



# silent nights MD<sup>®</sup>



Medical device for the  
treatment of insomnia

# Introducing Silent Nights MD



**Are you tired of being tired? Do you wish there was a way to relieve your insomnia naturally without having to rely on prescription drugs? Your dreams are now a reality!**

Introducing Silent Nights MD®— a recognized Class 1 Medical Device for the treatment of insomnia. Silent Nights MD is a phototherapy device composed of non-toxic organic crystals that when activated by body heat reflect specific wavelengths of light stimulating points on the skin, which in turn produce drug-free sleep.

## The Problem of Insomnia

**More than 30% of the population suffers from insomnia, but research indicates it may actually be closer to 60%! Unfortunately, lack of sleep is responsible for much more than just making us tired. Insomnia can directly affect the quality of a person's life.**

# Did you know?

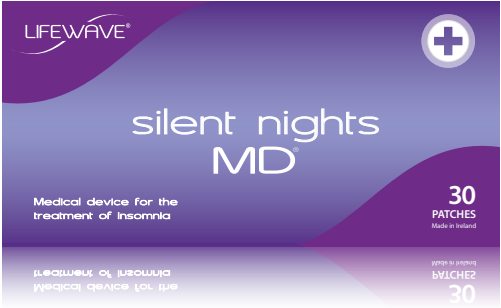
- 1 in 3 people suffer from some form of insomnia during their lifetime
- Between 40% and 60% of people over the age of 60 suffer from insomnia
- Women are up to twice as likely to suffer from insomnia than men
- 90% of people who suffer from depression also experience insomnia
- Millions of people worldwide are addicted to prescription sleep aids
- Sleep deprivation makes people 27% more likely to become overweight or obese

## Silent Nights MD Really Works

**Clinical research studies completed on the success of Silent Nights MD in treating insomnia revealed the following:**

- On average, most of the subjects with insomnia increased their sleep time by 36% <sup>1</sup>
- Regular use of Silent Nights MD has been shown to improve bioelectrical functions of organs in the body <sup>2</sup>
- Research being performed by LifeWave is examining the potential connection between the use of Silent Nights MD and the elevation of melatonin, a powerful antioxidant <sup>3</sup>
- The technology in Silent Nights MD is backed by 10 years of research and 68 clinical studies. Thousands of people worldwide use Silent Nights MD!

# Silent Nights MD Benefits



- **Class 1 Medical Device for the treatment of insomnia**
- **No drugs or pills to take and non-addictive**
- **Provides most insomniacs more time asleep per night <sup>1</sup>**
- **Improves quality and quantity of sleep <sup>2</sup>**
- **Regular use of Silent Nights MD has been shown to improve organ health and vitality <sup>2</sup>**
- **Research being performed by LifeWave is examining the potential connection between the use of Silent Nights MD and the elevation of melatonin, a powerful antioxidant <sup>3</sup>**
- **Great for those who travel**

# Frequently Asked Questions

## **Where is Silent Nights MD accepted as a Class 1 Medical Device?**

*All 27-member European Union countries.*

## **What is phototherapy?**

*Phototherapy is a scientifically proven light therapy that has been used for decades for benefits such as pain relief and reducing wrinkles. It refers to the stimulation of points on the skin through the use of light. LifeWave designed an entirely new patch technology around this method that is inexpensive and convenient to use. Our patches are composed of non-toxic organic crystals that are activated by body heat to reflect specific wavelengths of light that affect points on the body when applied to the skin. Never before has phototherapy been so cost effective and easy to use!*

## **What medical conditions does Silent Nights MD treat?**

*Silent Nights MD has been clinically tested and accepted for the treatment of insomnia.*

## **How much more sleep will you get using Silent Nights MD?**

*A research study with insomniacs showed, on average, most people were sleeping over 2 hours more per night than before using Silent Nights MD. <sup>1</sup>*

## **Has Silent Nights MD been tested?**

*Yes, clinical research studies show that Silent Nights MD improves quality and quantity of sleep.<sup>2</sup>*

# Testimonials

“

*“For many years, I have been unable to sleep deeply. Since I started my career as a fireman with the city of Paris, I have been content with 4 to 5 hours of sleep. Six was the most I could hope to achieve. After I tried the Silent Nights patches, I started to have better sleep. I sleep more deeply; a rejuvenating sleep. Even after I awake, I am able to get back to sleep very quickly and sometimes I can sleep for 7-8 hours, which hasn't happened in 20 years! It has been a great success.”*

- **Gilles Meteyer**, LifeWave Distributor, France

*“I have definitely much better sleep since I started using the [Silent Nights] patches. I used to have big problems with my sleep, sleeping very lightly and having difficulties falling asleep. With Silent Nights, I experience a deep sleep and in general it's much easier for me to fall asleep. It's simply fantastic - I feel so much more at ease!”*

- **Johanna Søndergaard**, LifeWave Customer, Denmark

*“I have made it my obligation to give testimony about the Silent Nights patches because they have greatly improved my quality of sleep. Since I was very young, I have spent several hours each night (between 2 and 4 am) tossing and turning in bed, trying to fall asleep. When I used Silent Nights for the first time, I lay down with a book and awoke 20 minutes later only because the book had fallen onto my chest! Indeed, I had fallen asleep without even realizing it and it was the first time that has ever happened! I wish you peaceful nights!”*

- **Audrey Sibilitz**, LifeWave Distributor, France

”

# Instructions for Use

Place one Silent Nights MD patch on the body, using one of the locations shown.

## LIVER 3

Located on the top of the RIGHT foot, in the web of the big toe



## TRIPLE BURNER 23

Located on the RIGHT temple



## TRIPLE BURNER 17

Located on the RIGHT side of the neck, behind and below the earlobe



## GOVERNING VESSEL 24.5

Located at the “third eye position,” along the mid-line of the head, just above the eyebrows



## KIDNEY 3

Located at the depression on the inside of the RIGHT ankle, just behind the ankle bone





# silent nights MD<sup>®</sup>



For more information on LifeWave®, please contact:

LifeWave Europe, Ltd. | Raheen Ind. Est., Athenry, Co. Galway, IRL  
Tel: +353 (0)91 874 600 | customerserviceeu@lifewave.com | www.lifewave.com

<sup>1</sup> Shealy N. TREATMENT OF INSOMNIA WITH ENERGETIC ACUPUNCTURE POINT ACTIVATION – A Double-Blind Placebo Randomized Trial. April 2012

<sup>2</sup> Blake-Greenberg S, Nazeran H. Silent Night Patch Improves Qualitative and Quantitative Measures of Sleep and Enhances Quantitative Markers of Organ Function. Presented at 22nd International Conference on Electronics Communications & Computing (Feb-Mar 2012)

<sup>3</sup> Neurotransmitter and Cortisol Saliva Testing of the Silent Night Patches. Connor, Melinda.