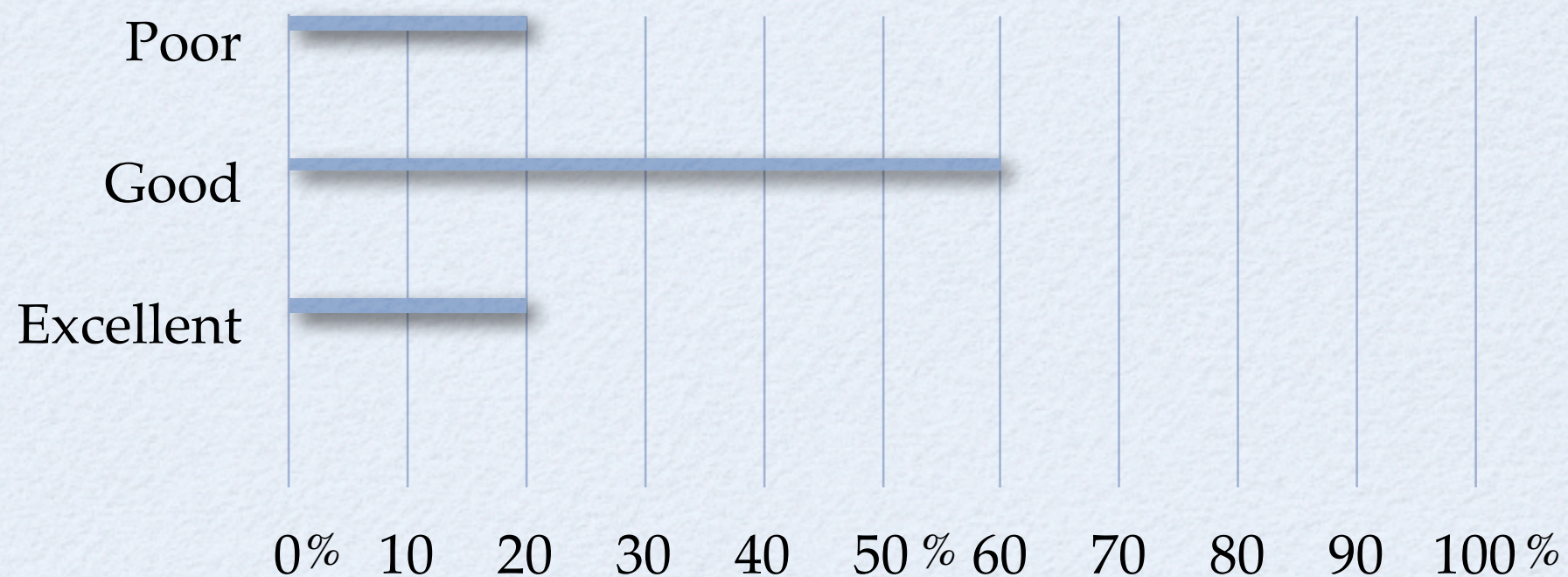




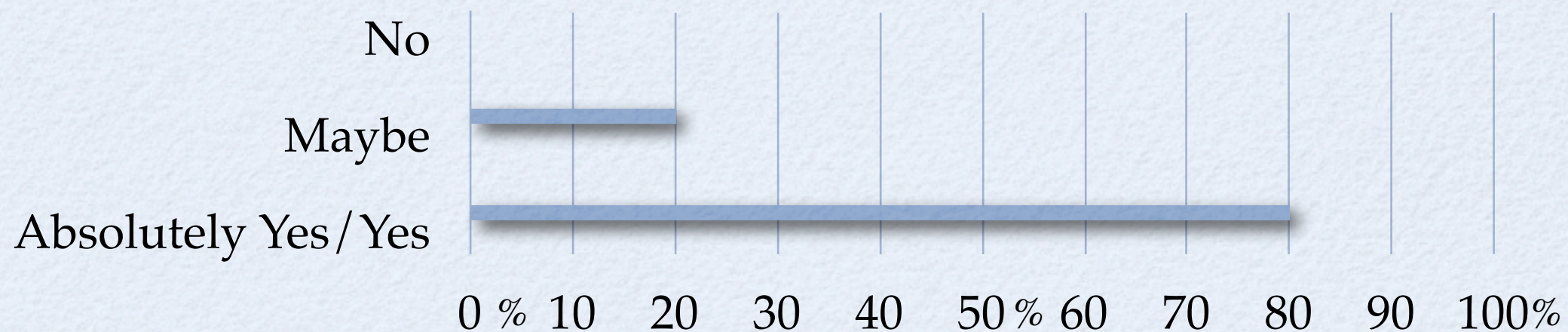
# Wounded Warriors Detachment: Tampa, Florida

