

Lokosana® Observational Study by Josef A. Wirth, MD



Lokosana®
Bio-Energetic-Systems

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Lokosana® (SAMINA) observational study

Observation period: 10/01/2003 through 01/31/2004
Patient number: 15 (8 male/7 female)
Patient age: 52 + 20 years
Indication: Insomnia (Sleep disorders/sleeplessness)

Study profile: The test subjects were observed polysomnographically over two nights. During one of these nights, the subjects were sleeping on a Lokosana® sleeping pad. Neither the patient nor the researcher knew when they slept on Lokosana® (double-blind trial).

The studies were recorded according to the following derivatives:

EEG, EOG, EMG submandibular, EMG pretibial, ECG, chest movements, abdominal movements, airflow at the nose and mouth, oxygen saturation, snoring sounds, videometry.

The following parameters were determined:

Sleep efficiency (Scheff %)
Sleep time (Schzeit in min)
Micro-arousel throughout the sleep time (MAr)
Respiratory Disorders = Respiratoy Disease Index (RDI /h)
REM sleep (REM %)
Deep sleep stages (S1 % ; S2 %; S3 %, S4 %)

Results:**Without Lokosana®
(median values):**

Scheff: 83,03 %
Schzeit: 286,5 min
MAr: 201,2
RDI: 6,3 / h
REM: 14,42 %
S1: 21,25 %
S2: 50,88 %
S3: 14,03 %
S4: 0,85 %

**With Lokosana®
(median values)**

Scheff: 96,36 %
Schzeit: 382,6 min
MAr: 219,0
RDI: 5,6 / h
REM: 16,06 %
S1: 19,95 %
S2: 50,20 %
S3: 12,07 %
S4: 0,97 %

Discussion of the results:

Under the influence of Lokosana®, there was a significant improvement in sleep efficiency by 13.32%, as well as an increase in sleep time by an average of 98.7 minutes. An average increase of 18 in micro-arousal over the entire sleep time was remarkable, which could be seen as a reaction of the body to the Lokosana® sleeping pad.

A positive effect was also reflected in the overall sleep architecture, which is closely approximating that of a healthy sleeper.

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