

# STUDY: Cove reduces stress and improves sleep in First Responders

## Background

Sleep and stress-related problems afflict people from all walks of life. Yet, some populations may be particularly vulnerable to these challenges. Those with intense jobs or those who work odd hours, for instance, stand to benefit greatly from interventions, like Cove, that improve sleep and stress levels.

Cove uses patented vibration technology to activate a brain pathway involved in healthy sleep and stress management. In earlier studies, we showed that the device effectively reduces stress and improves sleep in the general population. Building on this research, our scientists set out to determine whether Cove could enhance mental wellness among first responders.

In addition to long hours and tense working conditions, first responders have little room for error. On-the-job drowsiness or a moment of panic could lead to a life-threatening accident. As such, the stakes for good sleep and mental stability couldn't be higher.

## Hypothesis

We hypothesized that, by using Cove consistently for one month, first responders would experience significant improvements in their sleep and stress levels.

## Methods

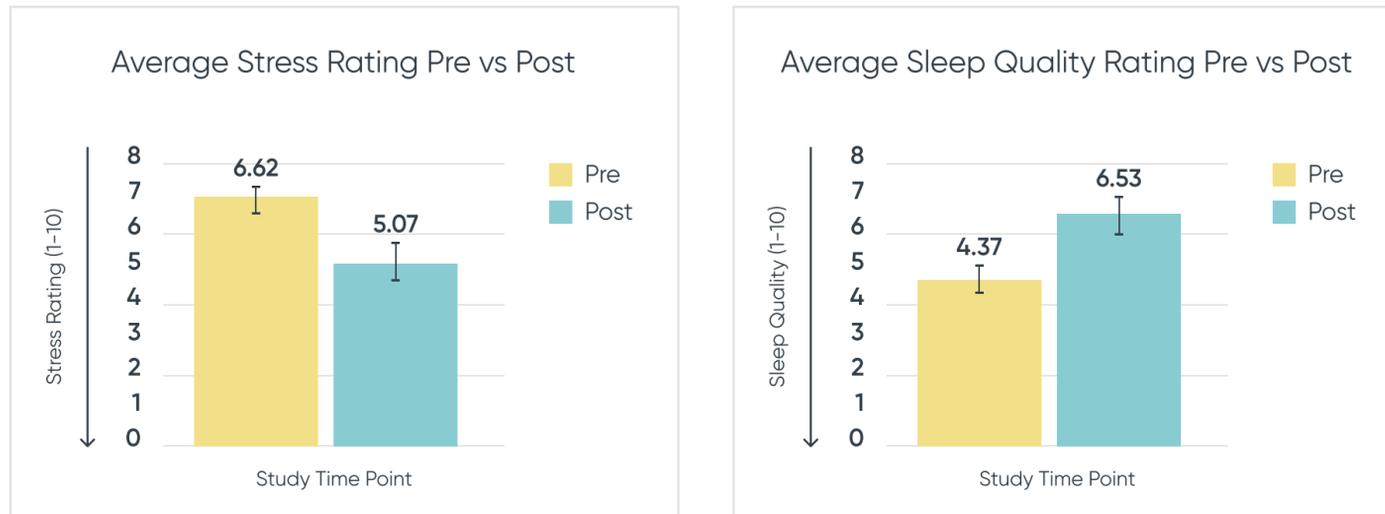
To test our hypothesis, we invited a group of first responders from Seattle, WA and San Rafael, CA to test Cove for one month. The participants included 11 individuals from law enforcement and 21 from the fire department.

The group was instructed to use Cove for 20 minutes, twice daily, for 30 days. At the beginning and end of the month, we asked participants to rate their current stress on a scale of 1 to 10, with 10 indicating the worst possible stress. Participants also rated their sleep for the past week on a scale of 1 to 10, with 10 representing excellent sleep quality.

Volunteers who completed the trial were given the option to keep the device for another 3 months following the study's conclusion.

## Results

After using the device for 30 days, participants reported significant improvements in mental wellness. According to participant surveys, the group's stress dropped by **23%** and their sleep quality improved **61%**.



In addition to these benefits, participants reported that they felt more relaxed after using Cove and that the device made it easier to fall asleep and stay asleep. In line with these findings, the majority of participants (93%) opted to keep their device after the study concluded.

## Conclusion

These findings show that daily Cove sessions lead to important improvements in sleep and stress levels among individuals who hold high-stress jobs. Though virtually anyone can benefit from the device, the impact on individuals in such professions may be particularly profound. In addition to enhancing mental wellness and improving quality of life, Cove may improve job performance, which has significant implications for those working in life-threatening scenarios.