

# A Natural Sleep Solution

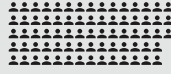


## The Study

Theragun Percussive Therapy has previously proven to reduce pain and tension, improve range of motion, increase circulation, and maximize recovery. Now, we are looking at its effects on sleep and other biometrics measured using Biostrip biosensor wearable technology.

### Sample

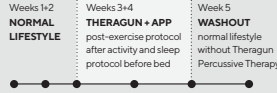
73 healthy 18-40 year olds, exercising a minimum of 3x week for >30 mins.



**90.4% COMPLIANCE**

### Design

Five-week research study evaluating Theragun Percussive Therapy and recovery/sleep protocols via the Therabody App using the Biostrip wrist-worn sensor.



All results included in infographic were statistically significant.

## Why Sleep?

Sleep is the foundation of optimal health and performance.

Up to 45% of the world's population has a sleep disorder<sup>1</sup>

Lack of quality sleep has wide-ranging health effects leading to an increased risk of conditions including<sup>2</sup>:

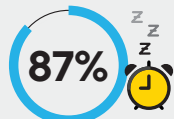
- Obesity
- Type II Diabetes
- Hypertension
- Cardiovascular Disease
- Anxiety & Depression
- Neurological Disorders



People are seeking natural solutions to help them sleep.

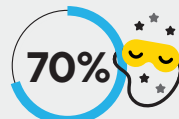
## 1 Sleep Results

### Decreased Latency



**of participants fell asleep faster**  
This was an average of 4min15s faster falling asleep each night.

### Increased Efficiency



**of participants had less awakenings/sleep disruptions**  
This was an average of 7% less awakenings per participant.

### Higher Overall Sleep Score



**of participants improved overall sleep score**  
Score is built from sleep duration, deep sleep, efficiency, awakenings, movement, and other biometrics.

All sleep benefits were maintained or continued to improve after one-week of discontinued use of Theragun Percussive Therapy.

## 2 Health+Performance Results

Health and performance is ultimately related to overall quality of life – physically and mentally. There are several ways this can be measured:

**9%**  
Pain rating

**10%**  
Improvement in vascular function

This improvement in arterial elasticity helps to support healthy arteries, which moderates your blood pressure.



**25%**  
Improvement in Heart Rate Variability (HRV)

A single percussive therapy wellness routine resulted in this improvement in HRV. This is a commonly used objective measure from wearable technologies, helping to determine your body's readiness to perform and take on your next activity.

**5%**  
Soreness and daily discomfort

All health and performance benefits were maintained or continued to improve after one-week of discontinued use of Theragun Percussive Therapy.

## 3 Recovery Results

Technologies such as Theragun Percussive Therapy can enhance the body's natural recovery processes. Wearable technologies allow us to combine different measures into "Recovery Score" – Biostrip does this by using a proprietary combination of heartrate (HR), HRV, sleep duration, and sleep efficiency measures.



### Overall Recovery Score



**of participants improved 'Recovery Score' with an average improvement of 9%.**  
They maintained this benefit during wash-out.

### Product Satisfaction

**85%**  
of participants reported improvements in overall performance

**100%**  
of participants reported improvements in overall quality of life and would recommend Theragun to others

Results discussed were during a controlled, commercial research study. Individual results may vary.

#### Sleep References:

1. Watersham, D. 2021. "Fast Facts: AG, David N. Lerner." Phytomedicine: International Journal of Phytotherapy and Phytotherapy. Quality of sleep and morning cortisol. Aging Health 2020; 4(3): 9-12.

2. Institute of Medicine. 2006. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. Washington, DC: The National Academies Press. <https://doi.org/10.17226/10927>

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