

EXOMIND®

Sleep and Stress

Effects of ExoTMS Stimulation on Sleep Quality: A Sham-controlled Study

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Highlights

- 43 patients (22-64 years) seeking improvement in sleep and stress were enrolled in a randomized sham-controlled IRB-approved trial
- Both the active group (up to 70% of motor threshold) and the sham group 5% of motor threshold received 6 EXOMIND treatments spaced 3-7 days apart
- Patients were evaluated using the Pittsburgh Sleep Quality Index (PSQI; score ≥ 5), Perceived Stress Scale (PSS-10), Subject Satisfaction Questionnaire (SSQ), Therapy Comfort Questionnaire (TCQ), and Sleep and Stress Assessment Questionnaire
- 100% of all patients found the therapies comfortable; no serious adverse events were reported

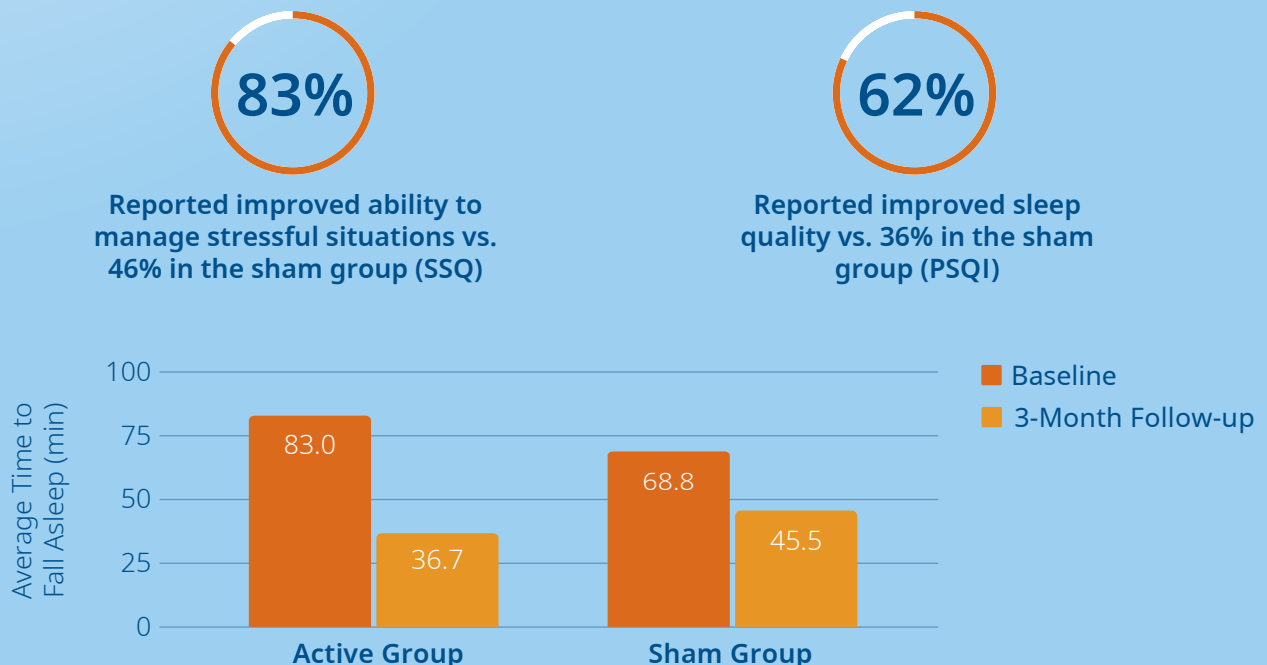


Figure 1: Among patients with prolonged sleep onset at baseline, the active group demonstrated greater improvement in time to fall asleep at 3 months.