## 5 - Reviewers

**Rate your overall experience the Sound Pillow Sleep System?**



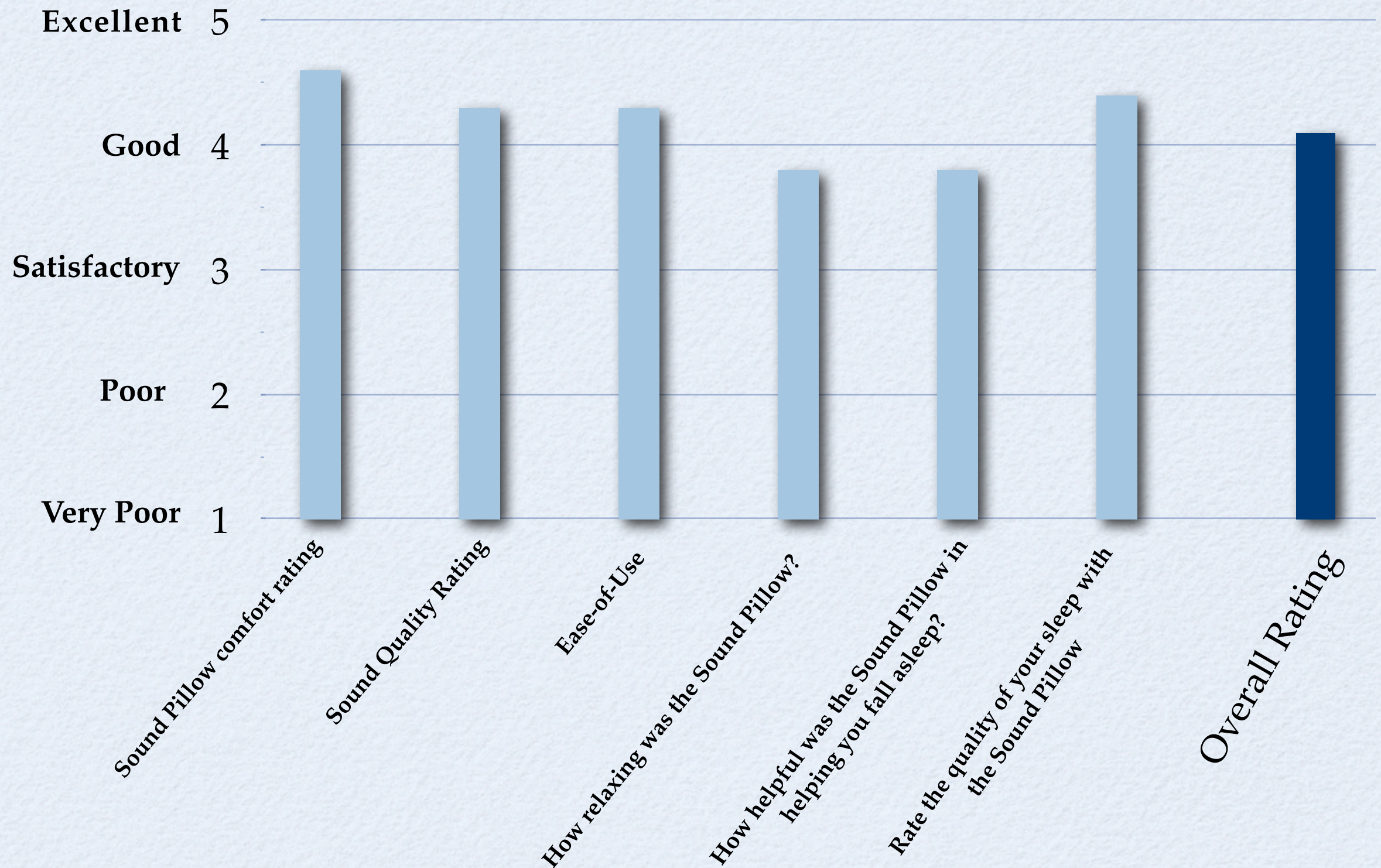
**Would you recommend the Sound Pillow Sleep System to others?**





