



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

**Same comment as the two above**

I wake up around 1:00 (if I fall asleep before then), then again between 3:00 and 4:00 am; then finally between 7:00 and 8:00 am. The quality of my sleep is still getting better - I am seldom tired during the day.

Some of my waking up has been related to the environment – again this morning I was very cold around 3:00 am, and I had to get up and shut the bedroom window; on other occasions, the bedroom has been too hot, or there was noise outside.

Base-Line As of 13 September 2010	1	2	3	4	5	6	7	8	9	10
<b>Day 90 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My energy level is	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My body-weight is	_____ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

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

Thank you and be well.

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



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Some of my waking up has been related to the environment - this morning I was very cold around 3:00 am, and I had to get up and shut the bedroom window; on other occasions, the bedroom has been too hot, or there was noise outside.

Base-Line As of 02 July 2010	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 155 seconds									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My body-weight is	188 lbs.									
(Men) I usually wake to urinate	Zero times per night									

**Comments:** Please write as much as you would like here. Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Thank you!

I wake up around 1:00 (if I fall asleep before then), then again between 3:00 and 4:00 am; then finally between 7:00 and 8:00 am. The quality of my sleep is still getting better - I am seldom tired during the day.

Some of my waking up has been related to the environment - this morning I was very cold around 3:00 am, and I had to get up and shut the bedroom window; on other occasions, the bedroom has been too hot, or there was noise outside.

Base-Line As of 04 August 2010	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 seconds									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My body-weight is	185 lbs.									
(Men) I usually wake to urinate	Zero times per night									



I have a low thyroid, and I am finishing week three of getting my blood level up with Synthroid. It can take four to six weeks to feel the full effects.

**June 05, 2010:** I tried Sleep Mode 4 last night, but I did not notice any difference. I will try Sleep Mode 3 tonight; hopefully it will help me sleep and get some rest. Not much help, **BUT I did not have the device set up correctly**

**June 07, 2010:** tried Sleep Mode 3 set up correctly – it helped a lot; I slept from 11:45 pm until 7:00 am, went back to sleep until 8:30 am; dozed, dreamt until 9:30, when I got up. Still tired, not surprisingly, since I have real sleep debt.

**June 10, 2010:** – moved the magnet (set to recover) so that it was under a folded (x4) towel and the 3 inch foam topper (and wool covering). It still took several hours to go to sleep, and I woke up more than once.

I have been using the recover mode on my left palm Dupuytren's since Thursday (also taking Iodine, which could also help clear it).

**June 11, 2010: Use Sleep 4, and will continue to use it for a while** (I will note when I change).

**June 18, 2010:** I got a bit more sleep last night (from 2 am until 6:30 am, then dozed, dreamed and day dreamed until 9 am).

Base-Line As of 19 June 2010	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	( )	( )	( )	(x)	( )	( )	( )	( )	( )	( )
<b>My resting-breath-hold (RBH) is</b>	In seconds: <b>100 seconds</b> (Walking up Balsam Street (1/4 mile, gaining about 200 feet, is much easier than before using Earth Pulse)									
My pain level is (10 = worst)	( )	( )	( )	( )	(x)	( )	( )	( )	( )	( )
My body-weight is	192 lbs.									
(Men) I usually wake to urinate	ZERO many times per night									

**Comments:** Please write as much as you would like here. 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.

**June 19, 2010: I finally got a good night's sleep,** from 11:30 pm until 8:15 am (then dozed, dreamed and day dreamed until 10:00 am). And, the light alarm woke me up at 8:15 – I will turn it off tonight.

Base-Line As of 25 June 2010	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)	( )	( )	( )	( )	( )
<b>My resting-breath-hold (RBH) is</b>	In seconds 112 seconds									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	( )	( )	( )
My body-weight is	190 lbs.									
(Men) I usually wake to urinate	Zero times per night									

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



## FEEDBACK FORM

**LAST NAME: Fortier AGE: 66 PURCHASE DATE: May 25, 2010** **If DEVICE FAILS TO PRODUCE SATISFACTORY RESULTS, PLEASE RETURN THIS FORM COMPLETED 30-90 DAYS TO RECEIVE RETURN-AUTHORIZATION AND YOUR RETURNS INSTRUCTIONS (DEPENDING UPON YOUR LOCATION).**

**RE-SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT**

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

Base-Line As of 05 June 2010	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)	( )	( )	( )	( )	( )	( )	( )
<b>My resting-breath-hold (RBH) is</b>	In seconds: <b>45 seconds</b> (I am in bad shape - I can get winded going up a flight of stairs...)									
My pain level is (10=worst)	( )	( )	( )	( )	(x)	( )	( )	( )	( )	( )
My body-weight is	192 lbs. or _____ kgs.									
(Men) I usually wake to urinate	ZERO times per night									

Base-Line As of 12 June 2010	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)	( )	( )	( )	( )	( )	( )
<b>My resting-breath-hold (RBH) is</b>	In seconds: <b>70 seconds</b> (I get much less winded than last week, but still not like I was 10 to 12 months ago; wrt both getting winded and being tired (mainly because of lousy sleep).									
My pain level is (10 = worst)	( )	( )	( )	( )	(x)	( )	( )	( )	( )	( )
My body-weight is	192 lbs.									
(Men) I usually wake to urinate	ZERO 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. The page will continue down as necessary. Please use the device nightly during the first 90-day period (don't loan it out!!!) to maximize your statistical probability and level of success. Call for technical support if you have any questions. Contact numbers are at end of this document. Thank you!

I got the package on the morning of June 4, 2010. I began using it that afternoon, as per the instructions. It seemed to help – I was more stable standing, clearer headed, more alert

**June 05, 2010:** Mostly, I am exhausted (still). I can sleep for hours and still wake up exhausted.