



## Testimonial

My name is Caroline F. and I am 30 years old.

Bachelor, I am demonstrator in the decoration products field.

I have a problem with insomnia since my student's years. I sleep little and this affects my health. Tranquillizers or sedatives make me scare however, I take some from time to time knowing that I should not get used to these products.

A friend physiotherapist suggested to me to try a bracelet ACUFIRST acting on insomnia. The only constraint was to bear and implement the feature the most often as possible, particularly in the evening.

I have therefore agreed to try.

I did not see too much improvement the first days but after some time, I felt that sleep was coming easier and I was able to sleep for 6 hours per night when before 4 hours were an exploit.

Today I continue to use the bracelet, not every day but often. I have the impression that the bracelet helps regulating my sleep.

I agree to have my testimony used as evidence of effectiveness of the bracelet.

30 August 2009  
Caroline F.

*Organized and Supervised by Dr Michel LE FAOU*



*Laureate from the Medicine Faculty of Paris XII  
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