# Wounded Warriors Detachment: Minneapolis, Minnesota - TBI

## 5 - Reviewers

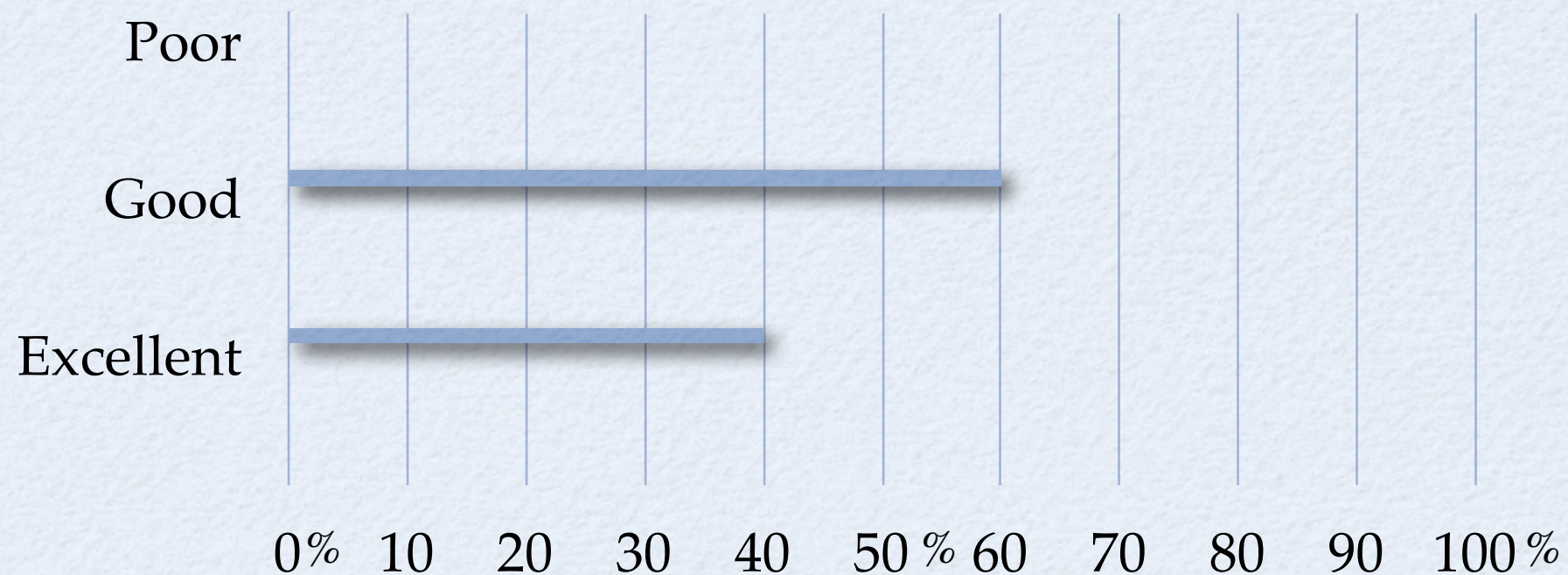




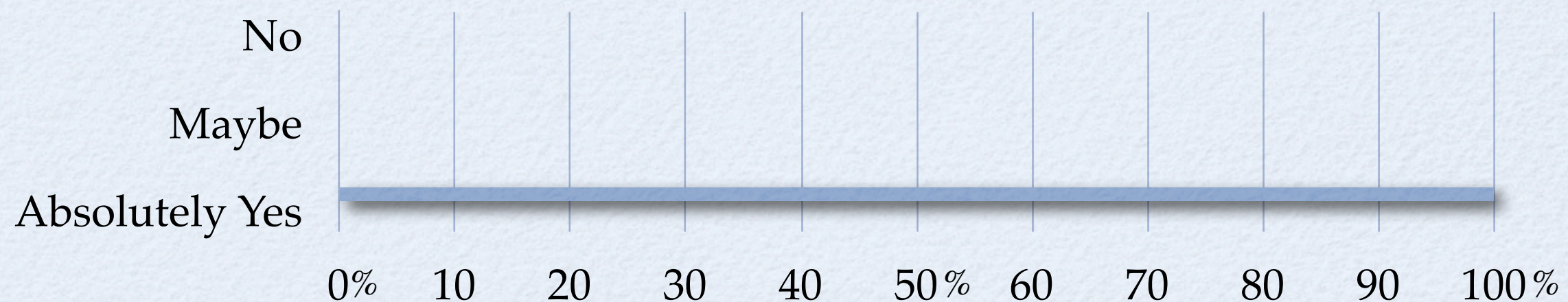
# Wounded Warriors Detachment: Minneapolis, Minnesota - TBI

