



Help Soldiers Sleep

2010

A Community Outreach Program of the Scientific Arts Foundation

Our Goal

To distribute 360 special CDs to our veterans and soldiers returning home from war to help them sleep.

Every \$20 Donation

sponsors 1 CD

The CD - Research with "The Magic Mirror" solo harp CD indicates it has a direct positive impact on brainwaves disrupted by stress and trauma, increases neurological function, reduces anxiety, relaxes the body and supports immune system function.

THOSE WHO BRAVELY SERVE OUR COUNTRY NEED OUR HELP NOW!

The Need - An estimated 300,000 members of the U.S. armed services are suffering from Post Traumatic Stress Disorder (PTSD). Symptoms of the disorder vary and can include irritability, sleep difficulties, trouble concentrating and an exaggerated startle response. (Source: Reuters)

The Inspiration - Help Soldiers Sleep was developed after SSgt. Jessie, a Combat Stress Specialist in Iraq, requested copies of "The Magic Mirror" CD be sent to help her troops de-stress, reduce anxiety and get to sleep. Now more CDs need to be sent to soldiers serving abroad and returning home from combat missions.

DONATE ON-LINE

www.HelpSoldiersSleep.org

Or Mail Your Donation to: Help Soldiers Sleep

11469 Olive Blvd. PMB 180, St. Louis, MO 63141

All donations are tax-deductible: Scientific Arts Foundation EIN-75-3003722