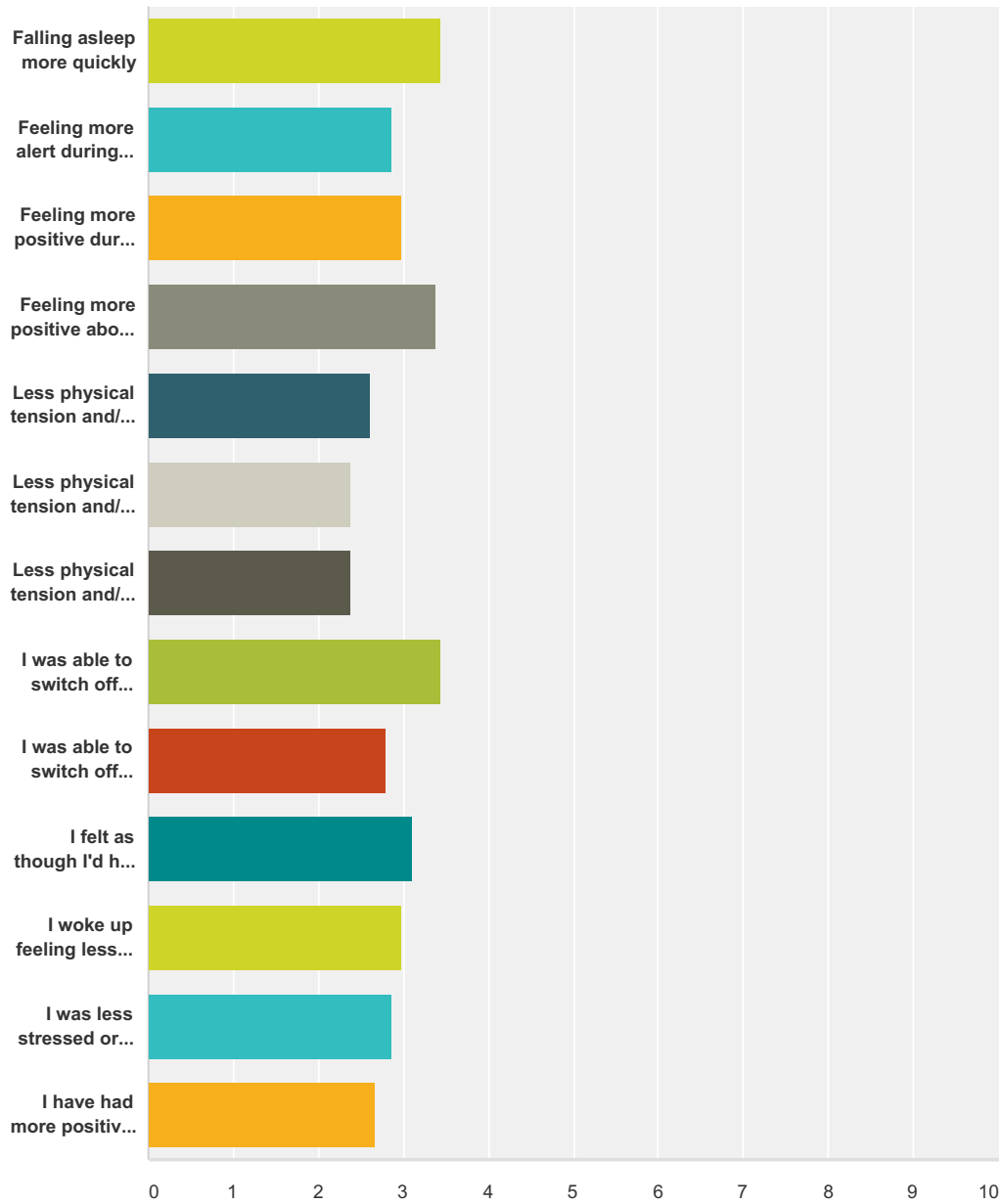


Q17 In what way(s) and to what degree?

Answered: 42 Skipped: 0



	Not applicable	Not at all	Slightly - it is difficult to know for sure	I noticed a moderate change	There was definitely an improvement	Zero Point exceeded my expectations	Total	Weighted Average
Falling asleep more quickly	11.90% 5	14.29% 6	28.57% 12	11.90% 5	28.57% 12	4.76% 2	42	3.45
Feeling more alert during the day	14.29% 6	23.81% 10	33.33% 14	19.05% 8	9.52% 4	0.00% 0	42	2.86
Feeling more positive during the day	14.29% 6	16.67% 7	40.48% 17	14.29% 6	14.29% 6	0.00% 0	42	2.98
Feeling more positive about going to sleep	7.14% 3	16.67% 7	33.33% 14	16.67% 7	26.19% 11	0.00% 0	42	3.38

Less physical tension and/or pain in my body on waking	19.05% 8	30.95% 13	28.57% 12	11.90% 5	9.52% 4	0.00% 0	42	2.62
Less physical tension and/or pain in my body during the night	23.81% 10	33.33% 14	28.57% 12	9.52% 4	4.76% 2	0.00% 0	42	2.38
Less physical tension and/or pain in my body during the day	21.95% 9	34.15% 14	31.71% 13	7.32% 3	4.88% 2	0.00% 0	41	2.39
I was able to switch off unhelpful thoughts before sleep	4.76% 2	16.67% 7	30.95% 13	23.81% 10	23.81% 10	0.00% 0	42	3.45
I was able to switch off unhelpful thoughts during the day	9.52% 4	33.33% 14	33.33% 14	16.67% 7	7.14% 3	0.00% 0	42	2.79
I felt as though I'd had a good night's sleep	7.14% 3	23.81% 10	35.71% 15	16.67% 7	16.67% 7	0.00% 0	42	3.12
I woke up feeling less stressed or anxious	16.67% 7	14.29% 6	35.71% 15	21.43% 9	11.90% 5	0.00% 0	42	2.98
I was less stressed or anxious during the day	16.67% 7	16.67% 7	42.86% 18	11.90% 5	11.90% 5	0.00% 0	42	2.86
I have had more positive dreams than usual	17.50% 7	27.50% 11	27.50% 11	25.00% 10	2.50% 1	0.00% 0	40	2.67