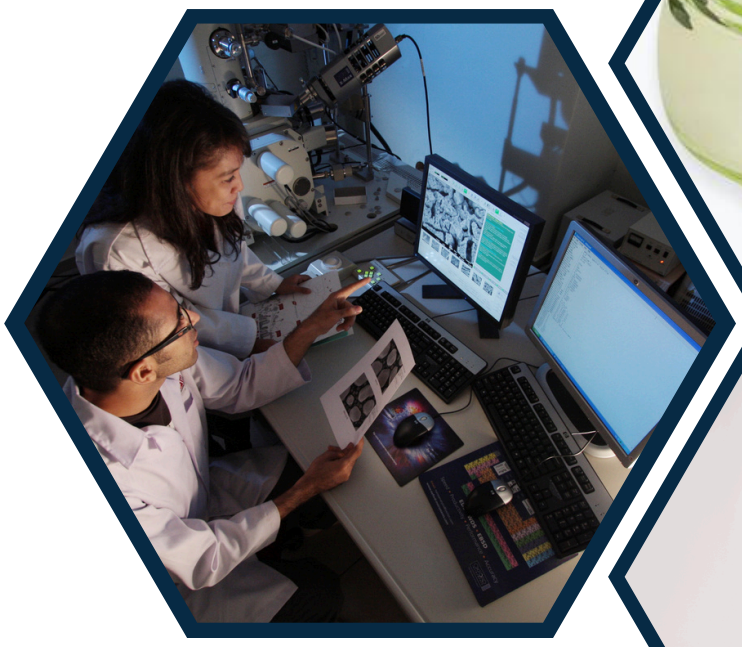
PRUVN

Wearable Pilot 1

Report







Prepared for

SOMAVEDIC

Presented by

PRUVN

About PRUVN

Welcome to the ecosystem of evidence-based wellness!

The $4.4 trillion global wellness industry is mostly unvalidated. PRUVN is changing that by making it possible for any wellness brand to gather reasonable and reliable scientific evidence on their interventions. Regardless of your next steps, you have joined an elite group of brands who are committed to transparency, ethical marketing, and proving health claims through science.

Congratulations



Evaluating the effects of the Somavedic device on fatigue, stress, mood and quality of sleep.

Background: This study aimed to investigate the potential impact of Somavedic EMF mitigation technology on sleep quality and perceived stress levels among women experiencing low-quality sleep and high perceived stress. The sample comprised 24 adults, aged 30 to 40 years. Participants were assessed both before and after the intervention. The intervention was the standard instructions for use of the Somavedic Luna.

Experimental Design and Data Collection:

Population: Data on fatigue, stress, wellness, sleep quality, and other subjective measures were collected through questionnaires administered before and after the intervention. The data were subjected to the D'Agostino & Pearson normality test. For data that met the normality assumption, a paired t-test was conducted. For data that did not meet the normality assumption, the Wilcoxon test was used. Results were considered statistically significant if p-values were less than 0.05. The percentage difference between baseline and post-intervention assessments for each group was calculated using Microsoft Excel®.

Results self-reported by participants*:

- Mood (Non-Parametric): There was a significant improvement in mood, with an increase of 8.5%.
- Anxiety (Parametric): Anxiety levels showed a non-significant decrease of 15.4%.
- Stress Level (Parametric): Stress levels exhibited a non-significant reduction of 14.3%.
- Quality of Sleep (Non-Parametric): Sleep quality improved by 5%, though this change was not statistically significant.

(Figure 1)

