

Default Report

Sound Pillow Sleep System Study

February 1, 2019 6:38 PM MST

QID90 - F11. Do you believe the Sound Pillow Sleep System helped the participant sleep?

Too little

F11. Do you believe the Sound Pillow Sleep System helped the participant s...

Yes, he looked forward to listening to the pillow.

Yes a lot

yes

yes

Yes

No

he is falling asleep a lot quicker now.

Yes

Not really Did not improve sleep in any significant way. She likes the pillow and slept well with it, but no improvement in amount of time spent sleeping.

I think he enjoyed having the ocean/rain sounds. I am not sure if the pillow helped him to sleep but certainly to relax.

Yes

Yes

Unfortunately no

I think it helped with his anxiety. It certainly helped during storms.

Yes

Yes a lot. He seemed to enjoy it and seem more at ease

Yes

It definitely helps him fall asleep quicker. Some tracks help him stay asleep, but only a couple.

Yes

Yes

F11. Do you believe the Sound Pillow Sleep System helped the participant s...

Yes

yes

Yes

Yes

Yes

The right amount

F11. Do you believe the Sound Pillow Sleep System helped the participant s...

I think it helped him stay asleep, I don't think it helped him go to sleep

Yes

yes

I'm still not sure as going 2 weeks with and without isn't conducive to him as he doesn't like change. When he was on the weeks he didn't have it then he wanted a cell phone to be their with white noise on.

It didn't hurt

Yes

No

Yes

No

yes it did help him fall asleep faster and he did not wake up in the middle of the night

Yes

Yes

Yes, more willingly to go to bed and was able to relax much quicker

Yes

Yes

some

100% no doubt.

F11. Do you believe the Sound Pillow Sleep System helped the participant s...

It helped relax her. She enjoyed using it at night.

maybe

Maybe

Yes

I think the sounds helped him fall asleep faster, but the discomfort of the pillow made it harder for him to stay asleep. He found himself waking up too early because the pillow was uncomfortable

no because he refused the pillow

Yes

Yes, very much so! He stopped fighting bed time!

Yes

yes

yes, very positive

Too much

F11. Do you believe the Sound Pillow Sleep System helped the participant s...

Absolutely

End of Report