

## **Sleep Mask Testimonials** (updated 11-2-08)

*(These testimonials are not endorsed by Nikken. They are from people like you and me. We make NO MEDICAL CLAIMS -- and we do not claim to heal or cure)*

From: [donnadee2@n-connect.net](mailto:donnadee2@n-connect.net)

A friend of ours had blood behind his eye. He had sought help from his Dr. who, of course, shrugged off the use of the Nikken Eye Mask or anything to do with magnets AFTER the problem disappeared. Well, recently this gentleman decided to give the Eye Mask a try and would you believe - his eyes feel better already and he can now read without his glasses!

Also, my husband had not been able to read the clock from his bedside, which is about 2 to 2 1/2 feet away, on the dresser. After using the Sleep Mask, he finds that he can now see what time it is from his bed. He has a very clear nasal passage now, too. Suppose these products work?

DONNA

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From: [globalbalance@5pillars.com](mailto:globalbalance@5pillars.com)

A wonderful friend of mine heard Vincent Ardizzone who developed the EQL magnetic design say that the sleep mask stimulates trigger points in the face and triggers the melatonin and pineal gland which helps us sleep better. I knew I loved it for a reason! It helps my body to relax even quicker when I go to bed.

Cinda

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From: [Sacker804@aol.com](mailto:Sacker804@aol.com)

After reading about the sleep mask experiences of from others, I decided that I would try it and see if my doctor could see any difference in my eyes. On July 12, 2000, I totaled my car and have suffered with both beautiful black eyes and back pain where I had arthritis. I have had the beginning of cataracts before so I decided to try the mask - besides which I have had problems with blood supply to my eyes. Last week, I finally got to my eye doctor and was relieved to hear him say that my eyes were much better and that he did not want to see until next year and that the cataracts were better.

One other experience this past weekend, my girlfriend's daughter was visiting her and remarked that she had a headache for the past two weeks. After some persuasion, she wore the sleep mask the night before she left for home and remarked to her mother that she had relief from the headache.

Regards, Simon

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From: [JoMark123@aol.com](mailto:JoMark123@aol.com)

Once you become accustomed to the confinement of the sleep mask, it becomes the most important of the sleep devices. In my own "Private Sleep World," it only takes an average of three minutes to fall into a deep sleep and if awakened for any reason, I will fall back into deep sleep, once again, in a short amount of time. This, from a chronic "Sentry" who had to walk the perimeter of the house, several times each night to protect my family from any invader and doing so in a state of chronic sleep deprivation! As I travel to do my seminars, the former restless nights of the unfamiliar motel room bed is no longer an issue. The following is my opinion only! It is not based upon scientific explanation or Nikken authorized information:

Chronically sleep deprived people (and there are many of us in this world) are chemically challenged to the point that they can't maintain any level of REM sleep because their eyes seek light from any source. The Pineal Gland, that is responsible for levels of Melatonin in the blood stream, must work in the sleep cycle without the influence of outside light. I am sure that the Magnetic and FIR energy, found in the Sleep Mask, is a catalyst for the production of natural Melatonin levels and the light blocking property of the mask is responsible for allowing uninterrupted darkness therefore preventing inadvertent waking. Whatever the scientific explanation may be, the sleep mask is a part of me forever. An important side note is that I invested a sleep mask cover so that the body fluids from my forehead do not become a problem. Be well,

Dr. Tom Kirchhofer - "The Wellness Coach®"

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From: [marygarlickroll@earthlink.net](mailto:marygarlickroll@earthlink.net)

I have had a long term (30 years) sinus problem: where my head fills up; I can't breath through my nose; and my throat becomes irritated; I loose my normal voice and then comes the COUGH. I cough so hard, I hurt my ribs and move the entire bed. I often have to move to the couch to sit up. The Nikken sleep system, the necklace and magsteps, plus nutritionals, have all changed this situation

from a 6 month problem to an occasional 2 times a year problem. But the problem still persists occasionally. My upline suggested that I try the sleep mask. I was reluctant, because I didn't like the feel of the strap around my head, or the texture of the mask on my face. However the other night I was desperate, so I put on the mask and with in SECONDS the coughing stopped!!! Of course I thought it was a coincidence! I took the mask off, and lo and behold the coughing returned. Just when I thought I had figured out how these products worked, but now I find another use that has profoundly improved the quality of my life.

Mary Roll, RN, MS

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From: [sorkennwellness@optonline.net](mailto:sorkennwellness@optonline.net)

I love my sleep mask. I won't sleep without it. Since I suffer from seasonal allergies that affect my breathing, this product has been of utmost importance. It keeps my nasal passages and sinuses open, and combined with PiMag optimized water, I haven't had to use allergy medicine for the past couple of years. I've used it also on my forehead on occasion for a headache or sinus stuffiness, and it works! I never thought I'd be able to sleep with something on my face, but the sleep mask is comfortable, prevents ambient light from disturbing me, and promotes better sleep.

Susan