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. (2)

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

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... (1)

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. (2)

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.
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)

<table>
<thead>
<tr>
<th>Rating</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>5</td>
</tr>
<tr>
<td>Good</td>
<td>4</td>
</tr>
<tr>
<td>Satisfactory</td>
<td>3</td>
</tr>
<tr>
<td>Poor</td>
<td>2</td>
</tr>
<tr>
<td>Very Poor</td>
<td>1</td>
</tr>
</tbody>
</table>

- Sound Pillow comfort rating: 4
- Sound Quality Rating: 5
- Ease of Use: 5
- How relaxing was the Sound Pillow?: 4
- How helpful was the Sound Pillow in helping you fall asleep?: 5
- Rate the quality of your sleep with the Sound Pillow: 5

Overall Rating: 5

Thursday, April 25, 2013
Wounded Warriors: San Antonio, Texas
9 - Reviewers (Second Review w/ Cool Max Pillow Case)

- Sound Pillow comfort rating: 3
- Sound Quality Rating: 4
- Ease-of-Use: 5
- How relaxing was the Sound Pillow? 5
- How helpful was the Sound Pillow in helping you fall asleep? 5
- Rate the quality of your sleep with the Sound Pillow: 5
- Overall Rating: 5

Thursday, April 25, 2013
Rate your overall experience the Sound Pillow Sleep System?

- Satisfactory
- Good
- Excellent

Would you recommend the Sound Pillow Sleep System to others?

- No
- Maybe
- Absolutely Yes
Wounded Warriors Detachment: Tampa, Florida
5 - Reviewers

- Sound Quality Rating
- Ease-of-Use
- How relaxing was the Sound Pillow?
- How helpful was the Sound Pillow in helping you fall asleep?
- Rate the quality of your sleep with the Sound Pillow

Sound Pillow comfort rating:
- Excellent
- Good
- Satisfactory
- Poor
- Very Poor

Overall Rating

Thursday, April 25, 2013
Rate your overall experience the Sound Pillow Sleep System?

- Poor
- Good
- Excellent

Would you recommend the Sound Pillow Sleep System to others?

- No
- Maybe
- Absolutely Yes/Yes
Wounded Warriors Detachment: Minneapolis, Minnesota - TBI 5 - Reviewers

- How relaxing was the Sound Pillow?
- How helpful was the Sound Pillow in helping you fall asleep?
- Rate the quality of your sleep with the Sound Pillow

Excellent 5
Good 4
Satisfactory 3
Poor 2
Very Poor 1

Sound Pillow comfort rating
Sound Quality Rating
Ease-of-Use
Overall Rating

Thursday, April 25, 2013
Rate your overall experience the Sound Pillow Sleep System?

- Poor
- Good
- Excellent

Would you recommend the Sound Pillow Sleep System to others?

- No
- Maybe
- Absolutely Yes
Care Giver Responses: Minneapolis, Minnesota - TBI 3 - Reviews

- Did communications improve?
- Were communications more meaningful?
- Did they feel ability to reach goals improved?
- Was individual more pleasant to be around?

Thursday, April 25, 2013
Care Giver Responses: Minneapolis, Minnesota - TBI
5 - Reviews

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

- No Response
- “4” Good
- Yes

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

- No Response
- Maybe
- Yes

Thursday, April 25, 2013
Aggregate Review: 19 - Reviewers

- Sound Quality Rating
- Ease-of-Use
- How relaxing was the Sound Pillow?
- How helpful was the Sound Pillow in helping you fall asleep?
- Rate the quality of your sleep with the Sound Pillow

<table>
<thead>
<tr>
<th>Rating</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>5</td>
</tr>
<tr>
<td>Good</td>
<td>4</td>
</tr>
<tr>
<td>Satisfactory</td>
<td>3</td>
</tr>
<tr>
<td>Poor</td>
<td>2</td>
</tr>
<tr>
<td>Very Poor</td>
<td>1</td>
</tr>
</tbody>
</table>

Overall Rating: 4
Rate your overall experience the Sound Pillow Sleep System?

- Poor
- Satisfactory
- Good
- Excellent

Would you recommend the Sound Pillow Sleep System to others?

- No
- Maybe
- Absolutely Yes/Yes
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).
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

### 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 (Harihan)
- 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)

As of March 16, 2013
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.