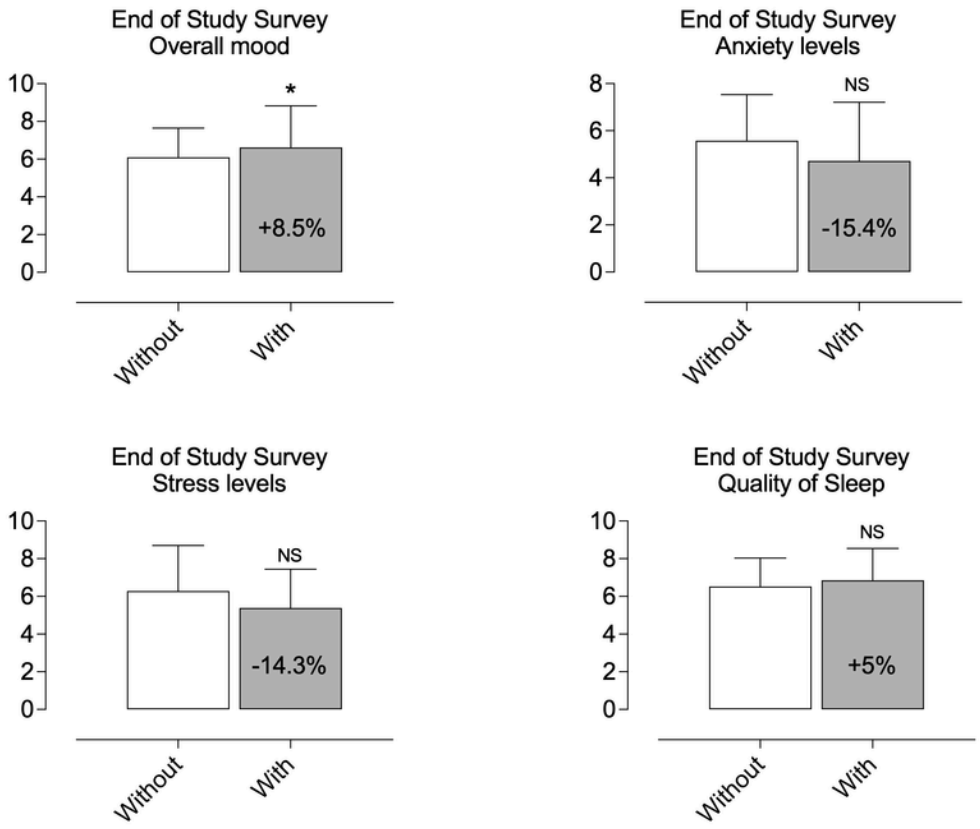


Figure 1. Participant Reported Outcome (PRO) Data

*results are based on averages across the entire cohort.

Results self-reported by participants*:

- Relaxation Level (Parametric): Relaxation levels increased by 8.8%, but this change was not statistically significant.
- Mental Acuity (Non-Parametric): Mental acuity saw a non-significant improvement of 3.2%.
- Fatigue (Parametric): Fatigue levels decreased by 16.7%, though this was not statistically significant.
- Energy Level (Non-Parametric): There was a significant increase in energy levels by 10%.

(Figure 2)

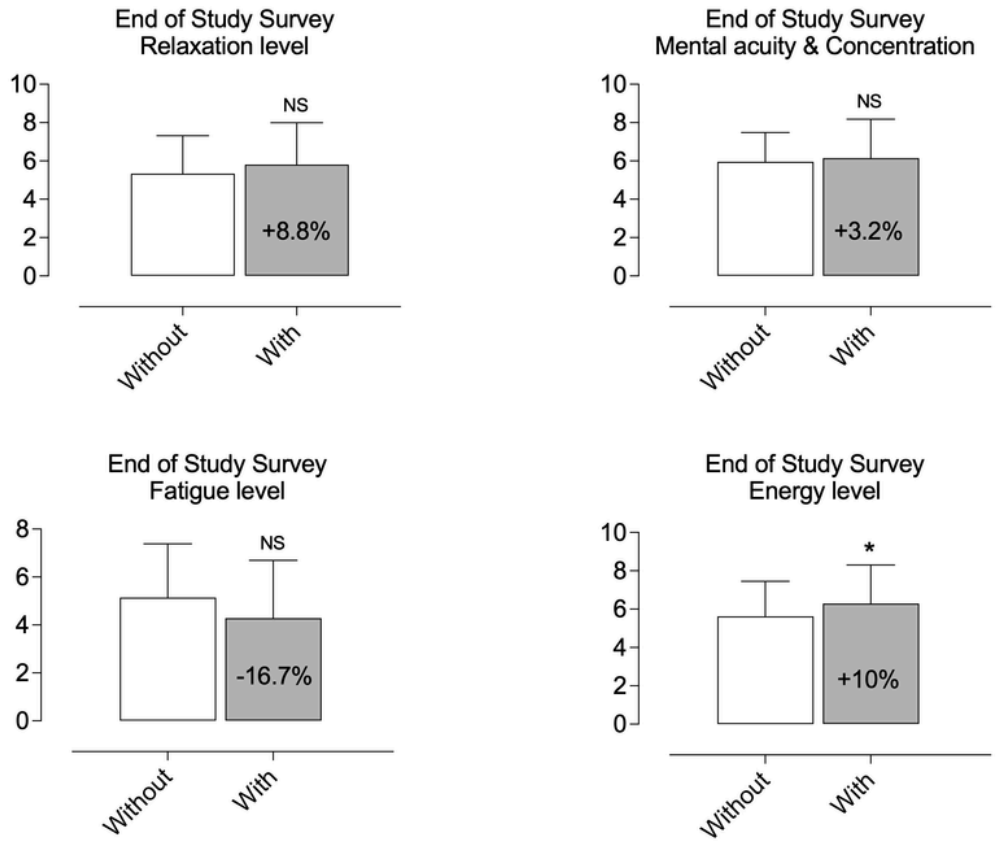


Figure 2. Participant Reported Outcome (PRO) Data

*results are based on averages across the entire cohort.

