

Lokosana[®] Grounding Pad

Reconnecting with the Earth for Good
Health and Quality Sleep

SAMINA

The Science of Sleep



What Makes Lokosana Truly Exceptional

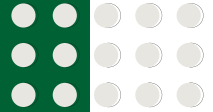
How the Lokosana
grounding pad benefits
quality sleep and health

Deconstructing the
grounding pad's layers
and materials

Explaining the unique
features that make
Lokosana superior

Lokosana Grounding Technology Explained

Deconstructing the Lokosana grounding pad for sleep with details about its materials, construction, and effectiveness.



Our Content

- Introduction
- The importance of grounding for sleep and well-being
- SAMINA'S Grounding Technology
- Discover Distinct Advantages

- 01.** Lokosana: A Certified Medical Device (CE) in Europe
- 02.** The Superior Conductivity and Amount of Silver in Lokosana
- 03.** Touchless Body Grounding
- 04.** Enhancing Energy Flow: A Solution for the "Dirty Electricity" Dilemma
- 05.** The Healing Power of Magnetic Fields

Introduction

The Importance of Grounding for Sleep and Well-Being

Before 1900, people mostly worked outdoors and thus had **direct physical contact with the earth**. Now, our time is spent mostly indoors and we're further isolated from the earth by walking on concrete or paved roads in rubber-soled shoes. As a result, people are no longer naturally grounded, and our bodies become charged with static electricity, an imbalance of electrical charges.

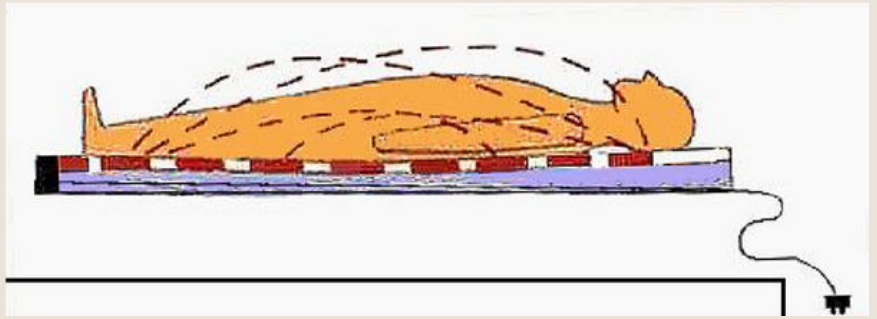


Oxidative stress—an imbalance between free radicals and antioxidants that damages cells—is caused by the stress of our hectic lives, jobs and parenting, poor diet, air pollution, smoking, alcohol usage, and more. This contributes to various conditions like Alzheimer's disease, cancer, and heart disease. As it relates to sleep, it also lowers melatonin levels and elevates cortisol causing sleep difficulties.

Direct contact with the ground offers a beneficial **antioxidant effect**, helping to neutralize free radicals that contribute to such chronic health issues and restore our body's electrical balance. However, reconnecting with the Earth—literally standing barefoot or lying down on the ground—for natural grounding to achieve this balance isn't always feasible or practical. That's why SAMINA created the Lokosana grounding pad for sleep.



SAMINA'S Grounding Technology



How Indoor Body Grounding Works

The Lokosana grounding pad features SAMINA's patented technology designed to ground your body indoors as you rest and recover while sleeping. The pad connects to the Earth through a cable that plugs into a grounded electrical outlet linked deep into the earth via the building's wiring. The whole grounding system operates without any electricity.

Grounding allows you to tap into the earth's gentle negative charge to rebalance your body's bioelectrical system for more restorative sleep and other health-promoting benefits.



*Rebalance
your body's
bioelectrical
system for more
restorative sleep.*

Health and Sleep Benefits from Body Grounding

Numerous studies support the health benefits of body grounding, for example, producing anti-inflammatory effects that relieve muscle soreness and joint pain, normalizing cortisol levels for stress reduction, and improving blood circulation. By reducing inflammation and decreasing oxidative stress on the body, grounding may also indirectly bolster the immune system.

