

## FREQUENTLY ASKED QUESTIONS

### 1) How does the Silent Nights patch work if nothing enters the body?

This is a non-transdermal patch with a new technology that gently stimulates acupuncture points to improve the body's energy flow for improving the quality of sleep. This is similar to the way that sunlight can increase your bodies levels of Vitamin D. No supplements, stimulants or needles are used.

### 2) Where do you apply the patch for the best results?

The patches will work in many locations. Please refer to the diagrams inside for placement options.

### 3) How many patches can I wear at one time?

Do not use more than one patch at a time. Best results are obtained wearing one patch only.

### 4) How safe are the patches to use?

Acupuncture has been utilized for thousands of years as a method for relieving pain and improving the quality of life. While we have shown our products to be safe, if you feel any discomfort at anytime, remove the patches and drink extra water.

### 5) Have these patches been independently tested?

Yes, research has shown that the Silent Night patches improve the quality of sleep the very first evening of use. Visit [www.lifewave.com/research.asp](http://www.lifewave.com/research.asp) for more information.

### 6) How long can I wear the patch?

It's recommended you wear a patch no more than 12 hours per evening. Do not reuse patches.

### 7) Can anyone use Silent Nights?

If you have a health condition or are in doubt please consult your physician before using Silent Nights. Do not use if you are pregnant or nursing.

### 8) How important is a good night's sleep?

Studies show that insufficient sleep affects up to 70 million people in the United States alone. Sleep deprivation may cause accidents, lost work and a decline in general health.

### 9) What will I feel when wearing Silent Nights?

This is a non-transdermal patch with a new technology that gently stimulates acupuncture points to improve the body's energy flow for improving the quality of sleep. Upon waking in the morning, you should feel rested and refreshed. No drugs, supplements, stimulants or needles are used.

## FAQ's continued...

### 10) Are there any drugs or stimulants in the patches that are entering the body?

No. LifeWave patches DO NOT contain any harmful drugs or stimulants. The patches are designed to apply a mild and temporary pressure to acupuncture points that are known to improve the flow of energy through the body. No magnets or needles are used.

### 11) Can I wear the Silent Nights Patch with other LifeWave patches?

DO NOT wear the Silent Nights patch with any other LifeWave patches.



## TESTIMONIALS

*"Sometimes after doing martial arts at night, I would come home really energized. With the patches it was easy to relax and sleep really well. I used to wake up at the end of each sleep cycle. Now that I use the patches once I go to sleep I sleep all night long and don't wake up at all during the night."*

**- John M., Conifer, CO**

*"The sleep patches are amazing... I've never felt better and now have more energy than ever before because of the wonderful sleep they allow me"* - **Valerie S., Los Angeles, CA**

*"The sleep patches are nothing short of amazing. They are going to help millions of women who, especially after the age of 35, have trouble sleeping. Right from the first time I used one I slept more deeply and peacefully than I have for years. I could not be more enthusiastic about them."*

**- Leslie K., Health & beauty author, UK**

## TESTIMONIALS continued...

*"When I first started using the patch I had immediate results. I have snored for years and wearing the patches, I stopped snoring the very first night I used them. I had an experience of being aware of my entire sleep process, remembering my dreams - almost like what you would call 'lucid' dreaming."*

**- Jimmy M., Evergreen, CO**

*"The patch is wonderful. It is almost a miracle that one patch on your right temple actually stops you from snoring. Not only does it insure you a restful night's sleep, but it enables couples to sleep together."*

*After almost a year of sleeping apart due to the constant interruption of waking the other up saying "TURN OVER," my husband and I now sleep peacefully side by side without aggravation. Much nicer on a cold night to cuddle than throw on another blanket."* - **Shelia B., Banning, CA**

*"I have been not sleeping for about 8 years now. It started back in 1997 when I was experiencing the onset of age, stress, and peri-menopause. I have an uphill battle feeling well rested and energetic during the day. Most days I feel like I just want to crawl back in bed for a few hours, never quite felling like I got a goods night sleep... because I haven't."*

*The first morning when I realized it was working I slept until 9 am!! I couldn't believe I slept so late!"*

**- Portia P., San Antonio, TX**

*I recently went to the dentist for an appointment that was likely to last about three hours. Anticipating that it would be stressful, I put a patch on my ankle. As a result, I was so relaxed during the appointment that several times I actually started to drift off to sleep.*

*Each time this happened, my jaw would start to close and my dentist had to wake me up! I was definitely more relaxed and calm than any previous dental visit and plan to take it with me every time I go to the dentist from now on.*

**- Meryl Ann B.**

For more information on LifeWave®, please contact:



silent nights®

For the mild and temporary stimulation of Acupuncture points

## INTRODUCING SILENT NIGHTS

What if there was a way to improve the quality of your sleep, without having to swallow pills or take drugs. Now you can with LifeWave.

