Sleep Ease™

for healing the body naturally!

Sleep Ease patch is a product that was developed as a complementary therapy program that is accepted by Doctors and Practitioners as an aid to support and restore the body's energetic function.

Made in the U.S.A.

Why Is Sleep Important?

Most people would agree that there's nothing better than a good night's sleep. Stressful day at the office? Long hours doing yard work and housework? All this can be repaired with a nice, long slumber. You awaken the next day feeling calm, refreshed and ready for anything -- the stresses, aches and pains of the previous day are long gone.

The damage from sleep deficiency can occur in an instant (such as an accident), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It affects how well you think, react, work, learn, and get along with others.

One sleep theory is that our brain goes over the information it received that day and decides what should stick around and where it should go. Think of your brain as a computer desktop. During the night, anything we learned that day is filed away in the proper folders, or moved to the recycle bin. Behavioral research supports this notion, but sleep is so mysterious and different for each person that it's tough to get conclusive results.

Proper Placement

Place the Relax patch on the upper left side of your shoulder. Energy travels through the body far better on the left side, according to ancient theories. Replace the patch every 3 days with a new one.

How the Sleep Ease patch works

If you attach an electroencephalograph to a person's head, you can record the person's brainwave activity. An awake and relaxed person generates alpha waves, which are consistent oscillations at about 10 cycles per second. During sleep, two slower patterns called theta waves and delta waves take over. Theta waves have oscillations in the range of 3.5 to 7 cycles per second, and delta waves have oscillations of less than 3.5 cycles per second.

As a person falls asleep and sleep deepens, the brainwave patterns slow down. The slower the brainwave patterns, the deeper the sleep -- a person deep in delta wave sleep is hardest to wake up. Plenty of past research has shown that lack of sleep can worsen fuzzy thinking and memory problems in the short term, and at all ages. The Sleep Ease patch works to encourage melatonin to be released made by your body's pineal gland, a natural hormone in your brain that controls your sleep and wake cycles.

Sleep Ease™

Instructions: Sleep Ease is to be applied to your body, (left shoulder) to support the sleep cycle. Made to last for 3 days, then discard. Apply another app and wear it for additional 3 days to encourage your sleep cycle to be engage. Repeat this procedure for 30 days or until your sleep cycle is started.

If needed, continue with procedure for an additional 30 days.

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