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SAMINA'S
Grounding
Technology

"FOR ITS PROVEN BENEFITS, SAMINA SUPPORTS GROUNDING AND THE USE OF THE LOKOSANA GROUNDING PAD TO EFFECTIVELY IMPROVE AND SUPPORT HEALTHY SLEEP."

Dr. Günther Amann-Jennson

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Discover Distinct Advantages

What Makes Lokosana Truly Exceptional

The Lokosana® grounding pad for sleep by SAMINA has several distinct and unique advantages that enhance the effectiveness of body grounding. Several key features set the Lokosana grounding mat by SAMINA apart from other similar products. Namely, Lokosana is . . .

01.**A registered medical device (CE)**

To improve sleep according to EU standards.

02.**Made of 46% pure silver threads**

For its effectiveness, silver is the most conductive metal.

03.**Effective indirectly.**

No body part touches metal, preventing shock.

04.**Safe from “Dirty Electricity.”**

Special plug in the pad to prevent undesirable backflow.

05.**Better with Bio-magnets**

Recreating the earth's magnetic field benefits sleep.

Let's dive deeper to understand more about
Lokosana's unique features.

[READ MORE](#)



"für mehr lebenskraft"

=

"for more vitality"



01.

Lokosana is a **Certified Medical Device** Per EU Standards

The Lokosana® sleeping and grounding pad by SAMINA is a registered medical device (CE) designed to enhance sleep quality and promote effective regeneration, in accordance with EU standards set forth by Swissmedic (Switzerland). While medical devices are not classified as medicine, they are recognized as meeting specific requirements for efficacy, safety, performance, and quality.

What exactly is a Medical Device?

A medical device is not medicine, but something intended to be used by and on humans for the purpose of alleviating symptoms, to treat disease or injuries, or otherwise to support health. Medical devices are designated with the letters CE indicate the product meets the requirements for efficacy, safety, performance, and quality.

Lokosana Efficacy for ICD-10 CLASSIFICATION CODES

Lokosana has demonstrated efficacy for use as a medical device for the several conditions (indications) as described in medical terms by their corresponding ICD-10 classification codes.

- Non-organic sleep disorders F51
- Non-organic Hypersomnia F51.1
- Non-organic Insomnia F51.0
- Non-organic disturbance of the sleep-wake rhythm F51.2
- Other non-organic sleep disorders F51.8
- Non-organic sleep disorder, not specified in detail F51.9



The CE mark means a product meets EU safety, health, and environmental protection standards after manufacturer assessment. Products made anywhere and sold in the EU must have it.

Lokosana Helps People Sleep

Given that **oxidative stress** can **hinder melatonin** production (**drowsy sleep hormone**) while **elevating cortisol** (**stress hormone**), Lokosana is particularly beneficial for individuals who find sleep elusive.



Hypersomnia -
Excessive Daytime
Sleepiness



Insomnia -
Persistent Inability
to Sleep



Disturbance of
Sleep-Wake
Rhythm

You can benefit from grounded sleeping with Lokosana if:

you have trouble falling
or staying asleep

you wake up too early and can't go
back to sleep

you suffer from excessive
daytime sleepiness

02. The Superior Conductivity of Silver in Lokosana



Metals like nickel and copper are good conductors yet **silver** has the highest electrical conductivity of all metals. Silver has the **lowest electrical resistance** and therefore the **highest conductivity**. That's why, in line with SAMINA's commitment to quality, the Lokosana pad's metallic fabric is crafted by blending highly conductive **silver threads** with **organic cotton threads**.^[1]

Sleep Safer with Silver's Superior Conductivity

Did you know that silver is an exceptional conductor of both electrical and electromagnetic fields? When you use Lokosana as instructed, its silver-cotton fabric better attracts the RF (radio frequency) and EMF (electromagnetic frequency) fields around your bed by drawing them into the fabric rather than into your body. The human body is a poorer conductor compared to the superior silver, meaning these fields naturally gravitate towards the better conductor.

Gentle and Even Grounding

Grounding with Lokosana effectively dissipates the electrical charges accumulated in your body throughout the day. Unlike other grounding products that use carbon, which is less conductive, the silver used in Lokosana ensures these charges are released gently and uniformly across the entire surface as soon as you lie down. This method prevents abrupt or uneven discharges, providing a more balanced and even grounding experience.

