

SCIENTIFIC RESEARCH

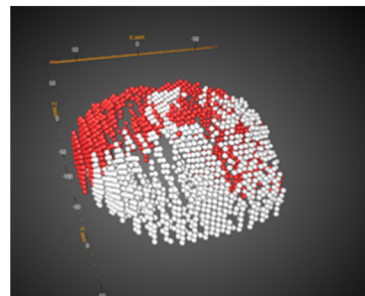
Powerful Technology, Scientifically-Proven Results

TouchPoints are patented wearable devices that use gentle haptic micro-vibrations to reduce stress and anxiety. Developed over a decade by a team of neuropsychologists, these devices work by altering the body's stress response with scientifically-proven BLAST (bi-lateral alternating stress tactile) technology. BLAST works by shifting your brain from the "fight or flight" sympathetic nervous system to the "calm and logical" parasympathetic nervous system to increase feelings of calm and focus, improve sleep, and reduce anger and cravings. The devices are designed to be worn on your wrists, clipped to clothing, or held directly.

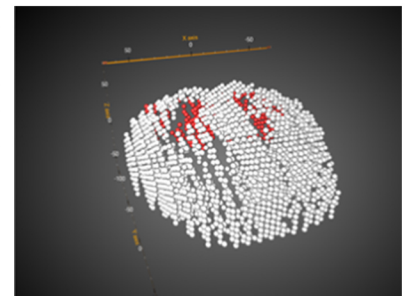
Applied Bi-Lateral Alternating Stimulation - Tactile (BLAST) Evidence from Quantitative Electroencephalogram

TouchPoints' patent-pending BLAST (bi-lateral alternating stimulation-tactile technology) is scientifically proven to alter the body's "fight or flight" response caused by stress. The wearables emit vibrations that disengage your standard stress response which can impact your performance and health.

And the results have shown to be lifechanging. This unique process of shifting from one brain area to another has been proven to create new behavior patterns that lessen your reaction to stress over time.



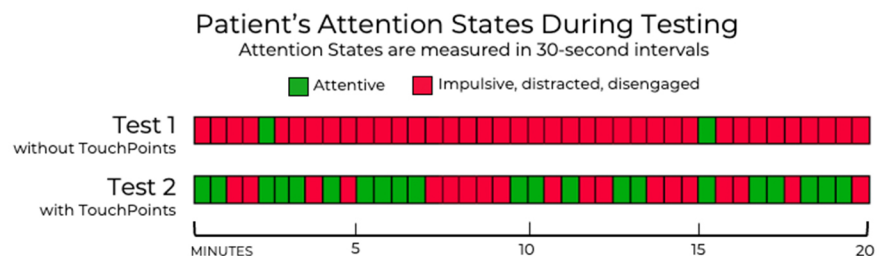
Before using TouchPoints
Excess beta wave activity in red



After using TouchPoints
Significant, immediate reduction in
excess beta waves (stress)

ADHD Quotient Study Measuring Impact on Hyperactivity

This double-blind placebo-controlled study showed that using TouchPoints can reduce hyperactivity and improve focus. The study's subject, a 13 year-old boy with ADHD, experienced improved engagement in an attentional task by over 50% and improved attention by 27% while using TouchPoints, meaning that during a 7-hour school day he could have 3.65 more hours of sustained attention with TouchPoints.



The above image shows 30-second increments of subject's attention, impulsivity, distractibility and disengagement during the task.

To view all TouchPoints research, visit www.thetouchpointsolution.com/pages/research-studies

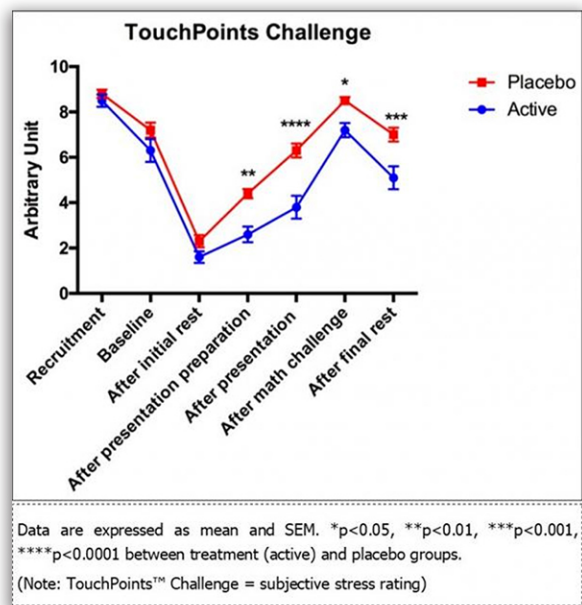
Effect of Bilateral Alternating Somatosensory Stimulation on Reducing Stress-Related Cortisol

TouchPoints published research shows that during a triple blind placebo-controlled trial with athletes, TouchPoints not only stabilized cortisol levels during stressful events, but actually reduced the level of stress points even when cortisol traditionally spikes.

A Triple-blind, Placebo-controlled Randomized Trial of the Effect of Bilateral Alternating Somatosensory Stimulation On Reducing Stress-related Cortisol and Anxiety During and After the Trier Social Stress Test

The aim of this clinical study was to determine the efficacy of bilateral alternating somatosensory stimulation for the management of stress and anxiety during and after the Trier Social Stress Test (TSST), a laboratory procedure for reliably inducing stress in human subjects.

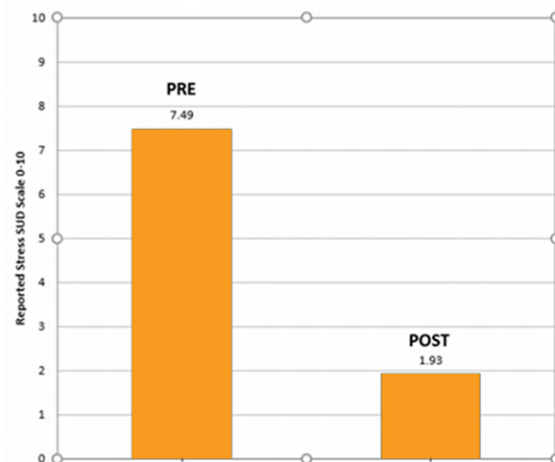
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User Data Shows 74% Reduction in Stress in 30 Seconds

TouchPoints Scientific Advisory Board analyzed statistics from 140 TouchPoints users who entered metrics into the product's app. The data showed that within just 30 seconds of using TouchPoints, people experienced a 74 percent reduction in their stress levels and a 68 percent reduction in body sensations related to stress.

The chart above depicts data from 140 TouchPoints users who rated their stress levels on a scale of 0 (no stress) and 10 (extreme stress) before using TouchPoints and then again 30 seconds after TouchPoints had been turned on. The average starting stress level was 7.49 and after just 30 seconds of use, it dropped to 1.93, which is clinically significant.



PSP Data shows a 157% Increase in Anger Profiles During Pandemic

TouchPoints' free online Personalized Stress Profile (PSP) assessment uses a series of 12 questions to determine how stress is impacting respondents. There are four stress profile categories, including Hot, Scattered, Craver and Wired. The TouchPoints research team analyzed the results of the almost 7,000 PSP assessments completed pre- and post-COVID-19. Where only 24% of respondents were in the "Hot" Stress Profile pre-pandemic, it made up 67% of profile assessment results after the pandemic hit.

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