## 5 - Reviewers

**Rate your overall experience the Sound Pillow Sleep System?**



**Would you recommend the Sound Pillow Sleep System to others?**





# Care Giver Responses: Minneapolis, Minnesota - TBI

## 3 - Reviews

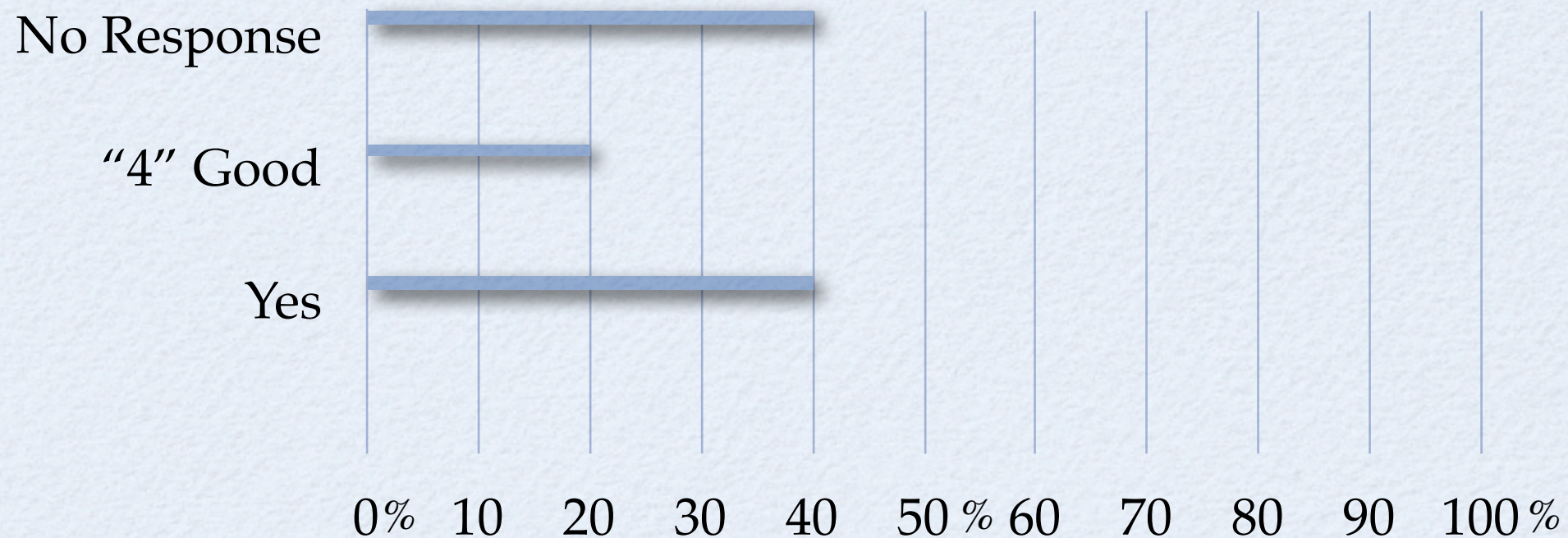




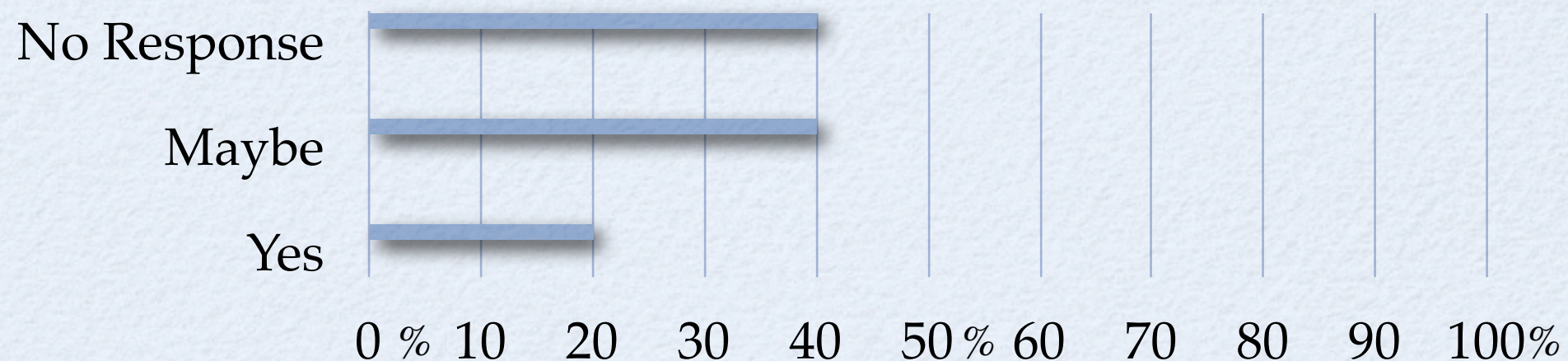
# Care Giver Responses: Minneapolis, Minnesota - TBI

## 5 - Reviews

**Do you believe the Sound Pillow Sleep System could benefit others in the facility?**



**Would you recommend adding the Sound Pillow Sleep System as a treatment protocol for others in your facility, when applicable?**





