



2010

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**Donations needed for special CDs that help returning soldiers
and veterans with sleep problems.**

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)

Help Soldiers Sleep is a Community Outreach Program of the Scientific Arts Foundation that distributes special musical CDs to our veterans and soldiers returning home from war to help with sleep, anxiety and stress-related issues that many of them experience as part of their service to our country. The goal for 2010 is to distribute 360 CDs to St. Louis area veterans' organizations and encourage other communities to collect donations to sponsor CDs for veterans in their area.

The special CD used in the Help Soldiers Sleep program is, "The Magic Mirror-Inspired Reflections," recorded on solo harp by Amy Camie. Initial research with this CD indicates it has a direct positive impact on brainwaves disrupted by stress and trauma, relaxes the body and supports immune system function.

"Many people who have had problems sleeping for a variety of reasons, such as trauma, cancer, etc. are reporting being able to sleep as a result of listening to the Magic Mirror CD," says William Collins, Ph.D., a psychologist and neurotherapist in Des Peres, MO, who conducted the Quantitative EEG brainwave pilot studies with this music.

Help Soldiers Sleep was developed in 2008 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. In 2009, more CDs were requested by another Outreach Manager for the Combat Stress Team in Iraq and a few CDs were sent to Fort Carson, Colorado. Requests continue and more CDs are needed.

Every \$20 donation to Help Soldiers Sleep sponsors one CD. Help Soldiers Sleep relies solely on private donations and grants to sponsor these CDs and is grateful for the \$500 grant from the Employees Community Fund of Boeing St. Louis supporting this program. Donations are accepted on-line at www.HelpSoldiersSleep.org or by mailing it to 11469 Olive Blvd., PMB 180, St. Louis, MO, 63141.

The Scientific Arts Foundation is a 501(c)3 non-profit organization that supports the value of creative expression through research, education and community outreach programs.

For more information: www.HelpSoldiersSleep.org or www.ScientificArtsFoundation.org

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