Lokosana vs. Other Grounding Products

Carbon-based grounding products often lead to an uneven distribution of fields, causing charges to enter the body first before being discharged. This inconsistent discharge can be "jerky" and less effective. In contrast, the superior silver conductivity incorporated into Lokosana ensures that fields are directed away from your body more efficiently, enhancing the overall effectiveness of the grounding process.

[1] A resonance frequency of 8.41 Hertz (Prof. Dr. Andre Varga, University of Heidelberg, Germany) is created between the human body and the grounded silver-fabric, which is in the range of the Schumann frequency of 7.83 Hz.

A Crucial Reminder

IT'S CRUCIAL THAT THE LOKOSANA PAD MUST BE PLUGGED IN AND CONNECTED TO THE GROUND FOR OPTIMAL PERFORMANCE. IF LEFT UNPLUGGED, THE CHARGES WILL ENTER YOUR BODY AS SOON AS YOU LIE DOWN.



Key Benefits

- **Superior Conductivity:** Silver's high conductivity ensures RF and EMF are absorbed into the fabric rather than the body.
- **Even Distribution:** Grounding charges are evenly dissipated across the surface, preventing uneven discharge effects.
- **Enhanced Relaxation:** Minimizes discharge effects that disrupt relaxation and sleep, thereby supporting overall regeneration.

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03. Touchless Body Grounding

Other grounding mats use a **DIRECT** connection between the body and the conductive material in the grounding pad, which has some disadvantages. The SAMINA concept of grounding the body while sleeping works through an **indirect method** meaning *no part of your body touches any silver threads* which might otherwise cause an electrostatic charge and the feeling of a shock.

How It Works: The Capacitor Principle

Understanding how this works can be quite complex and scientific, yet it is well recognized in the fields of electronics and electrical engineering. The design and construction of the Lokosana grounding pad are based on the "**capacitor principle**," utilizing capacitive, contactless earthing. The sheep's wool in Lokosana acts as an essential dielectric—a material that is either non-conductive or only minimally conductive.

The image below depicts the relationship between a capacitor and a dielectric. Lokosana resembles this with the conductors (Leiter in the diagram) being your body on top and the silver-metallic fabric connected to the grounding system and the sheep's wool acting as a capacitor (Dielektrikum).

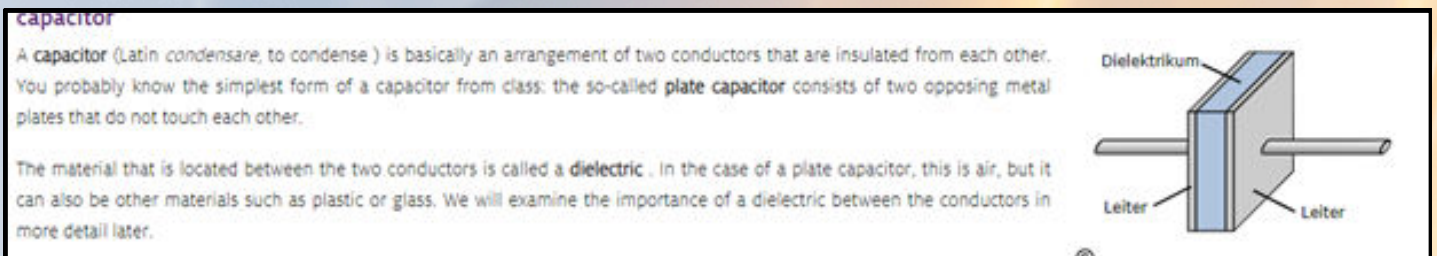


Image Source: Capacitor Principle, <https://www.leifiphysik.de/elektrizitaetslehre/kondensator-kapazitaet/grundwissen/kondensator-und-kapazitaet>

Key Benefits

- **Innovation for Sleep Optimization:** The dissipation of stray electrical fields and electrostatic charges effectively minimizes both noticeable and subtle "discharge effects." These undesirable effects can include difficulty to relax, an inability to fall asleep, and interference with nighttime sleep.[2]

