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# The Symbioceuticals Harmonizer Comfort improves sleep and enhances recuperation



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# Study

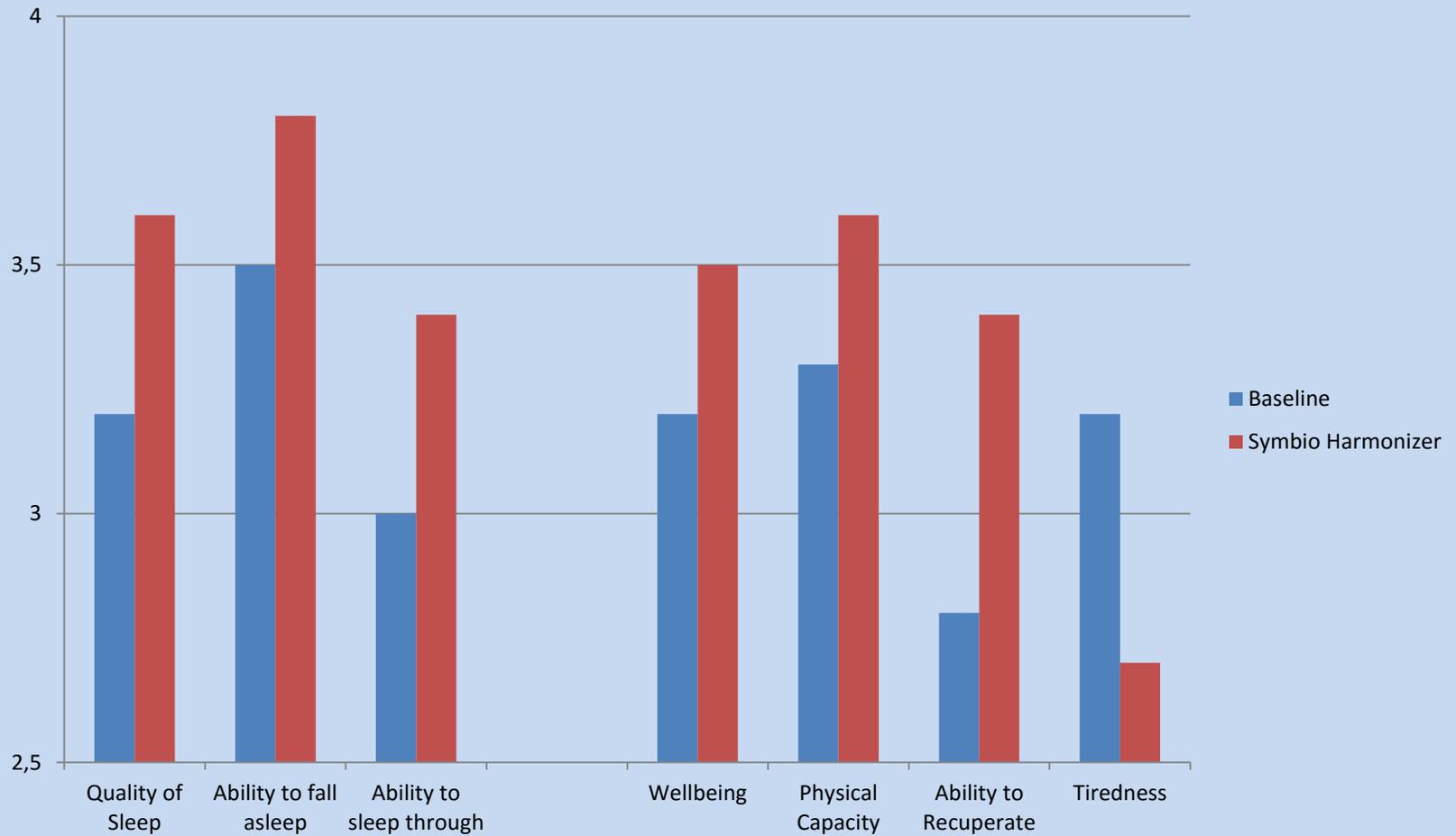
- Sample:** N = 20 (7 women) individuals with sleep disturbance, average age: 44.2 years
- Design:** Prospective, controlled, explorative, within field study
- Setting:** Participants' private sleep environment
- Intervention:** 10 days, first week: Baseline; second week: Symbio Harmonizer
- Documentation:** Saliva samples (before sleeping), sleep protocol (in the morning)
- Parameters:** Cortisol, sleep parameters, performance parameter



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# Results



Likert-Scale: 1 = very bad to 5 = very well



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# Overview of Results

Statistical Improvements with the Symbio Harmonizer (Cohen's d):

Sleep Quality:	$d = 0.8$
Ability to sleep through:	$d = 0.6$
Wellbeing:	$d = 0.7$
Recuperation:	$d = 0.7$
Tiredness:	$d = -0.9$
Number of Times of Waking up	$d = 0.8$



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# Conclusion

The use of the Symbio Harmonizer for five straight nights causes :

- an improvement of sleep quality of 12%
- an improvement of the ability to sleep through of 13%
- a reduction of matutinal tiredness of 18%
- an improvement of matutinal wellbeing of 9%
- an improvement of recovery over night of 21%
- a reduction of nocturnal awakening of 56%