

LifeWave 'RestQuite' Sleep Patches – (Apply only 1 Patch each night)

Here are some more tips to get the best results;



As more & more people with sleep problems use this product it is becoming very clear that people who have chronic, long term sleep problems may have only limited success on their first 2 nights use of the Patch.

1. Due to the chronic nature of this problem, first time users have an expectation of an immediate response to the Patch and may experience anxiety & stress when first used, which may translate into a poor nights sleep.
This disappointment can then either prevent them from trying it for the second night, not wanting a repeat of this experience, or total abandonment of a product which has so much to offer if given a reasonable chance to succeed.
After all, when was the last time that you experienced any sort of immediate success using conventional drug therapies without the side-effects such as headaches, hangover, etc.?
2. Besides the patch placements shown on our leaflet here are some extra ones for you to try;
Front or back of the right knee, in the middle of the forehead, (third eye), and behind the right ear. Feel free to experiment to find which position works best for you.
3. The Sleep patches work best when the body is hydrated, i.e. **using water**, not tea, coffee, alcohol, juice, soft drinks etc.
Dehydration usually presents as a dry mouth when sleeping which may be simply corrected by drinking a glass of water before retiring for the night.
4. Place the patch on the selected position about an hour before you want to go to bed to allow the brain waves to slow down to the Delta levels, which is the most relaxed level for a deep nights rest.
Try to minimise any stress, such as watching an action packed TV show etc. immediately prior to retiring which may reduce your chances of success!
Do not drink alcohol after about 4 PM as it can be a stimulant and will most certainly cause dehydration.
5. Get everything ready to drop straight into bed when the **first** sleep wave hits – (about every 45 minutes.)
Have your shower, teeth cleaned; complete all the procedures that you would normally go through before retiring for the night.
6. If you suffer from chronic sleep problems, any improvement will be a plus!
Don't expect that habitual problems developed over usually many years will disappear on the first nights use of the patch.
7. The Sleep patch will work better if the body is hydrated. Try to drink sufficient water to get you through the night without causing a disruption to your sleep by having to wake to go to the bathroom.
8. When Patches are not being used, keep them in a dark cool place away from electrical fields such as computers, motors, micro-wave ovens etc. Do not refrigerate or freeze them.

Note: Peeling half the adhesive off the patch for the first nights use and the second half for the second nights use is simply for good adhesion to the body.

It has nothing at all to do with the activity of the patch. It will work at full strength until exhausted whether the backing is on or off when placed within the body's electromagnetic field!

For the 'Rest' of your life – Sleep with RestQuite!