

**Frequently Asked Questions:**

**1) How does Rest Quiet work if nothing enters the body?**

Rest Quiet™ uses nanotechnology developed by LifeWave. Studies show that Rest Quiet increases the percentage of Delta waves produced by the brain, improving the quality of sleep.

**2) What is in the patches?**

The patches are constructed from a patent pending blend of amino acids, water, stabilized oxygen and natural organic compounds.

**3) Is Rest Quiet™ safe to use?**

All materials in Rest Quiet™ are recognized as safe by the FDA (21 CFR). Rest Quiet is manufactured at FDA registered facilities. If you have a health condition and in doubt please consult your doctor before using.

**4) What should I feel when wearing Rest Quiet™?**

You probably will feel nothing. What you should notice is that you and/or your partners will have a more quiet nights sleep and wake up refreshed.

**5) Has Rest Quiet™ been tested?**

Yes, in independent double blind placebo controlled studies it was discovered that Rest Quiet can increase the percentage of Delta waves that an individual produces during sleep by as much as 50%. The higher the percentage of Delta waves that you produce during sleep the better your sleep quality.

**6) How long should I wear the patches?**

It is recommended that you wear the patch from the time you go to bed until you wake up in the morning. The patch should last for two nights.

**How Important Is a Good Nights 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.

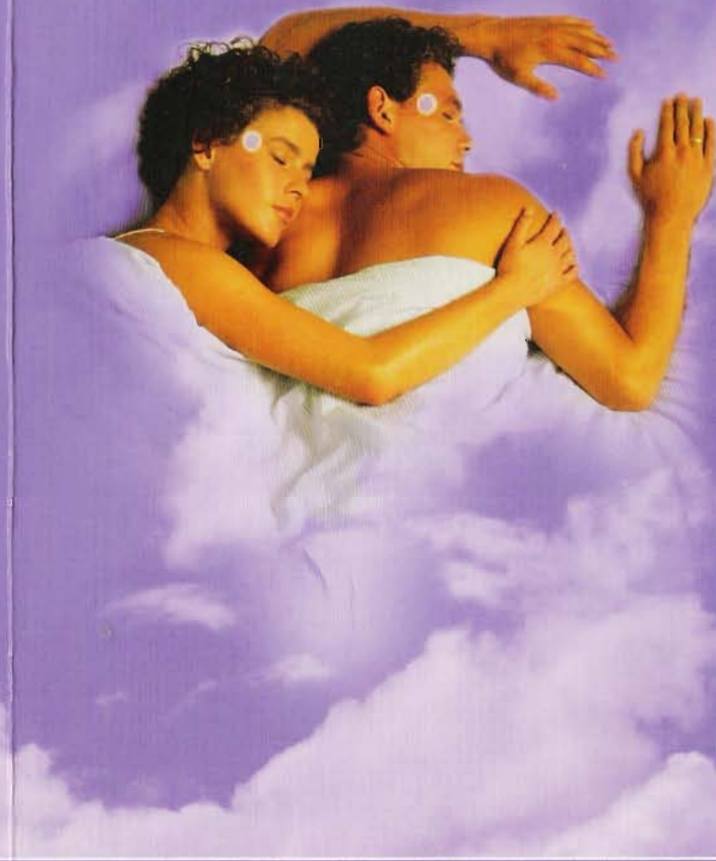
(Statistic from Brain Facts, Society for Neuroscience, 2002)



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.

# Rest Quiet™

THE ALL NATURAL SLEEP PATCH



**Distributed by:**

## The Science Behind Rest Quiet™

Rest Quiet™ is the new approach to getting a peaceful nights sleep. Our patent pending method allows natural organic materials to interact with the human body to improve relaxation and well being without having to ingest anything.

- Nothing enters the body (non-transdermal)
- Uses new organic nanotechnology structures
- Energy transfer occurs between you and the patches

It has been found in clinical studies that the Rest Quiet patch increases the percentage of Delta waves that the brain produces during sleep. The higher the percentage of Delta waves, the better the sleep quality. In fact, studies have shown that Rest Quiet improves sleep quality by as much as 50%. In addition, studies with Infrared Imaging have shown that by applying Rest Quiet to specific points on the body there is a dramatic shift in the way that heat moves through the body. This is not unlike the ancient practice of moxibustion in which heat is applied to specific acupuncture points to stimulate that acupuncture point. By placing Rest Quiet on the Right temple or on the inside of the Right ankle an individual can experience an improved quality of sleep through stimulation of the acupuncture points at these locations.

## About Acupuncture and Moxibustion

Have you ever wanted to try acupuncture but were afraid of getting stuck with needles? Now you can get the benefits of acupuncture and moxibustion therapy without needles and in the privacy of your own home.

It has been known for thousands of years that there are numerous acupuncture points on the body that when stimulated help to improve the quality of sleep. For people that have sleep problems acupuncture is not a viable option due to the inconvenience of having to visit a practitioner to have these points stimulated with needles. With Rest Quiet, you can have the benefits of acupuncture but without the needles and inconvenience

It is believed that the Rest Quiet™ patch stimulates these acupuncture points giving you these benefits but without needles.

## Testimonials

"The Patch is wonderful. 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!"

**Shella Bryan - Banning, California**



The statements herein have not been evaluated by the Food and Drug Administration. This product is not intended to be used in the treatment, prevention, or cure of disease. Use product only as directed. Do not use product if you have a health condition. Should you have any concerns please consult your healthcare professional before using this product.

The adhesive of this product is Hypoallergenic. However, if you experience a skin irritation simply discontinue use. Should any of the contents of the patch make contact with the skin simply wash and remove. Should you experience any type of discomfort from the use of this product, discontinue use. Please review all instructions and information about this product before using. **STORE PACKAGE IN A COOL DRY PLACE.**

## Instructions for applying Rest Quiet™

For best results apply patch as indicated.

The Rest Quiet™ patch is nontransdermal so nothing will enter the body. Wear only one Rest Quiet patch at any one time. Apply the patch to clean, dry skin.

Patch may be applied just before going to sleep and then removed upon waking. A single patch may be worn for up to 16 hours.

### One patch allows two nights of usage.

Remove half the backing and apply the patch firmly to the specified spot. Smooth on with hand to assure the patch will stick. Second night, remove the other half of the backing and apply. **Do not use more than one patch at a time.**

The patch can be worn on either the **RIGHT TEMPLE** or the **INSIDE RIGHT FOOT**

**Fig.1** - Place the patch to right of the eyebrow on the **RIGHT TEMPLE.**

**OR -**

**Fig.2** - Place the patch in the depression just below the ankle bone (the notch that sticks out) on the **INSIDE RIGHT FOOT.**

