

**A SINGLE-BLIND, RANDOMISED HOME-USE STUDY, IN 54 HEALTHY MALE AND FEMALE VOLUNTEERS, WITH SELF-ASSESSED TROUBLE SLEEPING, TO EVALUATE THE EFFICACY OF A SLEEP AID COMPARED TO PLACEBO, AS MEASURED BY SELF-PERCEPTION QUESTIONNAIRE (SPQ).**

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**A SINGLE-BLIND, RANDOMISED HOME-USE STUDY, IN 54 HEALTHY MALE AND FEMALE VOLUNTEERS, WITH SELF-ASSESSED TROUBLE SLEEPING, TO EVALUATE THE EFFICACY OF A SLEEP AID COMPARED TO PLACEBO, AS MEASURED BY SELF-PERCEPTION QUESTIONNAIRE (SPQ).**

**PCR CORP REPORT NO: NUTUSE2M**

I declare that the following report constitutes a true and faithful account of the procedures adopted and the results obtained in the performance of this study. The aspects of the study conducted by PCR Corp. were performed, where relevant, in accordance with the principles of Good Clinical Research Practice.

Barrie Drewitt  
(Principal Investigator)

  
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Date .....14th July 2017.....

Jo Broyd  
(Project Manager)

  
.....

Date .....14th July 2017.....

**QUALITY ASSURANCE STATEMENT**

This report has been audited and is considered to be an accurate description of the methods used and an accurate presentation of the data obtained during the conduct of the study.

Reece Statham  
(Quality Assurance)

  
.....

Date .....14th July 2017.....

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## 1 SUMMARY

Title:	A single-blind, randomised home-use study, in 54 healthy male and female volunteers, with self-assessed trouble sleeping, to evaluate the efficacy of a sleep aid compared to placebo, as measured by Self-Perception Questionnaire (SPQ).	
Study design:	Single blind, randomized home-use study.	
Test Articles:	One active sleep aid and one placebo (Labelled): 1. Sleep Aid (A) - Active 2. Sleep Aid (B) - Placebo	
Number of subjects:	Fifty-four (54)	
Type of subjects:	Healthy male and female volunteers, aged over 18 years, with self-assessed trouble sleeping.	
Method:	Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued their sleep aid product, diary and instructions. They were instructed on how to take their sleep aid product, complete their diary over the next 30 Days, including the 2 Self-Perception Questionnaire (SPQ) questions daily, which are on their diary. At the end of the study (Day 30) subjects returned to the test centre to complete an online Self-Perception Questionnaire (SPQ).	
Conclusion:	<p>As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 30 day testing period shown by Top 2 responses (Strongly Agree + Agree) being &gt;80% (regarded as highly favourable). The Sponsor's product also performed statistically significantly better than the Placebo product for 17/19 comparable questions. An average of 78.70% of participants felt the product worked (helped them fall asleep) within 30 minutes after 7 days of treatment.</p> <p>Claims such as "96.30% of subjects noticed an improvement in their sleep", "96.30% of subjects said they felt more rested", "An average of 78.70% of participants felt the product worked within 30 minutes after 7 days of treatment" can be substantiated.</p>	
Duration of study:	Started: w/c 29 <sup>th</sup> May 2017	Ended: w/e 30 <sup>th</sup> June 2017
Location:	PCR Corp. 8 Richmond Road, Dukes Park, Chelmsford, Essex CM2 6UA United Kingdom	

**2 KEY STUDY PERSONNEL AND RESPONSIBILITIES**

<b>Key personnel</b>	<b>General responsibilities</b>
<p><b>Principal Investigator (PI)</b>  Barrie Drewitt  PCR Corp  Princeton Forrestal Center  307 College Road East  Princeton, NJ 08540</p> <p>Tel: 609-455-1112</p>	<p>The Principal Investigator (PI) will be responsible for ensuring sufficient resources are available to conduct the study according to Good Clinical Practice (GCP), for the study design, compiling the results and writing the clinical report.</p>
<p><b>Project Supervisor (PS)</b>  Andrew King  PCR Corp  8 Richmond Road  Dukes Park  Chelmsford  Essex CM2 6UA  United Kingdom</p> <p>Tel: +44 (0) 1245 934050</p>	<p>The Project Supervisor (PS) will be responsible for the conduct of the study on a daily basis.</p>
<p><b>Project Manager (PM)</b>  Jo Broyd  PCR Corp  8 Richmond Road  Dukes Park  Chelmsford  Essex CM2 6UA  United Kingdom</p> <p>Tel: +44 (0) 1245 934050</p>	<p>The Project Manager (PM) will be involved with the study design, compiling the results and writing the clinical report.</p>
<p><b>Project Co-ordinator (PC)</b>  Dan Watters  Nutreance  401 Riversville Road  Greenwich  CT. 06831</p> <p>Tel: 1 (800) 749-7776  Email: <a href="mailto:support@nutreance.com">support@nutreance.com</a></p>	<p>The Project Co-ordinator (PC) will be the primary point of contact on behalf of the Sponsor of this project and will represent the Sponsor (Nutreance) of this study.</p>

### **3 INTRODUCTION AND OBJECTIVES**

The objective of this study was to evaluate the perceived efficacy of a sleep aid versus a placebo following continued home-use for four weeks via completion of a self-perception questionnaire (SPQ) at the end of the study. With the aim of supporting the following targeted claims proposed by sponsor:

X% of subjects noticed an improvement in their sleep

X% of subjects said they slept better and felt more rested

Please note that it was the responsibility of the sponsor to determine the testing and study designs required for submission to entities such as the Home Shopping Network, QVC, etc.

