

z<sup>z</sup>z Pods<sup>®</sup>

# BEDTIME STORIES OF HAPPY ZPODS<sup>®</sup> FAMILIES

BUILD YOUR SLEEP



Confidenti  
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# THIS IS NATALIE

Natalie has **autism**.



# THIS WAS NATALIE'S BED

Natalie was sleeping just **four hours** a night **in a closet** for **eight years**—and her mother wasn't sleeping much better. Natalie was constantly falling asleep in class and occasionally going to the hospital to be treated for **severe sleep deprivation** (11 days in a row on her last trip), so her mother decided to try **zPods®**...

Natalie has been sleeping about **10 hours on average** for the **past two years.**



And she's not alone...



zPods® is working with families everywhere to help them get better sleep. Read more of our stories below.



# JOSEPH & WILLIAM'S STORY

Brothers Joseph and William sleep in the same bedroom. Joseph is diagnosed with autism, and William has ADHD. Although their bedtime was 8:00 p.m., both boys would keep themselves up late talking, fighting, playing, and complaining. Joseph, whose autism is quite severe, would often be up until 11:00 or as late as midnight jumping around his room stimming.



Their parents set the boys up with a zPods® bunk and let Joseph sleep inside the enclosed portion of the bed while William slept on top. Almost immediately, both boys started to fall asleep between 8:15 and 8:30 p.m. It turns out that they each just needed less distraction to sleep peacefully. Their parents are enjoying much quieter evenings with each other.

# DAWSON'S STORY



Dawson has schizophrenia and autism. At six years old, he was sleeping fewer than four hours a night. Dawson interrupted his parents' sleep so often that his father started talking about the possibility of institutionalizing his own son. Dawson's mother turned to zPods® as a "Hail Mary!" solution.

Once Dawson got set up with a zPods® bed, his sleep jumped up to at least eight hours a night and sometimes as many as 12. He loves his bed, and his father hasn't brought up the idea of institutionalizing Dawson since.



# ELAINE'S STORY



Elaine had been dreaming of growing out her hair, but because of her sensory processing disorder, she couldn't bear the sensations of having to blow-dry and brush it as it grew longer. The kids at school made things worse by making fun of her short haircut. Even harder, she was getting very little sleep—about six hours a night—and was using the downstairs game closet as a bed. That changed when her parents set her up with a zPods® bed and her sleep jumped to over 10 hours a night. Shortly thereafter, she discovered that taking care of her hair became more tolerable as she became better rested. She's now growing out her hair like she has always wanted.

# XANDER'S STORY



Xander is a nine-year-old boy with autism. When his mom told him he was getting a zPods® bed, he waited outside for the shipment to come every day until it was delivered to his family's door.

For a number of years before getting the bed, Xander was sleeping poorly. In his schooling, he had a very low self-esteem because he couldn't manage to learn to read like his peers. Several months after he started using his bed, Xander's reading took off. He started chanting, "I'm smart! I'm smart!" Words his mother never thought she'd hear him say.



# MADELINE'S STORY

Madeline has Autism Spectrum Disorder and is highly functional. Her biggest challenge was keeping control when her expectations weren't met. When they weren't, she would launch into a tirade that could be heard throughout the entire home. After her parents bought her a zPods® bed, they noticed that Madeline would seek out her bed as a place to calm herself down when things became too distressing. She knew she was safe there.





# ETHAN'S STORY\*

Ethan's parents were not able to get him to leave their bed at night. His preference for their bed and distress at having to sleep in his own room was so great that it was affecting everybody in the home. His father opted to sleep in a different bed altogether. After Ethan's parents set him up with a zPods® bed, he immediately stopped wanting to sleep in his parents' bedroom. He had a bed that is so awesome that he had no problems sleeping alone in his bedroom.



\* Unlike other children highlighted in this flyer, Ethan is not autistic. We're sharing his story to show how zPods® can be wonderful for children facing other anxiety challenges as well.



