

Dear **SOLTEC•HEALTH™** System User,

In medical school, I was taught that stress and stress-related illnesses account for 75% to 90% of disease and medical costs. This problem starts in the mind, impacting the brain and the entire body throughout the day and night. Stress negatively impacts sleep, and poor sleep leads to more stress. We recognized that we needed to develop a non-invasive technology that could affect sleep and stress to promote health and well-being.

The **SOLTEC HEALTH** System is designed to help you reduce stress, fall asleep, maintain sleep, and enhance deep sleep. Unfortunately, deep sleep is progressively lost as we age, but it can be reclaimed. This is vital as during deep sleep; growth hormone is secreted. Growth hormone plays a crucial role in bone and muscle repair, hormonal balance, and immune health.

With daily usage, many users feel their stress gradually peel away. However, if you suffer from poor sleep, there may be a 30 to 60-day adaptation period for your sleep to change more substantially. The following attitudes and approaches will help you in this process, allowing you to maintain sleep and get a fuller night's sleep.

Attitudes:

- ✓ Our system is not a sleeping pill. It is not designed to knock you out after you swallow it. Instead, it is intended to relax your body and mind, to allow you to fall asleep more easily, naturally. Over time, you will realize that falling asleep is a sudden transition, awake one moment, then suddenly asleep. So do not watch for the sleep event; **just let it happen**.
- ✓ During the night, if you awaken (and you likely will), let the sleep event happen again.

Approaches:

- ✓ Set aside at least 7 ½ hours to sleep and maintain a regular bedtime.
- ✓ Prepare for bed an hour before bedtime, before you get tired. Then, once you get tired, go to bed. Be sure to prepare for sleep before you are tired.
- ✓ Refrain from thinking when you go to sleep or awaken during the night. Instead, direct your attention to your body and **FEEL**. Start with your feet and then, over time, extend your attention to your whole body. In time, you will likely feel **a slight tingle or vibration**, first in your feet. Stay with the feeling and allow yourself to fall asleep.
- ✓ If you feel stressed during the day, incorporate a relaxation session into your morning or early afternoon routine. This will help immeasurably toward achieving a better night's sleep.

The attitudes and approaches listed above are effective complementary measures to help you fall asleep faster and more deeply. It pays to learn and use them.

Here are a few other experiences I had that you may want to keep in mind during your journey:

- Do not be surprised if you start to dream more. Dream or REM (Rapid Eye Movement) sleep typically occurs in the last half of the night. Therefore, if you are sleeping longer, you will dream more. This can benefit your emotional well-being.
- I continued to awaken at night. It is considered normal to awaken up to 5 times per night. The key to less bothersome awakenings was getting back to sleep more quickly by following the advice above, especially feeling, not thinking.

- Every once in a while, I get a short night's sleep. It often happens after a night or two when I sleep longer. My progression from 3 to 4 hours to 6 to 8 hours occurred in that fashion – better nights mixed with a return to less sleep, with overall improvement.
- Getting more deep sleep early in the night creates a much greater likelihood that you will sleep longer. However, you will feel very tired when you wake up after deep sleep. That tired feeling will help you get back to sleep quickly. This is a good sign, signaling the return of deep sleep.
- As you sleep longer and more deeply, particularly if you have a deep sleep period towards morning, you may awaken feeling tired. This is your body telling you that you still need more sleep. Listen to your body and sleep more. You are in catch-up mode.

Please realize that we are pioneering new ground together. This has never been done before. As we learn more, we will upgrade your system to improve your results further.

We look forward to serving you now with our exciting new technology to reduce stress and enhance your sleep and in the future as we explore all this new technology can accomplish. Again, I wish you well on your journey.

Best,

Daniel Cohen

Dan Cohen, MD
Chairman & CEO
SOLTEC HEALTH