myWaves Review

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Summary

Overall, using myWaves was an easy experience and I did experience noticeable changes from listening to the sounds. I will continue using the sounds consistently and will track the effects over a longer period of time, as my results have been a bit mixed as I have tried out different scenarios (such as using other sleep aids, changing my

night routine, different bed times) to see what works best for me. Since doing a bit of trial and error, I've had much more consistent results and look forward to seeing how I improve over time.

I have Delayed Sleep Phase Syndrome, Insomnia, Hypersomnia, and several injuries that impact my sleep due to pain, so sleep is one of my biggest challenges. Unless I'm having a flare, my biggest issues are falling asleep consistently (even within my delayed circadian timeframe) and being able to wake up, especially feeling rested and refreshed. I am happy that both of these issues have shown marked improvement from using myWaves, and I expect that they will continue to improve now that I have been able to figure out how to implement the sounds as part of my sleep regimen.

Personal User Experience

Unboxing

The black hardshell case that the components come in is very nice and I like that it's easy to keep organized and large enough that I won't lose it, which I definitely would if it was smaller. This may be because I was sent a unit that had already been used, but one thing that would be helpful is a label indicating the purpose of the different cords (bluetooth headphones vs charging/computer cable).

Instructions

The sheet in the package with the light indicators is helpful, although I think it could have a clearer title (i.e. "Pebble Light Indicator Guide"). Currently, the text says "Go to www.mywaves.tech to login and see video instructions how to use:"
I find this wording to be a bit confusing, especially as it ends with a colon and does not state anything about the Pebble.

I did not have the welcome card in my package, so I can't speak to its contents.

The instructions on the website are clear and easy to follow. While this information is listed in the FAQ, I think it would be helpful to add information about how much sleep is

needed (2-8) for the recording under the Capturing Essential Sleep Data section, just because many people may not read the FAQs.

Adhesive Pads

I have a moderately severe adhesive allergy and I am especially sensitive to "wet" adhesives, so this was a big concern of mine. I get rashes and lesions from these types of adhesives, sometimes bad enough to leave scars, so obviously I was worried about the potential to have this type of reaction on my forehead.

Last year I had to use a medication patch and my doctor suggested using Flonase/Fluticasone as a barrier to prevent an allergic reaction, and it worked surprisingly well, so I decided to try this for the wet electrodes.

I followed the instructions otherwise, cleaning my skin and not using any skincare. I applied one layer of barrier spray and let it completely dry (about 30 minutes) before attaching the Pebble. I did experience some burning and irritation, so I would probably do a second layer to prevent more discomfort in the future. The Pebble did stay attached for at least 9 hours since I put it on about 2 hours before going to bed to get used to the sensation of having something on my forehead, and there was enough data to create my sounds, so I think using Fluticasone is a good option for those with adhesive allergies or sensitivities.

One thing to note is that the pads are pretty large. I have an average forehead and it took up quite a bit of it, so people with smaller foreheads may struggle with placement.

Light Indicators

The lights were easy to understand thanks to the instructions and light guide. I was able to look in a mirror to make sure that I was recording since I attached the pebble a couple hours before going to sleep. The lights did not disturb my sleep at all.

Recording

I attached the pebble to my forehead a couple hours before going to bed, since I'm very sensitive and especially to things touching my head and face. I knew I wouldn't be able to sleep if I put it on right before bed, so I put it on early to get used to the feeling. While this helped, I slept much more poorly than usual.

Having done a sleep study in a clinic, the pebble is far easier to sleep with than a whole head of electrodes, but I still struggled quite a bit to fall asleep and stay asleep.

As directed, I did not take any other sleep aids (both prescription and herbal) as to not cause any interference with recording. This is likely a large reason for my sleep issues that night, as I have Delayed Sleep Phase Syndrome and Insomnia and take multiple sleep aids most nights.

Even though I didn't sleep well, it seems there was enough data to create my sounds, though I would be curious to know if my sounds would be improved if there was more data to work off of, since I woke up quite a few times which is unusual for me (I wake up in the middle of the night or earlier than usual when my insomnia is flaring, but I otherwise am I pretty sound sleeper).

I'd also be interested to try another recording while listening to my first sleep sounds to see if that helps the quality.