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Results self-reported by participants*:

- Physical Comfort (Non-Parametric): Physical comfort significantly improved by 13.3%.
- Aches and Pain (Parametric): There was a significant reduction in aches and pain by 8.6%.
- Overall Wellbeing (Parametric): Overall wellbeing improved by 14%, though this was not statistically significant.

(Figure 3)

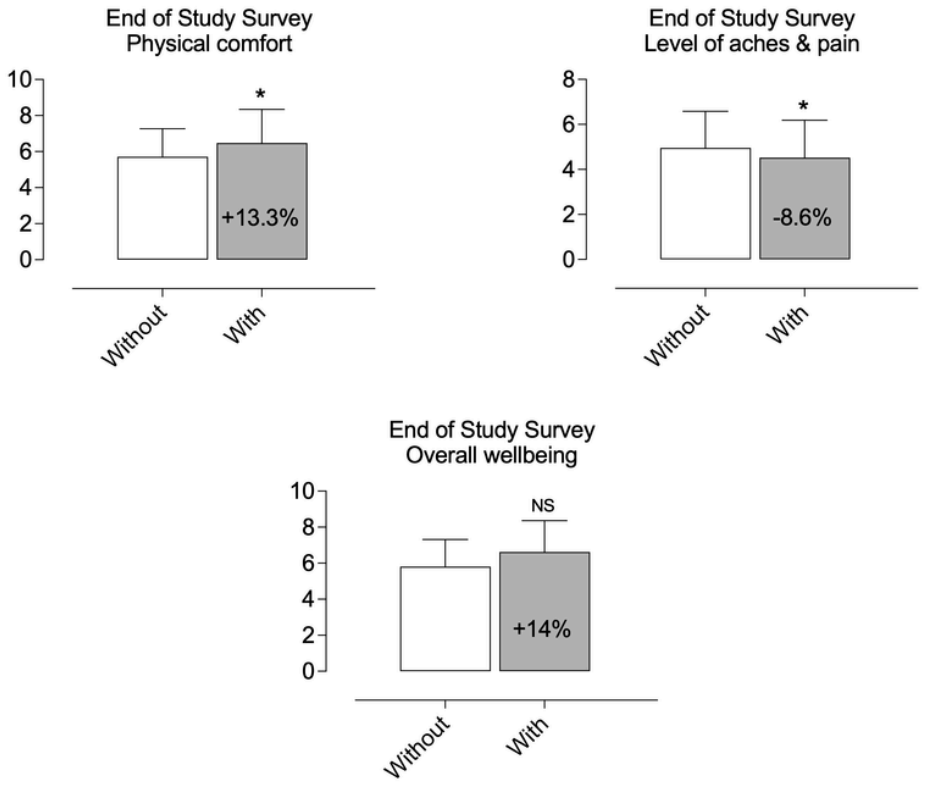


Figure 3. Participant Reported Outcome (PRO) Data

*results are based on averages across the entire cohort.

Results self-reported by participants*:

- FAS (Fatigue Assessment Scale) (Parametric): Scores on the Fatigue Assessment Scale decreased by 6.2%, indicating reduced fatigue, but this change was not statistically significant. The Fatigue Assessment Scale (FAS) is a self-reported questionnaire designed to measure the severity of fatigue in individuals. It consists of ten items that assess both physical and mental aspects of fatigue, providing a comprehensive evaluation of an individual's overall fatigue level.
- PSS (Perceived Stress Scale) (Parametric): Scores on the Perceived Stress Scale significantly decreased by 7.5%, indicating reduced perceived stress. The Perceived Stress Scale (PSS) is a widely used psychological instrument designed to measure the degree to which situations in a person's life are appraised as stressful. It evaluates the extent to which individuals perceive their lives as unpredictable, uncontrollable, and overloaded over the past month.

(Figure 4)