### **4 STUDY DESIGN**

Single-blind, randomised home-use study.

### **5 SELECTION OF SUBJECTS**

#### **5.1 Screening**

Fifty-six (56) subjects were enrolled into the study to allow for fifty-four subjects to complete the active phase. Subjects satisfied the following inclusion and exclusion criteria, and the subjects accepted the prohibitions and restrictions and gave written informed consent (Appendix 1 & 2).

The suitability of potential subjects was confirmed before their acceptance onto the study by review of a study specific pre-treatment questionnaire (Appendix 3).

#### **5.2 Inclusion criteria**

- a) Healthy male and female volunteers, aged over 18 years of age, with self-assessed trouble sleeping.
- b) Subjects have completed a written informed consent.

#### **5.3 Exclusion criteria**

- a) Subject is currently on prescription medication to help them sleep.
- b) Subject is pregnant, nursing, or planning to become pregnant;
- c) A current skin disease of any type (e.g. eczema, psoriasis) apart from mild facial acne.
- d) History of malignant disease.
- e) Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.
- f) History of asthma requiring regular medication.
- g) Known sensitivity to the test article, similar materials or their constituents.
- h) Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.

#### **5.4 Prohibitions and Requirements**

- a) Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.

#### **6 TEST ARTICLES**

To the best of the Sponsor's knowledge and based on the information available, PCR Corp considered the test article to be safe for use in man.

The following test article was supplied by the Sponsor labelled as follows:

1. Sleep Aid (A) - Active
2. Sleep Aid (B) – Placebo

The test articles and placebo were decanted into plain packaging plastic bags by PCR Corp. The Sponsor has provided ingredient listings for the test article (see Appendix 4).

It was the responsibility of the Sponsor to determine, for each batch of the test article, the identity, strength, purity, composition and other characteristics which appropriately define the test article, before its use in the study. The determination of its stability and documentation of methods of synthesis or derivation were also the Sponsor's responsibility.

It was the responsibility of the Sponsor that the test article meets all necessary transport regulations, particularly those regulations involving the carriage of hazardous goods and the import/export of goods or equipment, and that any costs including tax/duty were fully met by the Sponsor prior to receipt of the test article at PCR Corp. No liability with regard to safe receipt or costs involved in the carriage of goods or equipment to any PCR Corp site was accepted.

On study completion any remaining unused test articles were disposed of, unless otherwise requested by the Sponsor, after issuance of the final report or 28 days after study completion, whichever came first. Sponsors requesting the return of products were liable for any costs incurred.

#### **7 STUDY PROCEDURE**

##### **a) Study Outline**

Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued with the test product (according to Randomisation, diary (Appendix 5) and instructions for how to use the product at home for the next 4 weeks. Subjects completed 2 Self-Perception Questionnaire (SPQ) questions daily, which were on their diary card. At the end of the study (Day 30) subjects returned to the test centre to complete an online Self-Perception Questionnaire (SPQ).

##### **b) Test Article Use**

The test articles were used at home throughout the duration of the study. According to the usage instructions (Appendix 2).

**c) Self-Perception Questionnaire (SPQ)**

Subjects answered the same two questions on their diary every day (Appendix 6&7). At the end of the study subjects completed an online SPQ (Appendix 8&9) on how the test product improved their sleep.

**8 STUDY ETHICS****8.1 Declaration of Helsinki**

The study conformed to the requirements of the 1964 Declaration of Helsinki and its subsequent amendments (*World Medical Association; 2013*).

**8.2 Subject consent**

Subjects were informed of the nature, purpose and known risk of the study both orally and in writing and gave their written informed consent to participate in the study prior to any study procedures being performed (Appendix 1). Subjects were advised that they were free to withdraw from the study at any time without being obliged to give a reason. They were compensated for their time.

**8.3 Indemnity Provision**

The Sponsor was responsible, without regard to legal liability, and indemnified PCR Corp or any of their respective officers or employees in the event of claims for compensation from subjects suffering injury or other deterioration in health or well-being as a result of participation in this study, except and insofar as such claims arise as a result of any negligent act or omission on the part of PCR Corp employees or any persons undertaking or involved in the study by arrangement with PCR Corp.

## **9 RESULTS**

### **9.1 Location and dates of the study**

The study was performed at PCR Corp, between 29<sup>th</sup> May 2017 and 30<sup>th</sup> July 2017.

### **9.2 Subjects**

Fifty-six (56) male and female subjects were enrolled onto the study and fifty-four (54) subjects completed the study.

