

## Sound Pillow® Sleep System

### THE STORY:

**T**he inventor/developer of Sound Pillow *Sleep System*, R. Scott Armbruster started out as a professional producer for concerts of famous rock stars. While in the midst of a live concert, he had an acoustic insult which resulted in chronic tinnitus. In order to help himself fall asleep at night, despite the constant ringing in his ears, Scott tried various noise systems with different content, but could never find one that really helped him. Having access to professional sound technicians, Scott came up with the idea to help tinnitus sufferers through putting specific noise content that can be listened to through a pillow. Using high quality stereo speakers, noise content that was filtered to just a specific noise (ex. think of hearing just ocean waves, without birds or dolphins chirping in the background), and non-allergenic materials for the pillow itself, Scott developed a Sound Pillow® *Sleep System* that he himself utilizes nightly and falls asleep with.

When he first produced his Sound Pillow® *Sleep System*, he figured that if it helped him with his tinnitus, why not offer it to the military to help injured veterans. Not only did the military (think air force, navy and marines) try it out for tinnitus sufferers, but they also discovered the Sound Pillow® *Sleep System* helped veterans suffering with Post Traumatic Stress Disorder (PTSD) and mitigated (and in numerous cases), the system eliminated their nightmares and they sleep more soundly.

By now I am sure everyone is wondering how this reached the Aspergers community. And that occurred by what we as Jewish People would proudly term divine providence. One day Scott noticed a neighbor of his, a man whom he recognized casually, stopping on his own to fix the sprinkler system that his neighbor noticed was not working in Scott's yard. Appreciating the thoughtfulness of his neighbor, Scott gave him a Sound Pillow® *Sleep System* as a thank you. About a week later, Scott bumps into the neighbor's wife who tells him that "thank you for the system, they are both sleeping." Confused who she is talking about, Scott questions the neighbor and finds out that this neighbor's wife is none

other than Jennifer Allen, a mother of two children with Aspergers, who started Asperger's 101, as well as helped pass Sam's Law. Joining together with Jennifer Allen, Scott developed a questionnaire to use with a group of about 30 individuals who presented with various levels of Autistic Spectrum Disorder (ASD), in order to further develop the Sound Pillow Sleep System to help this population. Based on the feedback from this group (all of which can be viewed on SoundPillow.com), Scott fine tuned the player to include the ability

to use one button to turn on and off the content, as well as the ability to select the sound content the individual prefers. He also included a separate sound control button on the wire itself so that the individual can adjust the sound without having to fumble for the player. Other notable features is

that the player's light up screen goes dark once it is not used for 30 seconds in order to reduce ambient light that affects sleep.

### THE PILLOW:

Sound Pillow Sleep System, a comfortable non-allergenic pillow with a complete thought out noise/content sound system to help the user relax and drift off to sleep at night. All the parts needed to use this system, come with your purchase. It uses high quality stereo speakers embedded in the pillow in such a way that the user will not feel any bumps while lying down on this pillow. (I can guarantee that as I have tried it out on myself, and various family members!) The MP3 player included with the system is easy to use with the touch of one button to turn on and off, as well as scroll through to select from the pre loaded 21 different types of nature sounds, binaural-hypnotic music and noise files. These sounds are a selection of both natural (examples: rain, stream, ocean waves, forest), binaural music (ex. calming music with a natural sounds in the background), as well as colored noises (ex. pink noise, white noise, blue noise etc.). Having so many choices helps each user find exactly the type of sound they need to help relax and fall asleep. Each sound file has been filtered to amplify only the purest sound of that category, as well as containing a full hour of that sound before repeating the content. The player is set to keep



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on playing the sound all night until the user turns it off. In addition, a separate volume switch makes it easy for the user to adjust the sound with one hand in middle of the night as needed without having to manipulate the buttons on an MP3 player. In addition, since the MP3 player's screen goes dark after 30 seconds, it minimizes ambient light. The included rechargeable battery takes about 3 hours to charge and can last for at least 30 hours before needing to be recharged. (Charger included as well.) This company cares a great deal about the users of their product and they have tested every piece of their system, including the player and its wires for toxic materials. They have even gone so far to use only an environmentally and human friendly solder with greatly reduced lead levels. The system is PC and Mac compatible, although you don't need a computer for its operation. It is also Bluetooth enabled, although the pillow in the Sound Pillow® Sleep System itself is not Bluetooth, in order maintain a stable sound connection to pillow. You can use the player's Bluetooth feature to push the sound to other personal listening devices.

Sound Pillow® Sleep System company freely shares their information on their website, including all the reports and their efficacy rates. They are open to questions, as well as any feedback that will help them improve their product even further. If you know a child or adult that has difficulty settling down at night and staying asleep throughout the night, have them try out the Sound Pillow® Sleep System today!

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## THERAPEUTIC BENEFITS:

- Increases ability to process sensory stimuli in a calm manner
- Increases ability to regulate sleep-wake patterns
- Increases ability to gain independence in bedtime routines

[www.soundpillow.com](http://www.soundpillow.com)

\$149<sup>88</sup>

***"It makes bed time in our house a much more pleasant experience."*** <sup>(1)</sup>

**Pre-Loaded with 21 Tracks! Including:**  
**Hypnotic Music & Nature Sounds. For Sleep. Naturally.**

**Sound Pillow®**  
**Sleep System**  
*Sleep never sounded so good.™*

US Patents: #9,003,582 & 9,433,744

**- 32+ Hour Battery Life!**

**- Bluetooth Player for Personal Listening Devices**

**Web: [SleepingWithAutism.com](http://SleepingWithAutism.com)**

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(1) CEC Clinical Research Study: Sound Pillow Sleep System Study - Parent