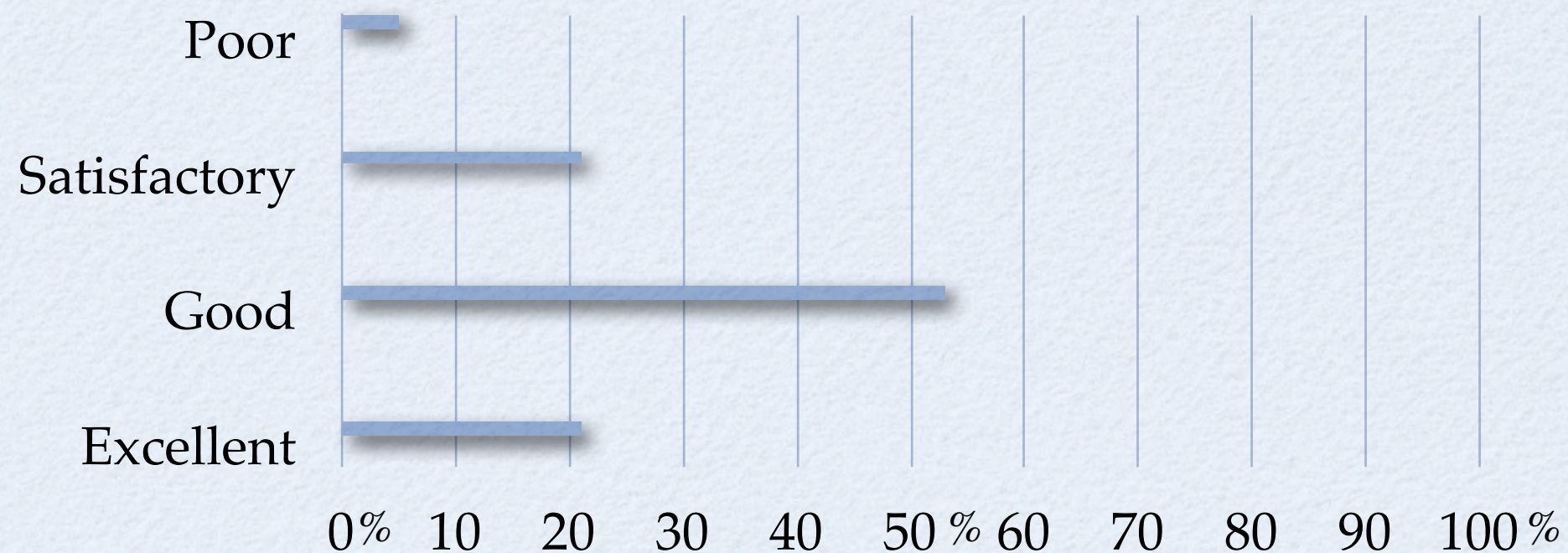
# Aggregate Review: 19 - Reviewers



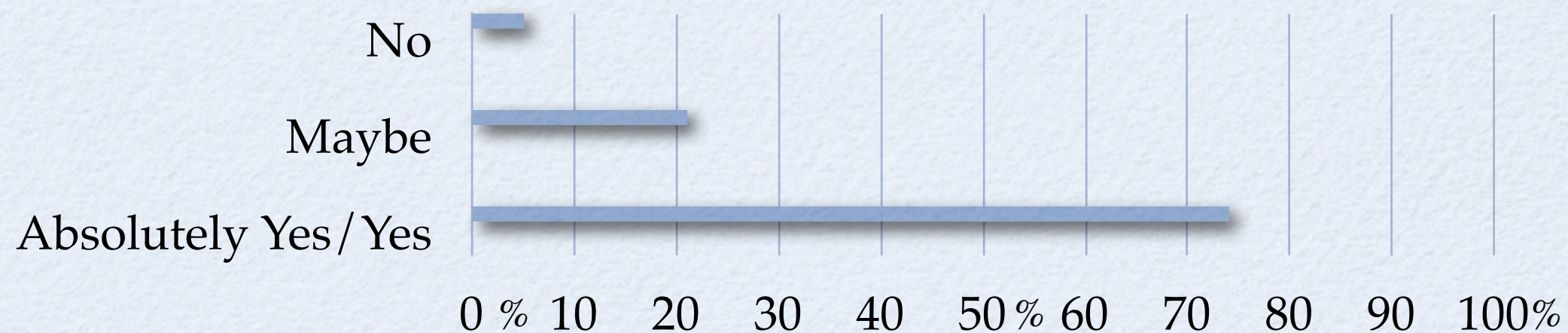


# Aggregate Review: 19 - Reviewers

**Rate your overall experience the Sound Pillow Sleep System?**



**Would you recommend the Sound Pillow Sleep System to others?**





# Reviewers' Comments

*I have been able to fall asleep, without taking sleep medication.*

- San Antonio, Texas Reviewer with Cool Max pillow case

*The Sound Pillow was Awesome. I have had no trouble falling asleep with the pillow.*