### **9.3 Adverse events, adverse reactions and subjects not completing the study**

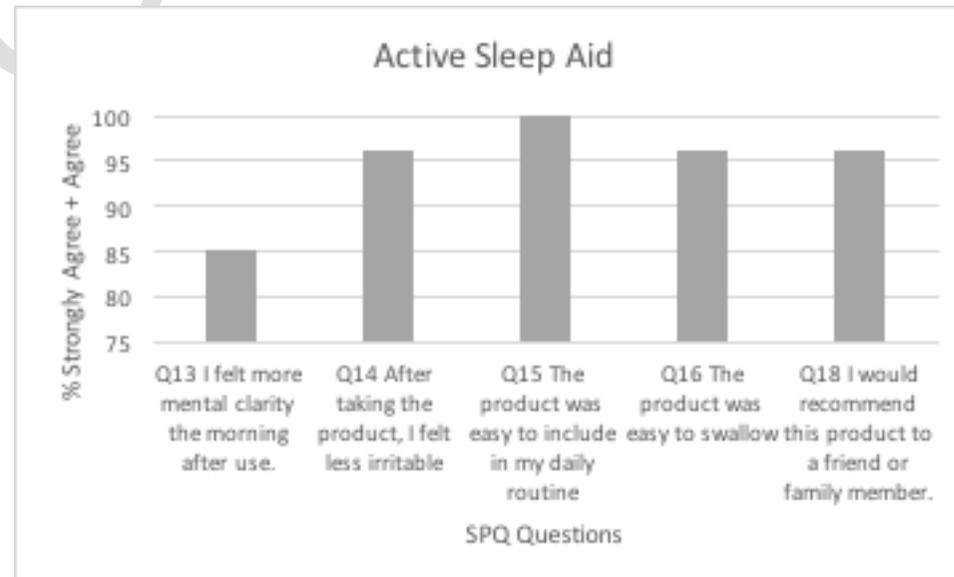
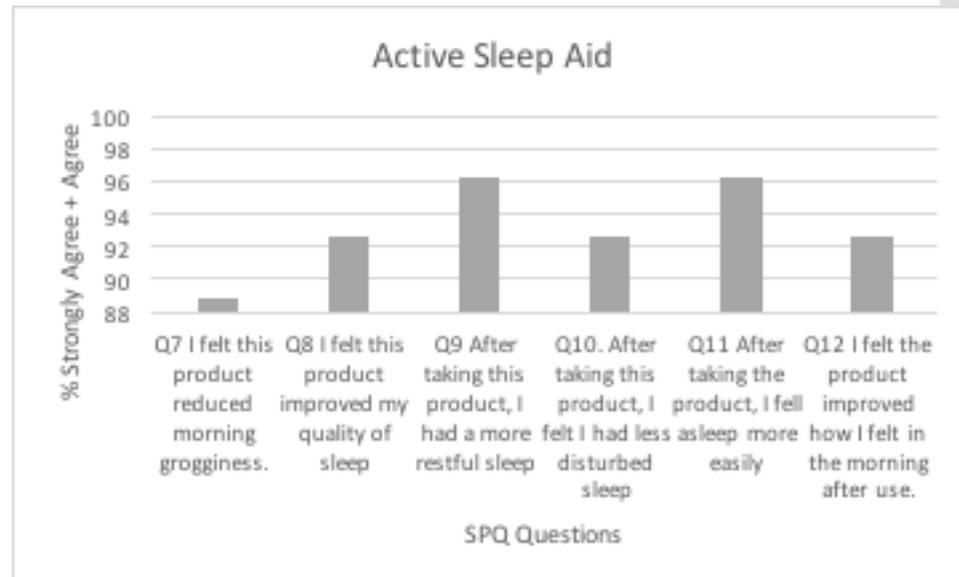
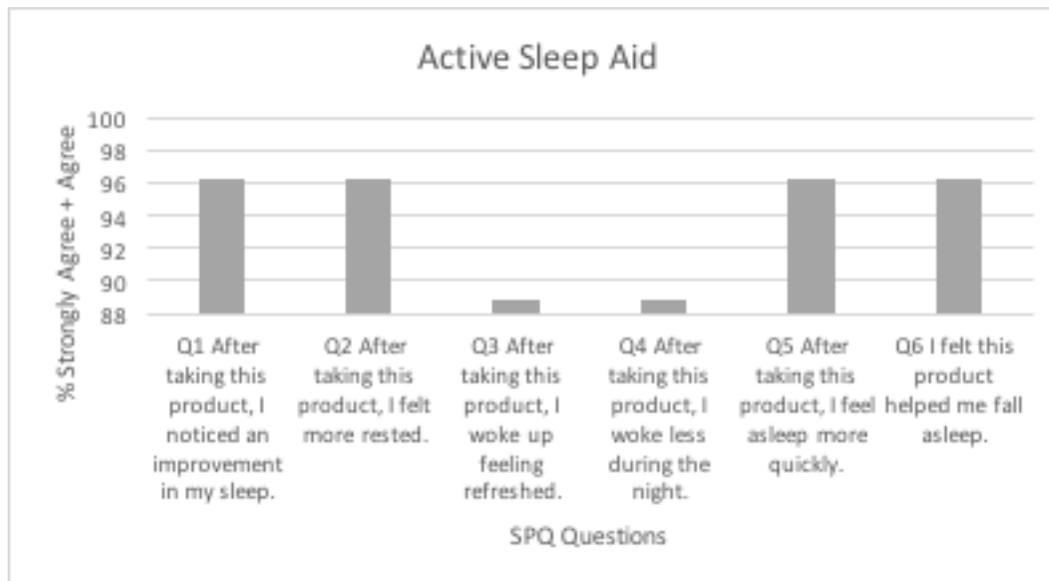
No Adverse Events were reported. Two subjects withdrew from the study for personal reasons.

