

My resting-breath-hold (RBH) is

In seconds:

My pain level is (10 = worst)

() () (✓) () () () () () () ()

My body-weight is

216 lbs. or _____ kgs.

I usually wake to urinate

2 many times per night

Comments: ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS?

Still keeping magnet at core & base
no screw yet
will add screw in a few days

5/14

1 2 3 4 5 6 7 8 9
10

Day 28 on EarthPulse™ I'm sleeping

() () () () () () () (✓) () ()

My energy level is

() () () () () () () (✓) () ()

My physical performance level is

() () () () () () () (✓) () ()

My mental performance level is

() () () () () () () (✓) () ()

My resting-breath-hold (RBH) is

In seconds: 100

My pain level is (10 = worst)

() (✓) () () () () () () () ()

My body-weight is

216 lbs. or _____ kgs.

I usually wake to urinate

1-2 many times per night

Comments: Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Thank you!

Switched to sleep 4 ✓ three days ago.

8/15

1 2 3 4 5 6 7 8 9
10

Day 60 on EarthPulse™ I'm sleeping

() () () () () () () (✓) () ()

My energy level is

() () () () () () () (✓) () ()

My physical performance level is

() () () () () () () (✓) () ()

My mental performance level is
 My resting-breath-hold (RBH) is
 My pain level is (10 = worst)
 My body-weight is
 I usually wake to urinate

() () () () () () () () () (✓)
 ()
 In seconds:
 () (✓) () () () () () () () ()
 ()
214 lbs. or _____ kgs.
2 many times per night

Comments: Please use the device nightly during the first 90-day period (don't loan it out yet) to maximize statistical probability and level of success. Thank you!

used sleep 4 but will not Day

Recover

7/16/13

Day 90 on EarthPulse™ I'm sleeping

My energy level is
 My physical performance level is
 My mental performance level is
 My resting-breath-hold (RBH) is
 My pain level is (10 = worst)
 My body-weight is
 I usually wake to urinate

	1	2	3	4	5	6	7	8	9
	10								
	()	()	()	()	()	()	()	()	(✓)
	()	()	()	()	()	()	()	()	(✓)
	()	()	()	()	()	()	()	()	(✓)
	()	()	()	()	()	()	()	()	(✓)
	()	()	()	()	()	()	()	()	()
	In seconds: <u>105</u>								
	()	(✓)	()	()	()	()	()	()	()
	()								
	<u>216</u> lbs. or _____ kgs.								
	<u>1-2</u> many times per night								

Sleeping on sleep 3.