

## Evaluation of Biocrystal Pillow/Topper/Mattress to test for Pain Reduction, Sleep Improvement, Stress Reduction

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### Introduction

The benefits of this Sleep M Biocrystal Sleep M technology include:

- Stress and fatigue reduction [3] & [10]
- Reduces inflammation (swelling) [11]
- Ceases joint pain and stiffness [11]
- Provides warm, soothing pain relief [11]
- Improves muscle tone and skin quality [11]
- Eliminates toxins in the body [12]

### Aim of the study

To demonstrate clinical improvement in the quality of life patients suffering from chronic pain, stress, sleep or life-threatening illnesses. [11]

### Objective

- To elicit improvement of pain control among the target patients [11]
- To explore other evidences of symptoms control among the patients

### Methodology

Biofeedback testing (4 hours fasting) using Quantum Biofeedback Analyzer has been done before and after 3 months of use of the Sleep M Biocrystals to test for improvement using the Sleep M Sleep M Biocrystals Pillow/Topper/Mattress from Sleep M in Markham, ON, Canada.

Pain score evaluation: A Qualitative pain Score would be used to assess the pain scores before and after the treatment. Numerical Rating Scale (NRS 0-10). 0 = No Pain; 5 = Moderate Pain and

10= Severe Pain. [11] & [12]

Ethical considerations: Approval for the study will be obtained from the tested 20 subjects. No Contraindication is expected by using the Biocrystals. A consent form was given to all participants.

Research Consent Form for Sleep M [Biocrystal Pillow, Biocrystal Topper & Biocrystal Mattress] 3 months clinical trials using 20 subjects who own a pillow, topper and mattress to test for:

1. Pain Reduction. [11] & [12]
2. Sleep improvement. [11] & [12]
3. Stress Reduction. [10] & [11]
4. Improvement in Circulation for clients with Diabetes. [3] & [11]

Biofeedback Testing (4 hours fasting) will be done at 0 and 3 months to test for improvement using the Sleep M Biocrystals. These tests are FREE for participants.

### Results

Subject	Biofeedback Score at 0 [0 = Nil; 10 = High]	Biofeedback score after 3 months [0 = Nil; 10 = High]
#1	Pain - 7 Sleep - 7 Stress - 8 Circulation - 6	5 4 6 6
#2	Pain - 8 Sleep - 8 Stress - 9 Circulation - 5	7 6 7 5
#3	Pain - 6 Sleep - 7 Stress - 8 Circulation - 8	5 6 6 6
#4	Pain - 5 Sleep - 7 Stress - 7 Circulation - 7	4 6 6 6
#5	Pain - 8 Sleep - 7 Stress - 8 Circulation - 6	5 5 6 6
#6	Pain - 7 Sleep - 6 Stress - 7 Circulation - 6	7 5 6 5
#7	Pain - 6 Sleep - 5 Stress - 6 Circulation - 7	6 5 5 7
#8	Pain - 4 Sleep - 8 Stress - 6 Circulation - 6	3 5 6 6
#9	Pain - 5 Sleep - 5 Stress - 5 Circulation - 6	5 5 5 6
#10	Pain - 7 Sleep - 6 Stress - 6 Circulation - 5	4 5 6 5
#11	Pain - 6 Sleep - 7 Stress - 7 Circulation - 5	5 6 5 5
#12	Pain - 7 Sleep - 7 Stress - 6 Circulation - 5	7 5 6 6
#13	Pain - 8 Sleep - 8	7 5

	Stress - 7	6
	Circulation - 7	7
#14	Pain - 9	7
	Sleep - 7	6
	Stress - 7	6
	Circulation - 6	6
#15	Pain - 7	7
	Sleep - 8	7
	Stress - 7	7
	Circulation - 9	7
#16	Pain - 9	8
	Sleep - 8	7
	Stress - 9	7
	Circulation - 4	3
#17	Pain - 7	6
	Sleep - 8	7
	Stress - 7	7
	Circulation - 4	4
#18	Pain - 7	7
	Sleep - 8	6
	Stress - 7	6
	Circulation - 4	7
#19	Pain - 7	5
	Sleep - 5	5
	Stress - 6	6
	Circulation - 5	5

### Discussion

It appears that using the Sleep M Biocrystals helped the subjects to improve their pain, sleep, stress as well as circulation over the 3 months testing period as a result of stress reduction [10]. Subjects who reported improvement in their pain also found less sleep problems including reduced snoring which can lead to sleep apnea as well as reduced stress. [10]. Clients who reported problems with circulation as a result of diabetic neuropathy have reported slight improvement in their circulation.

There were no reported negative side effects for using the Sleep M Biocrystals even with clients who were using Prescription or over the counter medications for pain, sleep or diabetes. [11]. There was no significant difference by using the Sleep M Pillow, topper or mattress suggesting that any benefit is derived from the Sleep M Biocrystals near infrared & negative ions regardless of the gadget used. [1] & [11].

The biofeedback test results have been correlated with CBC blood test results in the previously published studies by over 95% accuracy. That is why the subjects were not required to do the blood tests. [11] & [12]. The result of this current study of Sleep M Biocrystals correlates with previously published study using Thermotherapy via infrared and negative ions on the tested subjects over 3 months period. [11] & [12].

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