### **9.4 Conclusions**

As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 30 day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable). The Sponsor's product also performed statistically significantly better than the Placebo product for 17/19 comparable questions. An average of 78.70% of participants felt the product worked (helped them fall asleep) within 30 minutes after 7 days of treatment.

Claims such as "96.30% of subjects noticed an improvement in their sleep", "96.30% of subjects said they felt more rested", "An average of 78.70% of participants felt the product worked within 30 minutes after 7 days of treatment" can be substantiated.

Bar Graphs over page show the percentage of subjects that gave the top two responses (Strongly Agree + Agree) for the Active Product.



**Table 1: Summary of % Responses for the Product Tested**

Question	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
Q1 After taking this product, I noticed an improvement in my sleep.	22.22%	74.07%	3.70%	0%	0%
Q2 After taking this product, I felt more rested.	29.63%	66.67%	3.70%	0%	0%
Q3 After taking this product, I woke up feeling refreshed.	29.63%	59.26%	11.11%	0%	0%
Q4 After taking this product, I woke less during the night.	14.81%	74.07%	7.41%	3.70%	0%
Q5 After taking this product, I feel asleep more quickly.	25.93%	70.37%	0.00%	3.70%	0%
Q6 I felt this product helped me fall asleep.	29.63%	66.67%	0.00%	3.70%	0%
Q7 I felt this product reduced morning grogginess.	22.22%	66.67%	7.41%	3.70%	0%
Q8 I felt this product improved my quality of sleep	33.33%	59.26%	7.41%	0%	0%
Q9 After taking this product, I had a more restful sleep	29.63%	66.67%	3.70%	0%	0%
Q10. After taking this product, I felt I had less disturbed sleep	37.04%	55.56%	3.70%	3.70%	0%
Q11 After taking the product, I fell asleep more easily	37.04%	59.26%	0.00%	3.70%	0%
Q12 I felt the product improved how I felt in the morning after use.	25.93%	66.67%	3.70%	3.70%	0%
Q13 I felt more mental clarity the morning after use.	22.22%	62.96%	11.11%	3.70%	0%
Q14 After taking the product, I felt less irritable	22.22%	74.07%	3.70%	0%	0%
Q15 The product was easy to include in my daily routine	40.74%	59.26%	0%	0%	0%
Q16 The product was easy to swallow	37.04%	59.26%	3.70%	0%	0%
Q18 I would recommend this product to a friend or family member.	29.63%	66.67%	3.70%	0%	0%
Diary Q1 After taking this product, I started to fall asleep within 30 minutes.	18.52%	70.37%	7.41%	3.70%	0%
Diary Q2 After taking this product, my quality of sleep has improved.	33.33%	62.96%	3.70%	0%	0%

**Table 2: Statistical Analysis – Paired TTest of Treatment vs Placebo**

Question No.	1	2	3	4	5	6	7	8				
A vs B	5.76E-06	2.35E-06	1.43E-05	7.54E-06	6.64E-06	2.35E-06	1.33E-05	1.19E-06				
Question No.	9	10	11	12	13	14	15	16	17	18	19	20
A vs B	1.69E-06	1.04E-05	2.06E-06	4.05E-06	2.34E-06	2.35E-06	2.94E-01	5.74E-01	N/A	3.21E-06	N/A	N/A

P<0.05 shows that the subject's perception of active product was statistically significantly better than the subject's perception of the placebo product.

When answering the two diary questions (daily) the subject's perception of the active product was statistically significantly better than the subject's perception of the placebo product every day.

**APPENDIX 1: SUBJECT CONSENT FORM**

Study Code: NUTUSE2M

Subject #: \_\_\_\_\_

**INTRODUCTION**

You are being asked for your consent to participate in a research study. Prior to giving your consent, it is important that you take the time to read and understand what participation will involve. This consent form may contain technical language which you may not understand. If you do not understand any of this consent form, please ask the clinical staff any questions you may have.

You will be provided with a signed copy of this consent form and any other necessary written information prior to the start of the study.

**OBJECTIVE**

The objective of this research study is to determine the efficacy of one test article at improving sleep.

**TEST ARTICLES**

The test article is a sleep aid. The test article used will be through normal everyday use following usage instructions provided.

