

Research Tests Show The CD . . .

Reduces daily tension, worry & grumpiness
& gives you a personal EDGE on your life!

People who do too much make more mistakes (22-33 %) & take longer to complete a task (14%).

They have to do things over - leaving them less time in their day. Crankiness, tiredness, exhaustion and more mistakes then affect your home & work.

Non-medical based sleep disturbances are often signs of doing too much (dealing with too many distracting elements in your life.)

- ❑ We tested the CD (*that removes distracting elements from one's life*) on 2 sleep troubled & exhausted people (*Wade & Doris -approx aged 30, 55*) to make sure the CD works for everyone.

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

1. Wade was in the trades & had a young family.
2. Doris was a professional caregiver working with a private senior Alzheimer patient.

- ❑ Next we tested the CD on 2 average people (1 small business owner/parent & 1 bookkeeper)

1. Chef
2. Ms. Calculator

Wade Could Be You!

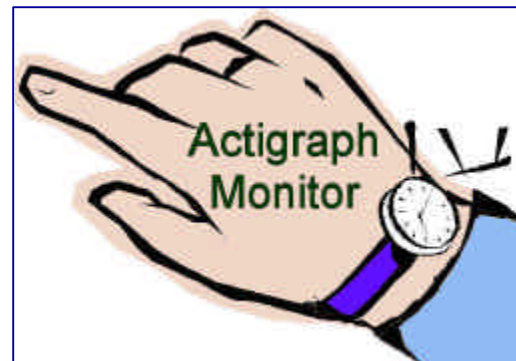
Personal EDGE



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 got moving faster in the morning and lasted longer (easily got more done)
- ➔ He made fewer mistakes so he did not have to do things twice & saved time
- ➔ His life moved ahead faster than his friends

Wade's Life Improved Fast!

1. Within 2 years he upgrade his job skills. (could focus more)
2. He had the energy to get his trades ticket. (less tired)
3. He bought that new house -1st for his family – everyone was happier. (got things done)
4. His employer is letting him fill in for his boss when the boss is sick. (moving up at work)



- 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 soon slept through the night so she stopped using the CD & soon 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 even takes her CD & player on holidays. She doesn't want to take a chance on having a poor night's sleep!

Do You Supervise Other People?

Zleep E-Z CD (only)

- ❑ Chef 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
- ❑ Chef was new at managing people at work & wanted more control of situations
- ❑ He wanted to improve his productivity. Chef was losing his work focus & distracted by the people around him.

Do You Supervise Other People?

☐ “ *I have fully recovered the 20% of my workday that was lost to distractions. ”*

(gets more done / finishes earlier)

☐ “ *Now I take control of situations rather than the problems taking hold of me. ”* (easier life)

☐ “ *It (CD) is very valuable because it helped me manage the people at work. ”* (calm temper)

He lowered stress & got things done faster!

Do You Have To Be Accurate At Work?



Zleep E-Z CD

Personal EDGE

Ms. Calculator (uses the CD & newsletters)

- ❑ *“ My bookkeeping job 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. ”*

Do You Have To Be Accurate At Work?

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

Personal & Team EDGE



Zleep E-Z CD

- ❑ The Personal EDGE suggest how to understand & manage people. (*Ones who are mad at you, walk over you or make you mad.*)
- ❑ When you handle a difficult situation with the formulas, you reduce the level of stress that was once normal for you, your home & work! (*Creating a life you love!*)

You have to continue using the CD on the nights before a hard day to continue to achieve the deep sleep needed to:

1. Get jobs done faster & for effortless control in difficult situations
2. Have more time, feel better & happier

The CI EDGE

- ◆ **Makes life easier!**
- ◆ **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 to purchase
contact the owners, developers of this product**

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