- San Antonio, Texas Reviewer

*It is very relaxing and soothing. I slept the whole night without waking up until morning.*

- Tampa, Florida Reviewer

*Slept really well and use it every night.*

- Minneapolis, Minnesota Reviewer - TBI

*It is a great pillow in helping me fall asleep and stay asleep.*

- San Antonio, Texas Reviewer



# Why the Sound Pillow Sleep System Works

The Sound Pillow is a comfortable-soothing sound conditioner creating an environment conducive for deep sleep.

Sleep system's nature sounds and music evolve slowly with no loud punctuations of sound or tempo changes. *Doesn't disturb sleeper.*

Sound Pillow's sound quality is extremely good. Thus the reproduction of nature sounds & music is pleasing and comforting.

The hypnotic music relaxes the body, slows cardiovascular and respiratory systems and calms the mind. Allowing for a deep state of relaxation and the promotion of slow wave sleep (sws).



# Conclusion

The Sound Pillow Sleep System is a viable sleeping aid providing its users with restorative sleep; without the negative and lingering effects of pharmaceutical based sleeping pills.

In some cases, Sleep System's reviewers were able eliminate their sleep medications, all together.

Care Giver responses indicate some users showed improved attitudes, had more meaningful communications and were more pleasant to be around...likely an outcome of experiencing a healthy night's sleep.



# Final Thoughts

95% of reviewers had a positive experience with the Sound Pillow Sleep System.

74% of the reviewer's said "Yes" they would recommend the Sound Pillow Sleep System to others.

60% (3 of 5) of responding Care Givers state the Sound Pillow Sleep System would benefit others in their facility.

58% of reviewers rated their *Quality of Sleep*, while using the Sound Pillow Sleep System, as *Good or Excellent*.



# Facilities Currently Using, Dispensing or Recommending the Sound Pillow or Sound Pillow Sleep System

As of March 16, 2013

## VA Hospitals/Audiology

VAMC – AR (Fayetteville)  
VAMC – AZ (Tucson)  
VAMC – CA (San Francisco)  
VAMC – CO (Aurora)  
VAMC – DC (Washington)  
VAMC – IA (Des Moines)  
VAMC – IL (Hines)  
VAMC – IN (Indianapolis)  
VAMC – LA (Harian)  
VAMC – ME (Augusta)  
VAMC – ME (Togus)  
VAMC – MS (Biloxi)  
VAMC – NL (Durham)  
VAMC – NY (Albany)  
VAMC – NY (Rochester)  
VAMC – OH (Cincinnati)  
VAMC – OR (Portland)  
VAMC – PA (Philadelphia)  
VAMC – WI (Madison)  
VAMC - TX (Dallas)

## Military

Yokota Air Force Base (Audiology) - Japan  
Air Force Occupational Measurement Squad  
Department of Veterans Affairs  
Evans Army Community Hospital  
Lackland Air Force Base  
Navy MedCom  
Naval Medical Center – Portsmouth  
Regional Medical Center Landstuhl  
US Naval Hospital  
Wilford Hall - Audiology - Air Force  
Wounded Warriors Regiment (Marines)



# Thank You

The staff at Armbruster Enterprises, Inc. & Sound Pillow thank all the men and women of the armed forces, past and present, for their sacrifices, dedication and service to the United States of America.

And thank you to their families, whose support often goes unrecognized.



# Contact Information

Sound Pillow<sup>(R)</sup>

Contact: R. Scott Armbruster

Phone: 877-846-6488

Email: [Scott@SoundPillow.com](mailto:Scott@SoundPillow.com)

Web: [www.SoundPillow.com](http://www.SoundPillow.com)

Sound Pillow is a registered trademark of Armbruster Enterprises, Inc.

Patent Pending