

PILLO1®

by dr. hall



SUMMARY OF SLEEP STUDY FINDINGS

The results (expressed as mean \pm standard error of the mean]) demonstrated that, compared to the standard “store-bought” pillow, the use of the PILLO1 was associated with:

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|---|---------------------------|
| 1) 2.0 minutes \pm 6.8] shorter latency to sleep onset | 17.9 % improvement |
| 2) 3.6 minutes \pm 5.7] shorter latency to persistent sleep | 21.3 % improvement |
| 3) 23.75 minutes \pm 23.6] shorter latency to enter REM sleep | 19.4%improvement |
| 4) 16.5 minutes \pm 4.4] more time spent in REM sleep | 21.3 % improvement |
| 5) 56 minutes \pm 36.4] more time spent in supine sleep | 30.2 % improvement |

Latency to sleep onset is a measure of how long it takes for a person to fall asleep after the room lights are turned off. Latency to persistent sleep is a similar measure that examines how long it takes (after lights are turned off) for a person to enter a more continuous period or deeper stage of sleep. Latency to REM sleep measures how long it takes for a person to enter REM (or Rapid Eye Movement) sleep, a sleep stage that is thought to be important in restorative processes for the mind, and optimizing memory and cognitive functions. The amount of time spent asleep in the supine position (laying on the back, face up) may relate to improved relaxation and lengthening of the spine, less facial pressure/

wrinkle production, and improved support and anatomical correctness of the neck and head. In relative terms, the findings reflect a 21% increase (94 min vs. 77.5 min) in time spent in REM sleep, and a 30% increase (242 min vs. 186 min) in time asleep in the supine position when using the PILLO1 versus the standard store-bought pillow. While larger studies are needed to determine the statistical significance of these findings, the results of this pilot study do suggest potentially beneficial aspects from the use of the PILLO1 on a number of important aspects of sleep architecture and body position.

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