



# TOUCHPOINTS AND SLEEP:

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Giac-Thao's 8-year-old son lives with sleep issues, anxiety, pessimistic thinking, and more. She says he has emotional outbursts and sometimes lashes out at others.

Giac-Thao's son began using TouchPoints about 2 nights a week and as needed for anxiety, panic attacks, and sleep. She reports that using TouchPoints has allowed her son to redirect his attention from his stress trigger as he feels he has a tool to address the issue rather than succumbing to the emotion.

Giac-Thao says she is curious if she would benefit from TouchPoints too after seeing the effect the wearables have had on her son. She reports the duration and frequency of his emotional outbursts have decreased.

## CASE STUDY SUMMARY:

### USER PROFILE:

- Giac-Thao's son, 8 years old

### CHALLENGES:

- Anxiety
- Fears
- Frustration
- Inability to Stay Calm
- Inability to Think Rationally
- Lashing Out at Others
- Negativity
- Performance Anxiety
- Pessimistic Thinking
- Sleep Issues
- Stress Relief

### SOLUTION:

- TouchPoints several times a day as needed

### KEY RESULTS:

- Better sleep
- Shorter emotional outbursts
- Distraction from stressors

### ABOUT TOUCHPOINTS:

TouchPoints are twin neuroscientific wearables that are 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. Using gentle, haptic microvibrations 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 not only helps to reduce the amount of perceived stress experienced, but also 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