[2] Refer to the report by Prof. Dr. and engineer André Varga from the University of Heidelberg, Examination and Results of Capacitive Pad (Lokosana), https://saminasleep.com/wp-content/uploads/2024/09/STUDY_Lokosana-Expertise_Dr.-Varga-1.pdf

04. Enhancing Energy Flow: A New Feature for Lokosana®

Static Electricity and Its Shocking Effects

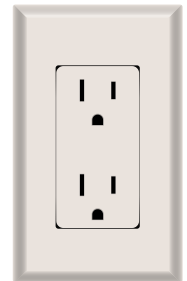
Throughout the day, our bodies accumulate static electricity. Static electricity according to the Oxford Dictionary, is "*the result of an imbalance between negative and positive charges in an object.*" When you touch a doorknob or any other conductive material like metal, for example, you provide a pathway for this accumulated charge to ground itself. This causes electrons to leap suddenly to the conductive material, resulting in a brief electric shock.

Enhancing Energy Flow for Optimal Sleep

The Lokosana® sleeping and grounding pad by SAMINA now features an enhancement that streamlines energy flow from the earth to your body. This improvement eliminates interruptions in the flow of free electrons caused by environmental factors or erratic electrical currents, i.e. "dirty electricity", to ensure a consistent energy flow.

A Solution for the "Dirty Electricity" Dilemma

This most recent improvement for the Lokosana® sleep and grounding mat is a game-changer, especially for those sensitive to electrical disturbances (electro-hypersensitive). Our solution is an earth conductor choke. This handy tool boosts the mat's effectiveness by cancelling out any electrical interference, especially common in urban areas. These interferences can be transferred to your body via a regular cable, but our cable has an earth conductor choke that blocks them out.



Key Benefits

- **Excellent for EMF-sensitive:** Particularly for those who are EMF-sensitive, the new feature ensures the beneficial energy from the earth reaches you more efficiently without erratic electrical interference.
- **Lightning Safe Connection:** It also acts as a safety measure, keeping any sudden surges in energy caused by events like lightning strikes at bay.

05. The Healing Power of Magnetic Fields

Combating Geomagnetic Deficiency for Your Well-Being

Scientists know the Earth's geomagnetic field has been gradually shrinking for millennia, giving rise to a phenomenon known as "geomagnetic field deficiency syndrome" in modern humans. In 1987, scientists at the Max Planck Institute for Biochemistry in Munich highlighted the impact of the Earth's natural geomagnetic field on human health, particularly its influence on sleep quality.

Aligning Your Body with Earth's Magnetic Fields

Environmental factors, such as reinforced concrete, iron infrastructure in buildings, and traditional innerspring or box spring mattresses, can disrupt this geomagnetic field, leading to sleep disturbances.



The Lokosana grounding pad features **eight bio-magnet strips** designed to stabilize distorted magnetic fields in the sleeping environment.[3]



[3] Importantly, a comprehensive study by the World Health Organization (WHO) conducted over several decades in 1987 found no adverse effects on the human body from static (stationary) magnetic fields.

Aligning Your Body with Earth's Magnetic Fields

The German bio-magnets stabilize distorted electromagnetic fields especially common in urban living and help re-orient your body in alignment with the Earth's magnetic poles. The pad effectively has you sleeping in a head north – feet south position regardless of the position of your bed for optimal healthy sleep.



Key Benefits

- **Beneficial Magnetism:** The magnets in the Lokosana grounding pad help counteract the effects of "geomagnetic field deficiency syndrome" during sleep, promoting stress relief and facilitating self-healing.
- **Alignment with the Earth:** When placed on the bed as instructed, the magnets effectively put your head north and position your feet south aligning with the Earth's magnetic poles purported to be ideal for quality sleep.

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Enhance Your Sleep Quality

Lokosana Grounding Pad and SAMINA Sleep System

Each grounding pad is designed for one person, honoring the unique bio-electric system of the individual, while covering an expansive surface area for optimal conductivity and the most effective grounding. So, two people co-sleeping would need two individual grounding pads.



In combination with the SAMINA sleep system, the Lokosana® grounding pad is placed between the natural rubber mattress and the wool pad mattress topper.



