

Extended Abstract

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

George Grant
Ingutsheni Central Hospital, Bulawayo, Zimbabwe

Abstract

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.

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:

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	Biofeedback score after 3 months
	[0 = Nil; 10 = High]	[0 = Nil; 10 = High]
#1	Pain 7	5
	Sleep 7	4
	Stress 8	6
	Circulation 6	6
#2	Pain 8	7
	Sleep 8	6
	Stress 9	7
	Circulation 5	5
#3	Pain 6	5
	Sleep 7	6
	Stress 8	6
	Circulation 8	6
#4	Pain 5	4
	Sleep 7	6
	Stress 7	6
	Circulation 7	6
#5	Pain 8	5
	Sleep 7	5
	Stress 8	6

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	Circulation 6	6		Stress 7	6
				Circulation 7	7
#6	Pain 7	7			
	Sleep 6	5	#15	Pain 9	7
	Stress 7	6		Sleep 7	6
	Circulation 6	5		Stress 7	6
				Circulation 6	6
#7	Pain 6	6			
	Sleep 5	5	#16	Pain 7	7
	Stress 6	5		Sleep 8	7
	Circulation 7	7		Stress 7	7
				Circulation 9	7
#8	Pain 4	3			
	Sleep 8	5	#17	Pain 9	8
	Stress 6	6		Sleep 8	7
	Circulation 6	6		Stress 9	7
				Circulation 4	3
#10	Pain 5	5			
	Sleep 5	5	#18	Pain 7	6
	Stress 5	5		Sleep 8	7
	Circulation 6	6		Stress 7	7
				Circulation 4	4
#11	Pain 7	4			
	Sleep 6	5	#19	Pain 8	7
	Stress 6	6		Sleep 9	6
	Circulation 5	5		Stress 9	6
				Circulation 7	7
#12	Pain 6	5			
	Sleep 7	6	#20	Pain 7	5
	Stress 7	5		Sleep 5	5
	Circulation 5	5		Stress 6	6
				Circulation 5	5
#13	Pain 7	7			
	Sleep 7	5			
	Stress 6	6			
	Circulation 7	6			
#14	Pain 8	7			
	Sleep 8	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

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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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