**STUDY PROCEDURES**

You will be one of approximately 50 subjects enrolled onto this study. Your participation in this study will last approximately four weeks (30 Days) and will include two visits to the testing facility.

**Visit 1** (*Study day 1 – approximately 30 minutes*): Prior to acceptance on the study, you will be screened for eligibility to participate on the study and on confirmed eligibility consented to participate. Following verification of your acceptance and your written consent, you will be issued with the test product (with usage instructions and diary) to use at home for the next four weeks. You will need to answer the 2 questions of your diary card every day.

**Visits 2** (*Study day 30 – approximately 15 minutes*): You will attend the study centre to complete an online questionnaire, return any unused test product and receive compensation.

**RISKS**

To the best of our knowledge, these products are not expected to induce an allergic reaction. While the potential for irritation or other reactions during this study are minimal, it is possible for a reaction to occur. Expected reactions for these test articles categories are mild in nature and may include the following: grogginess, tiredness, lethargy, headache, upset stomach. In addition to the risks described, there may be other risks that are currently unforeseeable.

No significant adverse reactions are expected to occur. However, if you develop an adverse reaction or complication as a result of your participation in this study, medical treatment will be provided by clinical staff nurses at PCR CORP or you will be referred for appropriate treatment at no cost to you, as long as you have followed the study instructions. Provisions of such medical care is not an admission of legal responsibility. You will be followed by PCR CORP until the adverse reaction has resolved. No additional compensation will be available to you. Neither the sponsoring company nor the investigating company will be held responsible for any future medical expenses.

## APPENDIX 1 – CONTINUED

### **BENEFITS**

While it is likely that you will not receive any direct benefit from your participation in the study, the study results may have the potential to increase scientific knowledge about nutritional supplements and may allow for new and improved products to be marketed.

### **CONFIDENTIALITY**

Information concerning you that is obtained in connection with this study will be kept confidential by PCR CORP, except that the sponsoring company whose product is being tested will receive a copy of the study records. The records will be uniquely coded to protect your and your child's identity. In addition, third party regulatory authorities, including the U.S. Food and Drug Administration (FDA), may inspect the records of the study. In all cases, your confidentiality will be maintained and your identity will remain private.

Your signature on the Informed Consent provides your permission for these agencies to view your personal information and the study data.

### **NEW FINDINGS**

Any new information that is discovered during the study and which may influence your willingness to continue in the study will be made available to you.

### **MEDICAL TREATMENT**

In the event of an emergency, dial 999. If you receive any medical care during the course of the study, inform medical personnel that your participating in a research study. Please contact PCR CORP staff as soon as possible to inform them of your condition.

### **WHO TO CONTACT**

If you have any questions about this study or in the case of an emergency, contact **Andy King** on **01245 934050** during normal business hours.

### **VOLUNTARY PARTICIPATION/WITHDRAWAL**

Your participation in this research study is strictly voluntary. You may refuse to participate or may discontinue participation at any time during the study without penalty or loss of benefits to which you are otherwise entitled. However, you must contact the test facility and inform a clinical staff member of your decision to withdraw from the study.

If you agree to participate in the study, you are also agreeing to provide PCR CORP with accurate information and to follow study instructions as given to you. If you fail to follow study instructions, you may be asked to discontinue participation.

Your participation in the study may be discontinued at any time without your consent by PCR CORP, regulatory agencies, or the sponsoring company for reasons of but not limited to a severe side effect and accompanying illness, or if you do not follow study instructions.

### **COMPENSATION**

If you agree to your participation in this study, you will be paid £XX upon completion of the study.

APPENDIX 1 – CONTINUED**NON-DISCLOSURE**

As a condition to your participation in the study you are asked not to discuss any information regarding the products that you are testing, your experiences with the products, or your opinion of the products, nor share the products that you are testing with anyone outside of the testing facility. By your signature on the Consent you are agreeing to abide by this condition of participation.

**CONSENT TO PARTICIPATE**

I know that my participation in this study is voluntary and that I have the right to refuse to participate. I know that I may withdraw from the study at any time without penalty or loss of benefits to which I am otherwise entitled. If, at the discretion of the Investigator, it is best to discontinue my participation for reasons other than a failure to obey the directions of the study, I will be paid in full or for the portion of the study we have completed once the study is over.

**CONSENT**

I have read all of the pages of this consent form and have been given an opportunity to ask questions about this study. Answers to such questions (if any) were satisfactory. I am at least eighteen years old and without reservation give my consent to serve as a subject in this study. By signing this form, I have not given up any of my legal rights as a research subject. I will receive a copy of this signed consent document.

**You are making a decision whether or not to participate. Your signature indicates that you have decided to participate, having read the information provided above.**

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<b>Subject's Name Printed: First</b>	<b>Middle Initial</b>	<b>Last</b>
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<b>Subject's Signature</b>	<b>Date</b>
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<b>Signature of Person Conducting Consent Discussion</b>	<b>Date</b>
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**Subject Number**

**APPENDIX 2: SUBJECT INFORMATION SHEET**

Study Code: NUTUSE2M

You have agreed to your participation in a research study. By agreeing to participate, you are also agreeing to the following prohibitions and restrictions:

- Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.

