

! RESEARCH RESULTS !

Employees Improve Productivity with CD

Non Medical based sleep disturbances are often signs of dealing with too many distracting elements (or activities).

Tired employees make 22-33 % more mistakes and take 14% longer to do work. This leads to overtime, rework, crankiness, poor productivity & absenteeism.

- ❑ We tested the CD (that removes distracting elements from one's life) on severe cases of sleep troubled employees (Wade & Doris -approx aged 30, 55) to demonstrate how well the CD works.

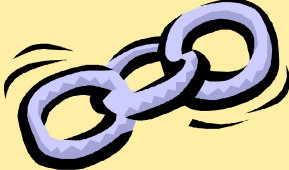
(It did & can certainly work for yours too!)

1. Wade was in the trades & drove to work sites.
2. Doris was a professional caregiver working with a private senior Alzheimer patient.

- ❑ We tested the CD on small business owners & average people. Two typical examples are:

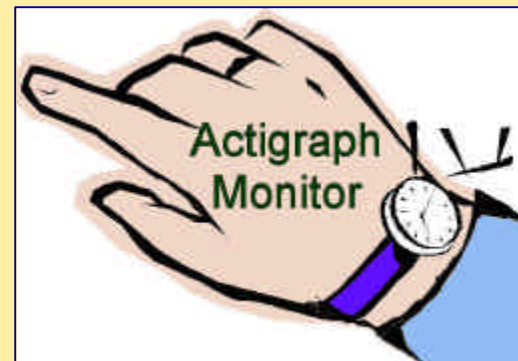
1. Sameer –owner/chef of a restaurant/bar.
2. Ms. Calculator – bookkeeper

Wade Could Be Your Employee!

Personal CI EDGE  Zleep E-Z CD

- ❑ Wade was married with 2 pre-school children
- ❑ He worked 12 hour shifts & a 6 day week because he was saving for a house

We used an actigraph monitor watch to see how effective the CD was for him



Wade Slept 3 $\frac{3}{4}$ Hours Out 5 Every Night

After 2 weeks of CD use -the monitor told us he now ...

- ➔ Slept through night – *he used to wake 16 times/night*
- ➔ Slept for the full amount - *5 hrs set aside (too little)*
- ➔ No longer woke up thinking he was *at work or driving*
- ➔ His wife slept better - *so he slept better*
- ➔ He no longer was irritable after work -*he used to be grumpy 4 nights out of 5*
- ➔ His patience improved with children - *& his temper relaxed*

Wade Was Happier So He Worked Better!

- He took less time to get up to speed after arriving at work in the morning
- He decreased the number of mistakes he made at work so he finished a task faster
- His life moved ahead faster than his friends

Wade's Life Improved Fast!

1. Within 2 years he upgrade his job \$ skills.
2. He had the energy to get his trade\$ ticket.
3. He bought that new house -1st for his family - happier.
4. His employer is letting him fill in for his boss when the boss i\$ sick.



Personal CI EDGE

- Doris was a professional caregiver working with a difficult Alzheimer patient
- Her family was living with a severe illness
- Doris tossed & turned for hours every night often sleeping only 2 hours (menopause?)
- For 20 years Doris never slept through the night



- ❑ On the 1st night she concentrated too hard, staying awake to listen to it. (*Just put it on and go to sleep*)
- ❑ At 2 AM her neighbors came home and began partying so she used the CD to return to sleep. She was surprised *that her anger left* and *she fell asleep on the 2nd try.*
- ❑ She didn't quite know when she fell asleep but in the morning she noticed *she felt better* than she usually did!



- ❑ On the 2nd night her CD player broke so she had to play it out loud in the bedroom
- ❑ Her husband complained “*I can’t go to sleep to a woman’s voice!*”
- ❑ Doris said, “*You can too!*” & he did. ***He fell asleep in 17minutes*** & she fell asleep (between 30 minutes to 1 hour- during the ocean waves.)
- ❑ Doris ***slept through the night*** on her 2nd night & her ***3rd try!***

1st time in 20 years!



- ❑ Doris was sleeping through the night so she decided to quit using the CD & she stopped sleeping!
- ❑ Doris went back to using the CD & she slept through the night. This told Doris it was the build up of distracting elements in her life that disturbed her sleep.

1 year later she told us she takes her CD & player on holidays. She doesn't want to take a chance on having a poor night's sleep!

Sameer Could Be Your Manager!

Zleep E-Z CD (only)

- ❑ Sameer is a new business owner (restaurant/bar)
- ❑ He is married with a young family and used the CD on the nights before work and after hectic days
- ❑ Sameer was new at managing people at work & wanted more control of situations
- ❑ He wanted to improve his productivity. He was losing his work focus & distracted by the people around him.

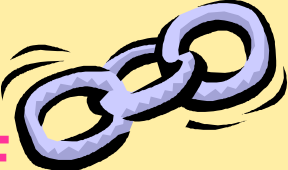
Sameer Could Be Your Manager!

- ❑ *“ I have fully recovered the 20% of my workday that was lost to distractions. ”*
- ❑ *“ Now I take control of situations rather than the problems taking hold of me. ”*
- ❑ *“ It (CD) is very valuable because it helped me manage the people at work. ”*

Improved productivity by 20% with less stress!

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This Could Be Your Bookkeeping Dept!

Personal CI EDGE  Zleep E-Z CD

Ms. Calculator (uses the CD & newsletters)

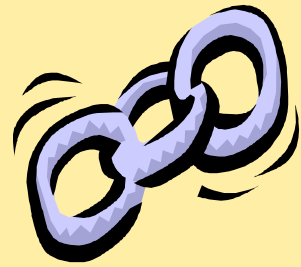
- ❑ *“ My profession requires me to be very alert & well rested. ”*
- ❑ *“ Now I am no longer plagued my night thoughts (**busy mind**). ”*
- ❑ *“ I am rested when I awake. ”*

This Could Be Your Bookkeeping Dept!

Ms. Calculator had a difficult rental client that wanted to break the rules

- ❑ “ I use the NEWSLETTER FORMULAS (*about managing difficult people*) by slotting in my particular information. *He didn't even get upset!* ”
- ❑ “ The formulas makes my work situation seem less personal & I am able to work through the problems *without getting angry or upset.* ”

The CI EDGE



Zleep E-Z CD

Personal CI EDGE

- ❑ The newsletters suggest to employees how to understand and manage difficult people.
- ❑ When employees handle a difficult situation with newsletter formulas, they reduce the level of stress that was once normal for your business!

Employees have to continue using the CD on the nights before work to continue to achieve the deep sleep needed for:

1. Improved productivity & effortless control in difficult situations
2. Lowered overtime, rework, crankiness & absenteeism.

The CI EDGE

- ◆ Creates awake, aware & alert employees
- ◆ CD **sections** address personal tension & stress
 - ✓ **S-2.** Relax body –physical knots
 - ✓ **S-3.** Quiet mind & dissolve emotions
 - ✓ **S-4.** Release daily pressure
 - ✓ **S-5.** Ocean Waves –white noise

**For more information and distributor lists
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