



FEEDBACK FORM

LAST NAME: ...Rhonda Weeks AGE:47..... PURCHASE DATE:1-6-14,

IF DEVICE FAILS TO PRODUCE SATISFACTORY RESULTS, PLEASE RETURN THIS FORM COMPLETED 30-90 DAYS TO RECEIVE RETURN-AUTHORIZATION AND YOUR RETURNS INSTRUCTIONS (DEPENDS UPON YOUR LOCATION).

RE-SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT

On a Scale of 1 -10 (10=BEST)

Base-Line	1	2	3	4	5	6	7	8	9	10
Prior to EarthPulse™ I'm sleeping	()	()	()	()	()	()	(x)	()	()	()
My energy level is	()	()	()	()	(x)	()	()	()	()	()
My physical performance level is	()	()	()	()	(x)	()	()	()	()	()
My mental performance level is	()	()	()	()	(x)	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds: :58									
My pain level is (10=worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	_____221_____ lbs. or _____ kgs.									
I usually wake to urinate	_____1-2_____ many times per night									

	1	2	3	4	5	6	7	8	9	10
Day 7 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	(X)	()	()
My energy level is	()	()	()	()	()	()	()	()	(X)	()
My physical performance level is	()	()	()	()	()	()	()	(X)	()	()
My mental performance level is	()	()	()	()	()	()	()	(X)	()	()
My resting-breath-hold (RBH) is	In seconds: 67									
My pain level is (10 = worst)	()	(X)	()	()	()	()	()	()	()	()
My body-weight is	_____218_____ lbs. or _____ kgs.									
I usually wake to urinate	___less than 1_____ many times per night									

Resting Breath Hold (RBH) almost never fails to improve during first week. If RBH did fail to improve (or got worse which is even more rare), please re-read your RBH test instructions (in the same email this document was attached to. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test, or taking under different conditions.

Comments: Please write as much as you would like in the space below. PARTICULARLY HELPFUL WOULD BE YOUR COMMENTS ON ANY CHANGES IN NUTRITIONAL SUPPLEMENTATION OR MEDICATION DURING THE TIME OF YOUR 90 DAY TRIAL. The page will continue down as necessary. Call for technical support if you have any questions. Contact numbers are at end of this document. Thank you!



Prior to beginning the Earthpulse, I have been taking 5 mg of melatonin and the second half of my magnesium supplement an hour before bedtime. Adding the magnesium supplement improved my sleep dramatically, especially at first. For a while I was sleeping much more deeply and not waking to go to the bathroom at all. Then my sleep degraded a bit, but is still much better than it was. I am continuing the magnesium, but will drop the melatonin as it becomes possible to do so with the Earthpulse.

UPDATE at Day 8: I have discovered that not taking the melatonin and magnesium causes my sleep to be less deep. I have also gone to Sleep 3 vs. Recovery. I will continue to experiment to see if I can drop the melatonin without experiencing agitation.

	1	2	3	4	5	6	7	8	9	10
Day 14 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	(x)
My energy level is	()	()	()	()	()	()	()	()	(x)	()
My physical performance level is	()	()	()	()	()	()	()	(x)	()	()
My mental performance level is	()	()	()	()	()	()	()	()	(x)	()
My resting-breath-hold (RBH) is	In seconds: 67									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	___218.8___ lbs. or _____ kgs.									
I usually wake to urinate	___0___ many times per night									

Comments: Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Please make sure you oxygen load properly to make your RBH as accurate as possible.

	1	2	3	4	5	6	7	8	9	10
Day 21 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	(x)
My energy level is	()	()	()	()	()	()	()	()	(x)	()
My physical performance level is	()	()	()	()	()	()	()	()	(x)	()
My mental performance level is	()	()	()	()	()	()	()	()	(x)	()
My resting-breath-hold (RBH) is	In seconds: 61									
My pain level is (10 = worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is	___217.1___ lbs. or _____ kgs.									
I usually wake to urinate	___less than 1___ many times per night									

Comments: ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS? Dropped



Melatonin at day 14 and am sleeping just as well without it. I am still taking the magnesium because my sleep seems deeper with it.

	1	2	3	4	5	6	7	8	9	10
Day 28 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	(x)	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 61									
My pain level is (10 = worst)	()	()	()	(x)	()	()	()	()	()	()
My body-weight is	___218___ lbs. or ___ ___ kgs.									
I usually wake to urinate	___1___ 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!

This was just a really tough week. Lots of personal stress and bad dietary choices. But even then, my sleep was considerably better than before. Missed one night out of town with my husband. But slept so much better than I usually would in an uncomfortable situation.

	1	2	3	4	5	6	7	8	9	10
Day 60 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	(x)
My energy level is	()	()	()	()	()	()	()	(x)	()	()
My physical performance level is	()	()	()	()	()	()	()	(x)	()	()
My mental performance level is	()	()	()	()	()	()	()	(x)	()	()
My resting-breath-hold (RBH) is	In seconds: 50									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	___219___ lbs. or ___ ___ kgs.									
I usually wake to urinate	___0___ 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!

My sleep continues to be deep and restorative. I recently found out that I have the MTHFR C677T methylation defect and started some different B vitamins and Repairvite for my digestive health, and went to a DHEA cream and glutathione cream instead of an oral version. I also have been using a personal FAR infrared sauna every two days for the past two weeks. Something about this change in my regiment has really addressed the foot and ankle pain and morning stiffness I had been experiencing for the past few weeks. I am not sure which element it is, but it is better.

Meanwhile, I have moved the base of the Earthpulse unit to just beneath a couple of inches of mattress pad between me and my husband. We have been using Sleep 3, but I am going to change to Recover mode for several nights since we are sleeping so well. Statistically I'd say I wake less than one time per night. Most nights I don't wake to urinate at all and that is down from a high of two times with many very restless, wakeful nights. A restless night is almost unheard of in our house these days. Even the dog sleeps great!

I absolutely LOVE the Earthpulse and really believe it has given me back my sleep.

	1	2	3	4	5	6	7	8	9	10
Day 90 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	(x)	()
My energy level is	()	()	()	()	()	()	()	(x)	()	()
My physical performance level is	()	()	()	()	()	()	()	(x)	()	()
My mental performance level is	()	()	()	()	()	()	()	(x)	()	()
My resting-breath-hold (RBH) is	In seconds: 60									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	___218___ lbs. or ___ ___ kgs.									
I usually wake to urinate	___1___ many times per night									

NOW,... IF YOU'D LIKE TO LOAN YOUR EARTHPULSE OUT, TO A FRIEND TO TRY, PLEASE DO SO.

Thank you and be well.

Comments: Please write as much as you would like here, then return to email below.

My sleep is still much better with the Earthpulse than without. The last couple of weeks we have dialed it back to Sleep 1 just because the spring change made us both a little restless. Overall though, I'd say my husband and I have both benefitted greatly from improved sleep. He's made substantial changes in his diet as well and all his numbers and his weight have really improved. Thanks for such a great product! I recommend it often!