The study schedule is as follows:

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
29 <sup>th</sup> May Day 1 <b>Visit 1</b>	30 <sup>th</sup> May Day 2	31 <sup>st</sup> May Day 3	1 <sup>st</sup> June Day 4	2 <sup>nd</sup> June Day 5	3 <sup>rd</sup> June Day 6	4 <sup>th</sup> June Day 7
5 <sup>th</sup> June Day 8	6 <sup>th</sup> June Day 9	7 <sup>th</sup> June Day 10	8 <sup>th</sup> June Day 11	9 <sup>th</sup> June Day 12	10 <sup>th</sup> June Day 13	11 <sup>th</sup> June Day 14
12 <sup>th</sup> June Day 15	13 <sup>th</sup> June Day 16	14 <sup>th</sup> June Day 17	15 <sup>th</sup> June Day 18	16 <sup>th</sup> June Day 19	17 <sup>th</sup> June Day 20	18 <sup>th</sup> June Day 21
19 <sup>th</sup> June Day 22	20 <sup>th</sup> June Day 23	21 <sup>st</sup> June Day 24	22 <sup>nd</sup> June Day 25	23 <sup>rd</sup> June Day 26	24 <sup>th</sup> June Day 27	25 <sup>th</sup> June Day 28
26 <sup>th</sup> June Day 29	27 <sup>th</sup> June Day 30	28 <sup>th</sup> June Day 31 <b>Visit 2</b>				

**Please follow the usage instructions below:**

*2 capsules per night with or without food within 30 minutes of going to bed for 30 days.*

\*You must come in for all visits; no misses will be allowed. If you are unable to come in for a visit, your participation will be discontinued. Upon completion of this study on 28<sup>th</sup> June 2017, you will receive £XX for your participation.

If you have any questions about this study or in the case of a suspected allergic reaction, call Andy King on 01245 934050 during normal business hours.

**APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE**

FOR OFFICE USE ONLY		
SUBJECT'S INITIALS		
MALE/FEMALE		
AGE		
SUBJECT NUMBER		

Study Code: NUTUSE2MSTRICTLY CONFIDENTIAL

Inclusion Criteria		Yes	No
1.	Healthy male and female volunteers, aged over 18 years, with self-assessed trouble sleeping.	<input type="checkbox"/>	<input type="checkbox"/>
2.	Subject has completed a written informed consent.	<input type="checkbox"/>	<input type="checkbox"/>
Exclusion Criteria		Yes	No
1.	Subject is pregnant, nursing, or planning to become pregnant	<input type="checkbox"/>	<input type="checkbox"/>
2.	A current skin disease of any type at the test site (e.g. eczema, psoriasis)	<input type="checkbox"/>	<input type="checkbox"/>
3.	History of malignant disease	<input type="checkbox"/>	<input type="checkbox"/>
4.	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease, which in the opinion of the Investigator would compromise the safety of the subject;	<input type="checkbox"/>	<input type="checkbox"/>
5.	History of asthma requiring regular medication.	<input type="checkbox"/>	<input type="checkbox"/>
6.	Known sensitivity to the test article, similar materials or their constituents.	<input type="checkbox"/>	<input type="checkbox"/>
7.	Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.	<input type="checkbox"/>	<input type="checkbox"/>
Prohibitions and Restrictions		Yes	No
1.	Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX 3 – CONTINUED

Have you ever had any skin problems related to the use of any of the following types of material?

Material	Yes			No	When? – Which products? – What happens?
Nutritional Supplements					
Sleep Aids					
Other Personal Care Products – please specify					

**Questionnaire checked and confirmed by:**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

PCR CORP

**APPENDIX 4: TEST ARTICLES INCI LISTINGS**Active Supplement (A)

## Ingredients:

353 mg of RediNite proprietary blend:

L-Tryptophan

Passion Flower Powder

Lemon Balm

Magnolia Bark Powder

Melatonin

M.C.C

Size #0 Vegetable Capsule

Magnesium Stearate (vegetable grade)

Tixosil Silica

Placebo Supplement (B)

## Ingredients:

Vegetable Capsule (capsule shell).

M.C.C

Size #0 Vegetable Capsule

Magnesium Stearate (vegetable grade)

Tixosil Silica

**APPENDIX 5: SUBJECT DIARY**

Please take the test product supplied to you as instructed, **2 CAPSULES PER NIGHT (with or without food) 30 minutes before going to bed.**

Please answer the 2 questions in the table every day, following the answer key below.

If you have any problems with the product please call the office at 01245 934050 during business hours, 9:00am to 5:00pm.

