



rempatch

OPTIMIZED SLEEP TECHNOLOGY™

Optimizes your sleep by balancing REM and Deep sleep stages; enhanced rest helps in rejuvenating your mind and body!

Poor sleep is a global health issue. Over 52% of the world struggle every night to get a good night's sleep. Our bodies do most of the healing and repairing when asleep. Most people believe they can make up for lost sleep on the weekends. This is simply not true. Lack of proper sleep causes a decline to the neurological function of the brain and body.

What Interferes with Sleep?

- The temperature in the room
- Noise/light
- Movement
- Stress
- Worry
- Ruminating
- Restlessness
- Pain



Stages of Sleep

Sleep is divided up into 4 stages: Awake, Light Sleep, Deep Sleep & REM (Rapid Eye Movement). You cycle through these stages many times per night.

In **Light sleep** your brain organizes the memories and emotions of the day. Over half your night is spent here.

Deep sleep is about the body, your muscles are relaxed, and the thinking part of the brain is mostly offline. **You are not dreaming during this time.** Your body is **rebuilding and repairing**. About 10-25% of your night is spent here.

REM is about the brain, the brain is highly active during REM sleep, yet the body is actively paralyzed during REM sleep.

REM should be 20-25% of healthy sleep and is key for rejuvenation of the mind.

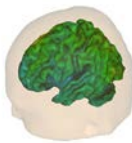
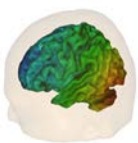


Optimizes your sleep by balancing REM and Deep sleep stages; enhanced rest helps in rejuvenating your mind and body!

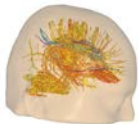
REM patch Comparison Brain Maps:

We can evaluate sleep patterns and stages by evaluating a QEEG (Quantitative Electroencephalogram), where we record neural synapses around the brain simultaneously. From this data we build a 3D image of exactly what is occurring neurologically. Using the QEEG we can assess the function of many parts of the brain that regulate different aspects of sleep.

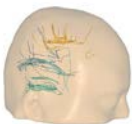
BEFORE **AFTER 30 MINUTES**
NO REM PATCH WITH REM PATCH



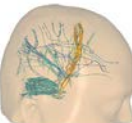
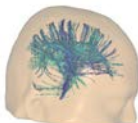
One common problem with sleep is lying in bed while repeating the same thoughts over and over. This is called ruminating. On the brain scan, ruminating shows as increased beta waves (fast waves) at the back of the brain, shown in the color red. Here you can see the results of the use of the rempatch.



Increased Alpha waves (also fast waves) are another common cause of ruminating. Here we see a very busy brain calm down considerably.



The Delta waves (the slowest brainwaves) are predominant while in Deep Sleep. During this stage the body is in healing and repairing mode. Coherence shows us how well different parts of the brain share information with each other. Fewer lines means better connections and more information shared while body is repairing and rebuilding.



Theta waves (also slow waves) are predominant during REM sleep, the brain healing time. Again, the fewer lines = the better neurology = more efficient brain healing time.

Impact of the REM patch

With the REM patch we can see where neurological homeostasis has been achieved in parts of the brain that regulate different aspects of sleep. Better neurology is key to better sleep.

Users of the REM patch are experiencing a marked improvement in sleep stage optimization.

The REM patch is a safe, gentle technology free from drugs, chemicals and electricity. There are no contraindications or unwanted side effects. To discontinue use, simply peel off.