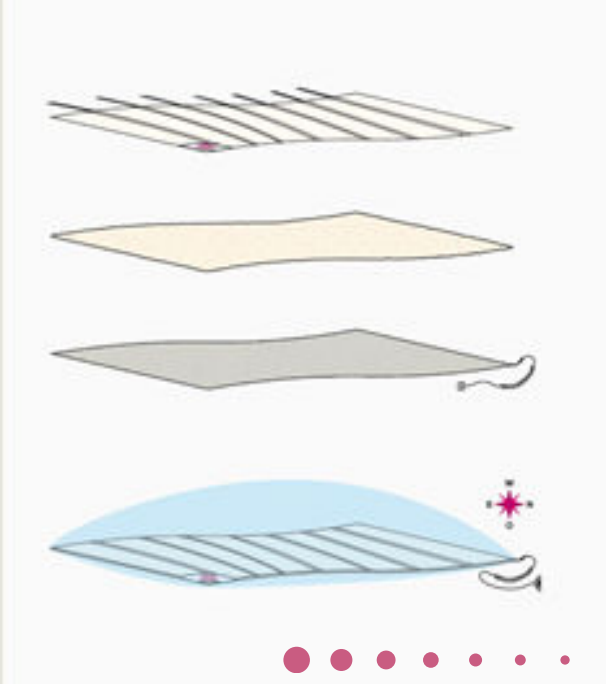
Lokosana Grounding Pad and Other Mattresses

When used with other mattresses, it's placed directly on top like a mattress pad and, often used in combination with a SAMINA sheep's wool pad mattress topper.



Improving Sleep & Health with a Lokosana Grounding Pad

Superior Materials for Superior Performance



Bio-magnets simulate the earth's natural magnetic field.

Biologically active sheep's wool serves as a dielectric.

Silver fabric (46% pure silver) conducts the body's micro-voltage to the building's grounding pole.

The Lokosana pad establishes a connection to the earth as if you were lying directly on the ground.

Lokosana: As Luxurious as it is Innovative and Effective

Wrapped in **organic cotton** for a touch of luxury, the Lokosana grounding pad features an incredibly soft layer of **sheep's wool** that prevents stiffness and enhances comfort. Inside, the **supple metallic fabric made of 46% silver** is more attractive to RF and EMF's than your body *while plugged in*. Meanwhile, thin strips of **bio-magnets** embedded inside contribute to a gentle form of "magnetic therapy" that's especially effective when combined with proper body grounding.

Lokosana® offers contactless and large-scale body grounding during sleep.

Lokosana is grounded with a plug that goes directly into a common household outlet connecting directly to the grounding system of your home. Recent improvements to this connector with an **earth protector choke** remove concerns about so-called "dirty electricity". Rest-assured, there is no power voltage flowing between the grounding pad and the outlet and no need to fear lightening strikes either.

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Make Lokosana yours.

SAMINA's Lokosana grounding pad promotes bio-electrical balance in your body and improves your sleep quality.

Bring bio-electrical balance back to your body

Get the restorative sleep you crave.



Since 1981:

10k+

People sleep better with Lokosana

46%

Pure Silver for conductivity

8

Bio-Magnets for healing

CE

Medical Device Designation

Our Products

Enjoy more effective, gentle, and safe grounding.

- 01.** Lokosana Grounding Pad
Available as single pads for sleep or without bio-magnets for patients with electromedical implants .
- 02.** Lokosana Grounding Cushion
Ground yourself during waking hours with a cushion for your office chair.



01.

SHOP NOW: CLICK ON IMAGE



02.

Sources

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[WHO Study – Magnetic Fields](#)

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[Lokosana® Observational Study by Dr. A. Wirth, MD](#)

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[Body Grounding and the Lokosana Principle](#)

[The Lokosana Principle](#)

[Effects on Body Voltage and Current in the Presence of Magnetic Fields](#)



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Lokosana Grounding Pad

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Restore bio-electrical balance in
your body to enjoy restful,
restorative sleep.

With the Lokosana Grounding
Pad for Sleep by SAMINA

Our Distinct Advantages

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SHOP NOW

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