**PLEASE USE BLACK INK**

Day	Date	Did you take 2 capsules? <input checked="" type="checkbox"/> Check Box	If NO, explain why	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1		<input type="checkbox"/> Yes <input type="checkbox"/> No			
2		<input type="checkbox"/> Yes <input type="checkbox"/> No			
3		<input type="checkbox"/> Yes <input type="checkbox"/> No			
4		<input type="checkbox"/> Yes <input type="checkbox"/> No			
5		<input type="checkbox"/> Yes <input type="checkbox"/> No			
6		<input type="checkbox"/> Yes <input type="checkbox"/> No			
7		<input type="checkbox"/> Yes <input type="checkbox"/> No			
8		<input type="checkbox"/> Yes <input type="checkbox"/> No			
9		<input type="checkbox"/> Yes <input type="checkbox"/> No			
10		<input type="checkbox"/> Yes <input type="checkbox"/> No			
11		<input type="checkbox"/> Yes <input type="checkbox"/> No			
12		<input type="checkbox"/> Yes <input type="checkbox"/> No			
13		<input type="checkbox"/> Yes <input type="checkbox"/> No			
14		<input type="checkbox"/> Yes <input type="checkbox"/> No			
15		<input type="checkbox"/> Yes <input type="checkbox"/> No			
16		<input type="checkbox"/> Yes <input type="checkbox"/> No			
17		<input type="checkbox"/> Yes <input type="checkbox"/> No			
18		<input type="checkbox"/> Yes <input type="checkbox"/> No			
19		<input type="checkbox"/> Yes <input type="checkbox"/> No			
20		<input type="checkbox"/> Yes <input type="checkbox"/> No			
21		<input type="checkbox"/> Yes <input type="checkbox"/> No			
22		<input type="checkbox"/> Yes <input type="checkbox"/> No			
23		<input type="checkbox"/> Yes <input type="checkbox"/> No			
24		<input type="checkbox"/> Yes <input type="checkbox"/> No			
25		<input type="checkbox"/> Yes <input type="checkbox"/> No			
26		<input type="checkbox"/> Yes <input type="checkbox"/> No			
27		<input type="checkbox"/> Yes <input type="checkbox"/> No			
28		<input type="checkbox"/> Yes <input type="checkbox"/> No			
29		<input type="checkbox"/> Yes <input type="checkbox"/> No			
30		<input type="checkbox"/> Yes <input type="checkbox"/> No Please bring back the product and daily.			

**Answer Key for the 2 questions:**

Strongly Disagree = 1

Disagree = 2

Neither Agree or Disagree = 3

Agree = 4

Strongly Agree = 5

Comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**APPENDIX 6: DIARY SELF-PERCEPTION QUESTIONS – ACTIVE PRODUCT**

Responses Key: 1=Strongly disagree; 2=Disagree; 3=Neither agree nor disagree; 4=Agree; 5=Strongly agree

DAY	1		2		3	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
2	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Agree
3	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
4	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Disagree	Agree	Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Agree	Disagree	Agree
29	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
42	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	0.00%	0.00%	0.00%	3.70%	0.00%	3.70%
% Agree	48.15%	66.67%	48.15%	70.37%	48.15%	77.78%
% Neither Agree Nor Disagree	37.04%	29.63%	37.04%	22.22%	37.04%	14.81%
% Disagree	14.81%	3.70%	14.81%	3.70%	14.81%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	48.15%	66.67%	48.15%	74.07%	48.15%	81.48%

DAY	4		5		6	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
2	Disagree	Neither Agree Nor Disagree	Disagree	Agree	Neither Agree Nor Disagree	Agree
3	Agree	Agree	Agree	Agree	Agree	Agree
4	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Agree	Disagree	Agree
29	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Strongly Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Strongly Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Disagree	Agree	Neither Agree Nor Disagree	Agree	Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	3.70%	3.70%	3.70%	3.70%	7.41%	11.11%
% Agree	48.15%	77.78%	55.56%	92.59%	51.85%	85.19%
% Neither Agree Nor Disagree	33.33%	18.52%	33.33%	3.70%	33.33%	3.70%
% Disagree	14.81%	0.00%	7.41%	0.00%	7.41%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	51.85%	81.48%	59.26%	96.30%	59.26%	96.30%

DAY	7		8		9	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
3	Agree	Agree	Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Agree	Agree	Agree	Agree	Strongly Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Agree	Disagree	Agree
29	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Agree	Agree	Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	7.41%	7.41%	7.41%	7.41%	3.70%	7.41%
% Agree	59.26%	85.19%	66.67%	88.89%	66.67%	85.19%
% Neither Agree Nor Disagree	29.63%	7.41%	22.22%	3.70%	25.93%	7.41%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	66.67%	92.59%	74.07%	96.30%	70.37%	92.59%

DAY	10		11		12	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
3	Agree	Agree	Agree	Agree	Agree	Agree
4	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Agree	Disagree	Agree
29	Agree	Strongly Agree	Strongly Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Agree	Agree	Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	3.70%	11.11%	11.11%	14.81%	3.70%	7.41%
% Agree	66.67%	85.19%	66.67%	85.19%	70.37%	88.89%
% Neither Agree Nor Disagree	25.93%	3.70%	18.52%	0.00%	22.22%	3.70%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	70.37%	96.30%	77.78%	100.00%	74.07%	96.30%

