



CASE STUDY:

ENHANCING WELL-BEING WITH THE TOUCHPOINT SOLUTION™

"(...) Calmer heart rate and I'm able to breathe, sleep. I've stopped taking Xanax and I'm very pleased with the results so far."

- ADRIEN M.

CHALLENGES

- Agitation
- Angry outbursts
- Anxiety
- Fears
- Focus
- Frustration
- Negativity
- Procrastination
- Sleep issues
- Sensory sensitivity
- Task avoidance

USE CASE AND OUTCOME

Through TouchPoints, Adrién has noticed several positive shifts in his everyday life, including less anxiety, a better ability to fall asleep, and stopping Xanax.

Improved Ability to Unwind and Fall Asleep:

Adrién has noticed a positive difference in his ability to think clearly and reduce anxiety when using TouchPoints. He reports better rest and lower overall heart BPM without diet changes. He has also managed to discontinue all Xanax use.

Daily Practice Integration:

The devices seamlessly integrate into Adrién's daily life. Whether during stressful moments or before sleep, Adrién utilizes TouchPoints daily as needed.

Anticipation for Challenging Situations:

Adrién uses TouchPoints during specific scenarios, such as when anxious or panicking. TouchPoints offer a sense of reassurance during these moments and help reduce stress. He reports feeling relief in these situations knowing he'll put his TouchPoints on.

Outcome

TouchPoints have played an instrumental role in enhancing Adrién's emotional well-being, providing comfort, and empowering him to face life's challenges more confidently. As Adrién continues his journey, TouchPoints remain a valuable tool for managing reactivity and promoting resilience.

ABOUT TOUCHPOINTS:

TouchPoints are twin neuroscientific wearables worn on either side of the body preventatively or on the spot for 15 minutes before, during, or after a stressful situation. They were designed to provide fast relief from stress and anxiety at the push of a button. They use gentle, haptic micro-vibrations called **BLAST (bilateral alternating stimulation tactile)**. This technology is backed by decades of scientific and academic research on bilateral stimulation that quantifies significant brain changes after just seconds of use. TouchPoints give the user a gentle vibration that affects the brain and alters the body's fight, flight, or freeze response to restore calm nervous system functioning. This helps reduce the amount of perceived stress experienced and the associated body sensation that comes with it (i.e., stomach butterflies or tightness in the chest). TouchPoints are a natural and effective solution to anxiety and focus issues and can enhance performance and sleep.