

EXOMIND: Sleep and Stress

Novel ExoTMS Technology for the Improvement in Quality of Sleep and Stress Reduction: Preliminary Data

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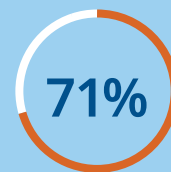
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Highlights

- 43 patients (22-65 years) seeking improvement in sleep & stress were enrolled in a randomized sham-controlled IRB approved trial
- Both active group and sham group received 6 Exomind treatments spaced 3-7 days apart
- Patients were evaluated using the Pittsburgh Sleep Quality Index (PSQI) (score ≥ 5), Perceived Stress Scale (PSS-10), Subject Satisfaction Questionnaire (SSQ), Therapy Comfort Questionnaire (TCQ), and Sleep and Stress Assessment Questionnaire
- 100% of patients found the therapies comfortable; no serious adverse events were reported



Patients reported improved sleep quality (PSQI) and decreased stress levels (PSS-10) after the last treatment



Patients reported being less irritable (SSQ) at 1-month follow-up

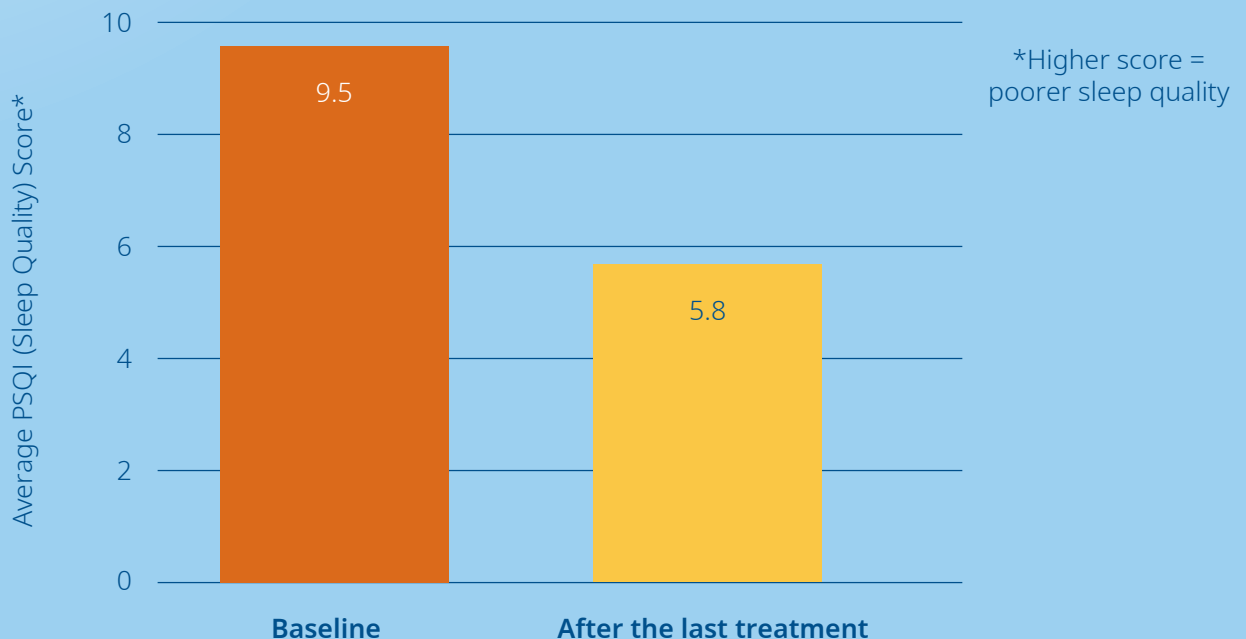


Figure 1: PSQI scores decreased from 9.5 at baseline to 5.8 immediately after the last treatment, indicating improved sleep quality. Patients reported improvements in specific domains such as **sleep onset** and **sleep maintenance**.