Downloading to Computer and Uploading to Website

Connecting the pebble to my computer and uploading my recording to the website was very simple and straightforward and was also a quick process. It was easy to find the right file and upload it to the site, and it didn't take more than 2-3 minutes from connecting the pebble to my laptop to uploading the file on the website, so this was a great experience.

Converting and Downloading Sleep Sounds

My first sound was generated very quickly, I think it only took about 15 minutes. One piece of feedback is to indicate that the different files you can download (high, medium, low) indicate the sound level, since I was a bit confused at first and thought they were three different sounds.

I am curious to know what would happen if there weren't enough slow waves on my recording to create a sound. I think it would be helpful to have a notification of some sort that confirms there is enough data to create the soundscape, so people don't wonder if they had a good enough recording.

One small issue was easily differentiating my different sounds, since the file names were so similar. I just renamed them to make it easier, but it would be nice if this was somehow built into the filenames.

Using My Personalized Sounds

The sleep sounds are strange yet comforting! My first recording had a pattern that sounded a bit like waves at the beach, which was very relaxing. When I focused on the sound instead of letting my mind wander, I did notice a deep relaxation that was more profound than other music intended to help with sleep. It was almost a hypnotizing sort of relaxation, like it was trying to pull you into sleep.

Because I have a very active mind and trouble falling asleep, my first time using the sound was not very effective at helping me sleep because I was getting distracted by my thoughts or the variability of the recording. When I was able to quiet my thoughts and purely take in the music, I had a much stronger physical reaction that helped me sleep.

I requested two sounds from the same recording to compare, a week apart. One thing to note is that both sounds, but especially my first sound, had a lot of variability in volume, to the point that it is barely audible for a few minutes at a time. Since I don't like wearing things on my head, I didn't use the bluetooth headphones at first, which made this more noticeable. Because it sounded like the sound was over, and I knew it was a half hour, it gave me some anxiety and made it harder to actually focus on the sound, which took me out of the relaxation state. I've tried using the bluetooth headband but the discomfort outweighed the relaxation of the sounds. I will continue to try to find the best option for listening.

When it works, it works! When I use the sound alone, I still struggle to sleep and usually need to listen more than once, but when I use it as part of my routine along with my

regular aids, it works great! I fell asleep after 5 minutes when I took my regular medications and listened to my second sound, which is definitely a record for me! I also woke up before my alarm feeling refreshed, which almost never happens. I've had the best and most consistent results when I use the sound as the last step in my regular routine and slowly reduce and remove sleep aids and speed up other parts of my routine. Since I've started doing this, I've been able to remove 2 sleep aids (one prescription and one supplement) and cut my usual bedtime routine down by an hour. After two weeks, I'm starting to feel tired earlier than usual which is great! This has meant that I've been able to get at least 8 hours of sleep each night since I'm able to fall asleep earlier. I'm going to continue to try to gradually reduce my reliance on other sleep aids and eliminate some of my bad sleep habits I've had to rely on in the past.

For me, the most noticeable *immediate* difference was in my sleep quality. I feel much more refreshed in the morning, and this is more evident as I reduce and remove some of my more powerful sleep aids that have lingering side effects. I usually plan for at least an hour of multiple alarms going off because it's so hard for me to wake up in the morning, but now that has been reduced at least by half, and sometimes it only takes just one hit of the snooze button before I feel like I'm actually awake! I still have a hard time waking up if I take my prescription sleep medications, but thankfully I haven't needed to use them as often.

I've also noticed that my dreams are much more vivid since using the sounds, like going from HD to 8k. I generally have what I consider to be vivid dreams, so this change in quality has been especially surprising.

So overall, I can absolutely say that it does make a difference, and I look forward to finding the best combo with my other aids and sleep regimen to get the best effectiveness of the sounds and to see how my sleep quality continues to improve over a longer time period. For someone like me with complicated sleep issues that uses *lots* of different remedies, there seems to be a bit of a learning curve, but once I figured out that I basically need to phase out other remedies while being consistent in using the sound as I'm going to sleep, I've been happy with the improvements I've experienced.

I can say based on the many years and dozens of remedies I've tried to help with my sleep that the sound is more than a placebo effect and truly does improve my sleep.

Due to the severity of my sleep issues, I'm not surprised that it works best in combination with other tools, but I think there's a decent chance that I can continue to stop relying on as many medications and supplements to help with sleep, at least on a daily basis, and I think with more time I'll be able to get more even better results.