

Reliefband[®] *State of Nausea Study* Reveals More Than Three-Quarters of Americans Are Prevented from Enjoying Life As a Result of Regular Nausea

Release of Study Results Coincides with National Stop Nausea Day on May 16th

Horsham, PA (May 16, 2023) – <u>Reliefband®</u>, an innovator in wearable technology that prevents and treats nausea and vomiting, has released its First Annual State of Nausea study. According to the survey findings, nausea is epidemic in the United States, with 73% of Americans reporting that they suffer from nausea regularly. Of those who suffer from nausea, 76% stated that their symptoms prevent them from enjoying life to the fullest.

Released on National Stop Nausea Day, the study sheds light on the magnitude of the problem and its far-reaching consequences. 31% of Americans reported experiencing nausea every day, 26% at least once weekly, and 16% once each month. Making matters worse, more than half of the respondents (55%) indicated that they had yet to find an effective solution for their condition. This underscores previous research by Reliefband in 2020 that found sufferers often rely on home remedies, holistic techniques, over the counter and prescription medications, behavior modification, or just suffer with the condition doing nothing at all.

"Nausea is too often trivialized. The reality is that it ruins plans and leads to missed opportunities," explained Rich Ransom, President, and CEO at Reliefband. "Nausea symptoms are felt everywhere – the mouth, throat, chest, stomach, or throughout your entire body. This robs sufferers of motivation, productivity, and sleep. It also hinders plans and life experiences. Everyday activities become more complicated, and our research shows that individuals suffering from nausea avoid social gatherings, certain foods, and outdoor activities such as boating, fishing, and skiing."

The study revealed how nausea can affect daily life in many unpleasant ways. More than 18% of respondents reported that their nausea actively hindered their ability to travel, while some could not socialize (3.2%) or even work (2.9%). These findings highlight how nausea extends beyond mere inconvenience for a large majority of the U.S. population.

When describing the intensity of their nausea on a scale of 1 to 10 (10 being unbearable), "7" was the number used by most respondents to rate how overbearing their nausea is. 58% said their discomfort level was seven through 10 on the scale. This echoes earlier research conducted by Reliefband, in which more than half of nausea sufferers (54%) said they experienced moderate to severe symptoms.

Most nausea was reportedly caused by motion sickness: 49.4% of respondents attributed their symptoms to transport, including seasickness (26.0%), carsickness (11.9%), trainsickness (9.6%), and airsickness (1.9%). Other motion-related triggers mentioned by respondents included virtual-reality gaming (9.2%) and amusement park rides (1.6%).

Other common causes of nausea reported in the study included health and mental health issues such as morning sickness, anxiety, chemotherapy treatment, migraines, and post-operative effects. Concerning morning sickness, nausea, and vomiting affect up to 80% of pregnant women, according to a study published by the <u>National Institutes of Health</u>. Taking into account that 3.7



million babies were born in the U.S. in 2022, morning sickness affected nearly three million expectant mothers last year alone.

Reliefband's First Annual State of Nausea study employed an online survey to collect data from 5,300 U.S. respondents. The survey was completed in December 2022 and consisted of a diverse group of consumers, with 82% of respondents evenly distributed between 25 and 65 years of age.

National Stop Nausea Day is observed every year in the U.S. on the third Tuesday in May. The purpose of the day is to give a voice to nausea sufferers, which affects millions of Americans daily. This day is intended to raise awareness of the causes of nausea, its pervasiveness among Americans, and to create a dialog on innovative treatment options. In observance of National Stop Nausea Day on May 16th, Reliefband's entire line of anti-nausea wearables are \$50 off when using promo code "STOP" at <u>www.reliefband.com</u>.

Reliefband is committed to addressing the urgent issue of nausea with wearable therapeutic technology that transforms how nausea and vomiting are managed. Reliefband devices use FDA-cleared, patented neuromodulation technology to target the underlying causes of nausea and provide fast, drug-free relief. Reliefband's products gently stimulate the median nerve on the underside of the wrist, rebalancing the signals between the brain and the stomach. Reliefband wearables effectively reduce symptoms of nausea and vomiting due to motion sickness, morning sickness during pregnancy, chemotherapy, anxiety, hangovers, physician-diagnosed migraines, and as an adjunct to antiemetics in treating post-operative nausea.

About Reliefband

Reliefband is a world leader in neuromodulation and wearable technology. The company's patented, clinically proven wearable solution quickly prevents and effectively treats nausea and vomiting. Its unique, FDA-cleared neuromodulation technology was originally developed for use in hospitals and alters nerve activity through targeted delivery of gentle pulses to the underside of the wrist to "turn off" feelings of nausea and vomiting. Reliefband is a drug-free alternative that eliminates the discomfort associated with nausea and vomiting. The Reliefband wearable solution has been an industry leader for more than 20 years and is available OTC, at <u>Reliefband.com</u> and <u>Amazon.com</u>. For more information, visit www.Reliefband.com.

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