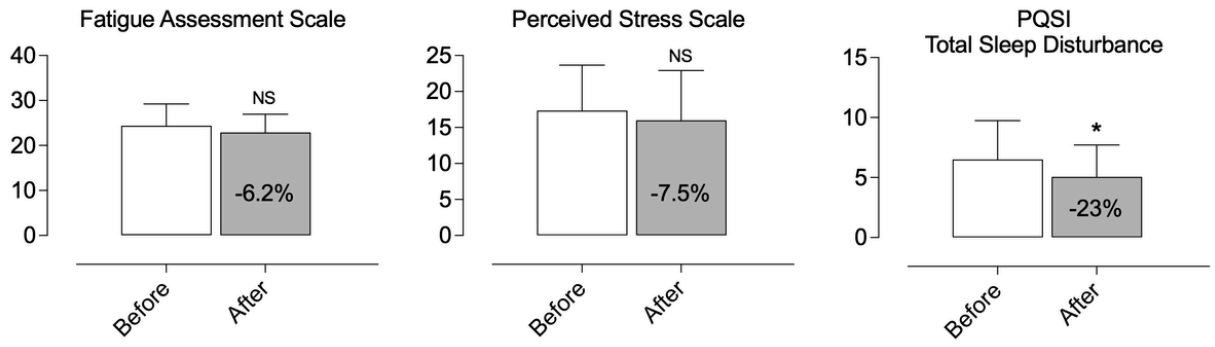


Figure 4. Participant Reported Outcome (PRO) Data

*results are based on averages across the entire cohort.

Results self-reported by participants*:

- A 23% decrease in perceived fatigue. The Pittsburgh Quality of Sleep Index (PQSI) is a self-reported questionnaire designed to measure the quality and patterns of sleep in adults over a one-month period. It assesses various aspects of sleep, including duration, disturbances, latency, and daytime dysfunction, to provide a comprehensive evaluation of sleep quality.

(Figure 4)

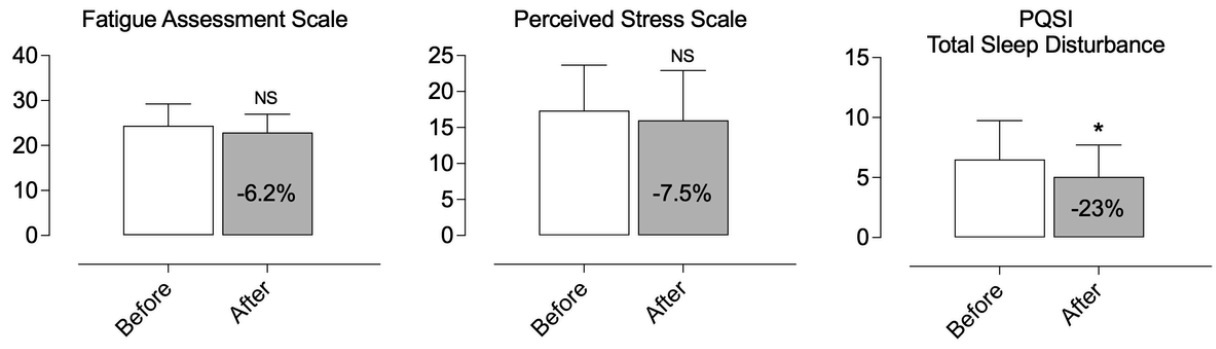


Figure 4. Participant Reported Outcome (PRO) Data

*results are based on averages across the entire cohort.

Conclusion

Conclusion:

The findings of this study suggest that the Somavedic EMF mitigation technology has the potential to positively impact sleep quality, energy levels, physical comfort, and perceived stress among women experiencing low-quality sleep and high perceived stress.

Significant improvements were observed in mood, energy level, physical comfort, reduction in aches and pain, and perceived stress. Additionally, there was a notable enhancement in sleep quality as measured by the Pittsburgh Quality of Sleep Index (PQSI). These results indicate that Somavedic EMF mitigation technology may be a beneficial intervention for improving overall well-being in this population.

Discussion

Discussion:

In summary, the intervention with Somavedic EMF mitigation technology resulted in significant improvements in mood, energy level, physical comfort, reduction in aches and pain, and perceived stress. Additionally, there was a significant enhancement in sleep quality as measured by the PQSI. While other measures showed positive trends, they were not statistically significant.

NOTE: Parametric and non-parametric are two broad categories of statistical methods used to analyze data. Parametric methods assume that the data follows a specific distribution, typically a normal distribution, and rely on parameters such as the mean and standard deviation to describe this distribution. These methods are powerful when their assumptions are met, offering precise and efficient estimates. Non-parametric methods, on the other hand, do not make any assumptions about the underlying distribution of the data. They are more flexible and robust, making them suitable for data that do not meet the assumptions required for parametric tests. While non-parametric methods can be less powerful when parametric assumptions hold, they are invaluable for analyzing data that are skewed, ordinal, or have outliers.

Discussion & Study Limitations

Limitations

Several limitations should be considered when interpreting the results of this study:

- Sample Size: The study's sample size was relatively small (24 participants), which may limit the generalizability of the findings.
- Self-Reported Measures: The data were collected through self-reported questionnaires, which can be subject to bias and inaccuracies.
- Short Duration: The study duration may have been insufficient to capture long-term effects of the intervention.
- Lack of Control Group: The absence of a control group limits the ability to attribute observed changes solely to the intervention.

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