



# FEEDBACK FORM

LAST NAME:.....AGE: .....PURCHASE DATE:.....  
**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
<b>Prior to EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( 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: 124 s									
My pain level is (10=worst)	( )	( )	( )	( )	( )	( )	( )	( x )	( )	( )
My body-weight is	**pain – focus on bicep tendon pain on lifting 9 kg reverse									
I usually wake to urinate	_____ lbs. or _____87_____ kgs.									
	_____1_____ many times per night									

	1	2	3	4	5	6	7	8	9	10
<b>Day 7 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( 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: 141 s									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	( x )	( )	( )
My body-weight is	_____ lbs. or _____87_____ kgs.									
I usually wake to urinate	_____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!

I have experienced no immediate agitation or relaxation with the initial session. However, with use at highest strength below chest throughout night, I have experienced agitation the following day, which seemed to grow worse till about mid-



afternoon and then subside somewhat. I spent the first week experimenting with placement and strength. On the sixth night, I had the air core below chest and experienced very high quality sleep. Unfortunately, the following night I had a blocked nose and woke from a deep sleep in the early morning and could not get back to sleep properly after that. I have not changed sleeping medication doses (ambien) as I have not yet attained consistent sleep. I was away on holiday and have not been the gym for most of the week, so do not have any indication of performance changes. My bicep tendon remains sore at this stage.

	1	2	3	4	5	6	7	8	9	10
<b>Day 14 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	(x)	( )	( )	( )	( )
My energy level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds: 150 s									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	_____ lbs. or ____87____ 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. Please make sure you oxygen load properly to make your RBH as accurate as possible.

\*note – still trying to get placement and strength right for sleep and become acclimated to the device. On nights that I sleep well, I sleep excellently. Similarly, on days I have slept well, physical performance is improved and excellent, as is mental performance. Great clarity on such days.

	1	2	3	4	5	6	7	8	9	10
<b>Day 21 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	( )	(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: 160									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	_____ lbs. or ____87____ kgs.									
I usually wake to urinate	_____1_____ many times per night									



**Comments:** ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS?

Less paracetamol for neck pain.

	1	2	3	4	5	6	7	8	9	10
<b>Day 28 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	(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: 172 s									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	_____ lbs. or ___87.5___ kgs.									
I usually wake to urinate	_____ 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!

Physical performance has improved incredibly. Information is attached separately. Sleep quality is better and response to lack of sleep is better. Sleep is good through most of the night. Unfortunately, I am waking 30 mins or so earlier than would be optimal despite allowing time to lie in and sleep if possible. If I can work through this, everything will be extremely positive. I feel fantastic on days on which I sleep long enough. I have tried the recovery mode during the night, and seem to sleep well with it, the only trouble being early waking.

	1	2	3	4	5	6	7	8	9	10
<b>Day 60 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	(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: 170									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	(x)	( )	( )	( )	( )



My body-weight is \_\_\_\_\_ lbs. or \_\_\_87.6\_\_\_ kgs.  
 I usually wake to urinate \_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!

	1	2	3	4	5	6	7	8	9	10
<b>Day 90 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	( )	(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: 180									
My pain level is (10 = worst)	( )	( )	(x)	( )	( )	( )	( )	( )	( )	( )
My body-weight is	_____ lbs. or ___88.4___ kgs.									
I usually wake to urinate	_____ 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.

At the end of 90 days, I feel fantastic most of the time.

I gained a little weight during the 90 days but it is most definitely muscle. My waist size remained constant. My body had started to respond to the increased strength that happened rapidly with regular EP usage. As I write this, it is about five and a half months with the EP. I am now 90 kg and the 2.5 kg I have gained is muscle. I know this from regular waist and other body measurements. I have pushed myself as hard as possible in the gym and have not restricted calories, so this does not surprise me.

I originally bought the EP for tendonitis. The tendonitis in my knee (patella) resolved fairly quickly (for tendon) within the first two months. The tendonitis in my elbow (bicep tendon) is not completely resolved but is about 90%. Whereas it was a constant source of pain (for almost a year) it is now effectively no impediment.