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## **Insomnia Testimonials**

### **Testimonial from Florence Nye-Clement**

**Benicia, California, USA**

**June 22, 2006**

"I have been using the PAL for nine days, and it has already begun helping me re-pattern my sleep and dissipate anxiety. Thank you for making such a wonderful product. I believe my DAVID Pal will be a key factor in my return to health."

### **Testimonial from Wayne Sime**

**Albert Lea, Minnesota, USA**

**June 5, 2002**

"After my heart attack and double by-pass surgery, I developed serious sleep problems. I could not sleep more than two hours before awakening, unable to return to sleep. I tried many sleep remedies including getting more exercise (going to physical therapy regularly) to make me physically tired. Upon awakening at night, I would read (sometimes for an hour or more) to make myself sleepy and still could not return to sleep. Tossing and turning for hours each night and being irritable during the day time was not pleasant for me or for my family.

My daughter, Andrea Sime, suggested that I try using the Paradise light and sound unit. Almost immediately I began sleeping better. I use it once or twice during the day time, and then again before I go to bed at night which allows me to get eight to nine hours of sleep per night. Since I celebrated my 83rd birthday recently, I usually have to get up three to four times a night to go to the bathroom, but I am now able to get back to sleep almost instantly. If I do have some wakefulness, I simply use one of the 20 minute Paradise programs and can get back to sleep and wake up feeling rested.

I am so delighted to be able to get a full nights sleep once again, the I would not part with my Paradise for any amount of money. A few weeks ago, the wire connection to one side of the earphones developed a short. They wanted me to send the unit back for repair. I insisted on getting the replacement unit first, because I do not want to be without this unit ever again. I highly recommend it to anyone with a sleeping problem."

### **Testimonial from Gina Varty**

**Edmonton, Alberta, CANADA**

**April 29, 1999**

"Thank you for the opportunity of participating in your research project testing the therapeutic effectiveness of DAVID as a treatment for Fibromyalgia.

I found my sessions with DAVID to be very beneficial, particularly in preparing me for sleep. DAVID helped me in calming, relaxing, and centering myself, so that I was more ready to sleep.

The variety of flashing light combinations and pulsing tones provided an opportunity to select the program that suited my mood and need at a particular time.

Thank you again for the opportunity to experience such an interesting digital audio-visual integration device and contributing to the study."

**Testimonial from Collette Smith**  
**Leduc, Alberta, CANADA**  
**February 3, 1997**

"I'd had problems with sleep since I was about four years old. It would take me, on average, over an hour a night to fall asleep. As soon as I would lie in bed for over two hours, tossing and turning. I had tried different medications to help me sleep, but I always would wake up with a 'hangover' effect - I would be more tired than if I had just tried to fall asleep on my own. I am a Registered Nurse, so others depend on me for their safety and well-being. I couldn't afford to be sleepy while I was working.

I was skeptical of the study at first, but the need for sleep was stronger than my skepticism. I was attracted by the fact that no medications were involved. As I had said before, medication did help me sleep, but I was so drowsy the next morning I was almost better off tossing and turning, waiting to fall asleep.

As part of the study, prior to using the DAVID Paradise Jr., I had to keep track of my 'normal' sleep habits for two weeks. The results were typical-on average, it would take me an hour or more each night to fall asleep. The day I took the Paradise Jr. home, I tried it on different programs prior to bedtime to acquaint myself with the sensation of the lights and noises. When I used the machine the first night, I fell asleep in 40 minutes! For me, that was nearly a record. I had programmed the machine for a 20 minute program, and was still awake after the program stopped, but when I took the headphones and glasses off and just rested, my mind didn't start racing! I just rested quietly, and fell asleep on my own 20 minutes later.

After that first night, I began falling asleep even more quickly. I was regularly falling asleep in 20 minutes or less. I would program the machine for a 30 minute program, but I would rarely be awake when the program ended. I would just wake up in the middle of the night, take off the glasses and headphones, and go back to sleep. Even if I woke up in the middle of the night to answer the phone or to use the washroom, I would fall right back to sleep again. I noticed my moods improving-I have had trouble with clinical depression for about five years, and my concentration was enhanced. For the first time that I could remember, I would wake up in the morning and feel rested.

As part of my work, I can be out of town for three or four days a week, and stay overnight in hotel rooms. Normally, I would need at least two hours to fall asleep in a strange bed. With the Paradise Jr., I would still fall asleep in an average of 20-30 minutes. The Paradise Jr. traveled with me throughout the province and to British Columbia while I was on the study. Only once, in all the nights I spent in strange beds (approximately 15-20 nights during the study), did I have trouble falling asleep.

When I stopped using the Paradise Jr. and had to go back to sleeping 'on my own' to complete the study, I was hopeful that my brain had been 'programmed' to just fall asleep, without any of the problems I had before. Unfortunately, that was not the case. My old sleep patterns returned, and my mind was racing again. The only way to avoid having trouble falling asleep was to stay up until late at night, and wear myself out. Then, I could fall asleep in under an hour. I started having concentration problems again, and my mood became more depressed and irritable. By the time the end of the study had come, I was feeling desperate. I needed my sleep. The only option I felt I had was to buy a machine for my own use. So, as soon as I had completed the study, I purchased my own Paradise Jr. machine to use at home. Every night since I purchased the machine, I have fallen asleep in under half an hour. To me, it is nothing short of a miracle.

I don't just use the Paradise Jr. for sleep. I have also found various programs helpful for relaxation,

or to help me focus on a busy day. Once, when I was traveling with my work, another staff member developed a migraine headache. Normally, she suffers with these headaches for days at a time. I let her try the Paradise Jr. while she rested, and when the program was finished, her headache had substantially decreased in magnitude. She no longer felt nauseous, and was able to work that afternoon. The next day, the headache was gone.

I'm glad I overcame my skepticism and tried the Paradise Jr. study. I no longer dread the end of the day and the prospect of having to try to fall asleep. I just get into bed, turn on the Paradise Jr. and get comfortable. Sleep comes on it's own."

### **Testimonial from Art Meizner**

**Connecticut, USA**

**June 2, 1995**

"I originally bought the Paradise for accelerated learning...but soon realized its usefulness in other areas. I have had a sleep disorder all of my life, I used the Hemistep/Delta session, and it took me into a peaceful, relaxed state. I'd just drop off even before the session was over."

### **Testimonial from Jorge Suarez**

**Miami, Florida, USA**

"I want to thank you for producing such a wonderful machine, I not only sleep better, but I do everything better, I'm HOOKED. "

### **Testimonial from Ben Swanson**

**Edmonton, Alberta, CANADA**

"I will start by saying that when I would go to bed normally this is when my wheels started to spin and sleep was a hard thing to do for me. When I did eventually fall asleep it was never a restful sleep. Using the Paradise device really helped me relax at night or through the day when I used it. This allowed to fall asleep much easier and also had a much deeper state of relaxation. This I believe was the key for my better quality of life, because this allowed me more energy through the day. I normally have a very short temper. The better rest pattern I experienced let me deal with situations in a more positive manner. My social life, focus and attention, alertness, pain - was a bit better (it did relax whiplash at times), mood - all the above had some improvement using this device. It only makes sense we tend to be a very stressed society most of the time people don't even realize how tense they are. This machine gets you to relax."