Our exclusive non-transdermal patch system utilizes new technology to gently stimulate acupuncture points – literally improving the flow of energy in the body - for clinically tested improvement in the quality of your sleep, the very first evening of use.



## NEW SLEEP TECHNOLOGY

We're all accustomed to thinking that we have to put something into our body (like vitamins) to improve our health. While proper nutrition, water and exercise are a necessary part of any healthy lifestyle, our bodies also require a continuous flow of energy. For example, our brains and nerves transmit electrical signals to our muscles to cause them to use stored chemical energy to contract.

It's been known for thousands of years that specific frequencies of light can cause specific changes within the human body. When we go out in the sun, a frequency of light causes our body to make Vitamin D. Another frequency of light (UV) will cause our body to make melanin, the chemical that gives us a sun tan.

The Silent Nights patch utilizes this knowledge to stimulate acupuncture points on the body for improving the flow of energy. Clinical studies prove that this method improves the quality of your sleep the very first evening of use. You will wake in the morning feeling rested and refreshed.

## SILENT NIGHTS INSTRUCTIONS

Place one Silent Nights patch on the body, using one of the locations shown below. Use a patch as often as needed. Apply the patch to clean, dry skin in the evening. Patches may be worn for up to 12 hours before discarding. Do not reuse patches once removed from the skin.

**LIVER**  
**3**



This point is located on the top of the right foot, in the web of the big toe.

**TB**  
**23**



This point is located on the right temple.

**TB**  
**17**



This point is located on the right side of the neck, behind and below the earlobe

## SILENT NIGHTS BENEFITS

- Convenient, easy-to-use patch
- No drugs or pills to take
- Uses the well-known principles of acupuncture
- Wake in the morning feeling rested and refreshed
- Great for those who travel
- Safe and natural alternative for improving sleep

**GV**  
**24.5**



This point is located at the "third eye position", along the mid-line of the head just above the eyebrows.

**ST**  
**36**



This point is located at the depression, which is 4 finger widths below the right knee cap and 1 finger width to the outside of the bone.

**KIDNEY**  
**3**



This point is located at the depression on the inside of the right ankle, next to the ankle bone.

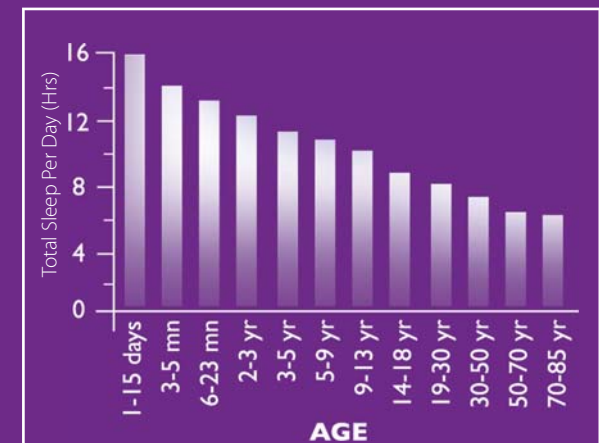
## WHAT IS ACUPUNCTURE?

Acupuncture is a type of Oriental healing art based on ancient Eastern medicine. A practitioner will typically stimulate acupuncture points on the body with needles or pressure to improve sleep, relieve pain and discomfort, and promote good health.

The self-adhesive Silent Nights patches utilize the principles of Oriental medicine and needleless acupuncture to gently stimulate points on the body that have been used to balance and improve the flow of energy in the human body for thousands of years. The result is a natural way of improving the quality of your life without any drugs, stimulants or needles entering the body.

## HOW IMPORTANT IS SLEEP?

We spend about 8 hours per day, 56 hours per week, 240 hours per month and 2,920 hours per year (one-third of our lives) sleeping. Sleep studies show that insufficient sleep affects up to 70 million people in the United States. This costs about \$100 billion each year in accidents, medical bills and lost work. (Statistic from Brain Facts, Society for Neuroscience, 2002).



*Sleep patterns change as people age. As shown in the graph above, infants spend more time sleeping compared with the times of older children and adults.*

**WARNINGS:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. Do not use more than one patch at a time on the body. Keep your body well hydrated with water during the use of the patches. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition. Do not use if pregnant or nursing. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. \*Individual results will vary.