# KEVIN'S STORY\*



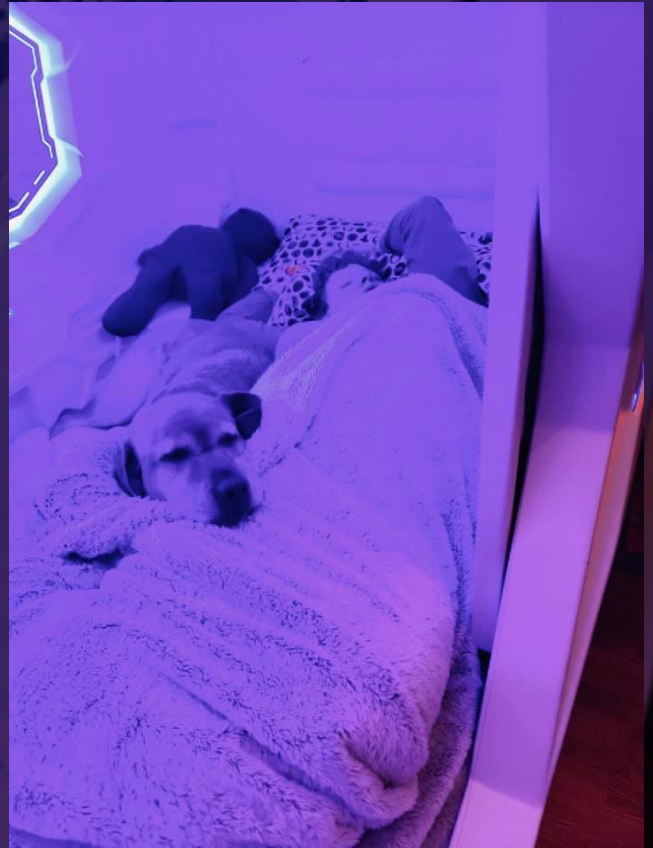
Kevin has autism and is hyperaggressive. He would wake almost every night at 2:00 a.m. and make loud noises around the house, before his parents could manage to get him to sleep again. When his parents took him to go see a zPods® bed, Kevin immediately ran to the bed, got inside, enclosed himself, and completely settled down.

Now Kevin sleeps in a zPods® bed every night and has stopped getting up at 2:00 a.m. He's also sleeping longer into the morning. His bed has become a place where he can feel calmer, and his occupational therapist has called the bed a "game changer."

\* Kevin's last name and image have been omitted to protect his privacy.

# BRIDGET'S STORY

For as long as Bridget's parents could remember, their twenty-year-old daughter would wake them up almost every night over her feelings of anxiety. Not even her trusty service dog could comfort her enough to help her remain asleep. After her parents set her up with a zPods® bed, these episodes of her waking them up decreased by 90%. Now she and her dog both have a place they can rest without disturbance.





# BLAKE'S STORY\*



Every weekday, Blake's mother would drive him home from daycare after she finished work. Rather than come home to some nice rest, Blake's mother would have to spend the next 15 minutes calming him down from the gigantic tantrum that he would throw ritually in the driveway.

These daily tantrums died down dramatically after Blake got his own zPods® bed. Rather than throw a tantrum in the driveway, Blake now gets out of the car and goes directly to his bed where he decompresses before an enjoyable dinnertime with his parents.

\* Blake's last name and image have been omitted to protect his privacy.

A photograph of five children sitting inside a zPod bed. The bed has a white, tufted headboard and is illuminated with a soft, warm light. The children are of various ages, from a toddler in the foreground to a young boy on the left. They are all looking towards the camera with neutral to happy expressions. The background shows the interior of the bed, including a white door and some panels.

**We'd love to hear your story and invite you  
to be a part of the zPods® family**

DISCLAIMER: This flier uses pictures of both the Gen 1 and Gen 2 zPods® beds as well as 3D renderings that may not fully represent our beds' current features. For a full list of the Gen 2 zPods® bed's features, please visit [www.zpods.tech/features](http://www.zpods.tech/features).