DAY	13		14		15	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
3	Agree	Agree	Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Neither Agree Nor Disagree	Disagree	Agree	Disagree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
36	Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Strongly Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	7.41%	11.11%	7.41%	14.81%	11.11%	14.81%
% Agree	66.67%	85.19%	66.67%	77.78%	62.96%	81.48%
% Neither Agree Nor Disagree	22.22%	3.70%	22.22%	7.41%	22.22%	3.70%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	74.07%	96.30%	74.07%	92.59%	74.07%	96.30%

DAY	16		17		18	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
3	Agree	Agree	Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Strongly Agree	Disagree	Agree
29	Strongly Agree	Agree	Agree	Agree	Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
36	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	7.41%	18.52%	7.41%	22.22%	11.11%	14.81%
% Agree	74.07%	77.78%	70.37%	77.78%	62.96%	81.48%
% Neither Agree Nor Disagree	14.81%	3.70%	18.52%	0.00%	22.22%	3.70%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	96.30%	77.78%	100.00%	74.07%	96.30%

DAY	19		20		21	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Strongly Agree
2	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
3	Agree	Agree	Strongly Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Disagree	Neither Agree Nor Disagree	Agree	Agree	Disagree	Neither Agree Nor Disagree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Agree	Disagree	Agree
29	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
36	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Agree	Agree	Agree	Strongly Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	7.41%	11.11%	11.11%	22.22%	3.70%	14.81%
% Agree	62.96%	85.19%	70.37%	74.07%	74.07%	77.78%
% Neither Agree Nor Disagree	22.22%	3.70%	14.81%	3.70%	14.81%	7.41%
% Disagree	7.41%	0.00%	3.70%	0.00%	7.41%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	70.37%	96.30%	81.48%	96.30%	77.78%	92.59%

DAY	22		23		24	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
3	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Agree	Disagree	Agree	Disagree	Agree
29	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
36	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Strongly Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Agree	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	7.41%	18.52%	18.52%	25.93%	18.52%	33.33%
% Agree	74.07%	77.78%	66.67%	70.37%	70.37%	62.96%
% Neither Agree Nor Disagree	14.81%	3.70%	11.11%	3.70%	7.41%	3.70%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	96.30%	85.19%	96.30%	88.89%	96.30%

DAY	25		26		27	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Neither Agree Nor Disagree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
11	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Strongly Agree	Disagree	Strongly Agree	Disagree	Strongly Agree
29	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
36	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Strongly Agree	Neither Agree Nor Disagree	strongly Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Disagree	Agree	Agree	Agree
47	Agree	Agree	Agree	Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	14.81%	40.74%	22.22%	37.04%	22.22%	29.63%
% Agree	66.67%	55.56%	59.26%	59.26%	66.67%	66.67%
% Neither Agree Nor Disagree	14.81%	3.70%	11.11%	3.70%	7.41%	3.70%
% Disagree	3.70%	0.00%	7.41%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	96.30%	81.48%	96.30%	88.89%	96.30%

DAY	28		29		30	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Agree	Agree	Agree	Agree	Agree	Agree
11	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Disagree	Strongly Agree	Disagree	Strongly Agree	Disagree	Strongly Agree
29	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
36	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
42	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Strongly Agree	Agree	Agree	Agree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	18.52%	25.93%	18.52%	33.33%	18.52%	33.33%
% Agree	66.67%	70.37%	70.37%	62.96%	70.37%	62.96%
% Neither Agree Nor Disagree	11.11%	3.70%	7.41%	3.70%	7.41%	3.70%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	96.30%	88.89%	96.30%	88.89%	96.30%

**APPENDIX 7: DIARY SELF-PERCEPTION QUESTIONS – PLACEBO PRODUCT**

Responses Key: 1=Strongly disagree; 2=Disagree; 3=Neither agree nor disagree; 4=Agree; 5=Strongly agree

DAY	1		2		3	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Disagree	Disagree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Disagree	Neither Agree Nor Disagree	Disagree	Agree	Disagree	Agree
18	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Agree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	3.70%	0.00%	0.00%
% Agree	3.70%	7.41%	3.70%	7.41%	11.11%	25.93%
% Neither Agree Nor Disagree	48.15%	66.67%	62.96%	66.67%	55.56%	59.26%
% Disagree	48.15%	25.93%	33.33%	22.22%	33.33%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	3.70%	7.41%	3.70%	11.11%	11.11%	25.93%

DAY	4		5		6	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
18	Neither Agree Nor Disagree	Agree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Disagree	Neither Agree Nor Disagree	Agree	Agree	Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	3.70%	22.22%	11.11%	22.22%	11.11%	29.63%
% Neither Agree Nor Disagree	70.37%	62.96%	66.67%	59.26%	62.96%	51.85%
% Disagree	25.93%	14.81%	22.22%	18.52%	25.93%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	3.70%	22.22%	11.11%	22.22%	11.11%	29.63%

DAY	7		8		9	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
18	Neither Agree Nor Disagree	Agree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	3.70%	3.70%	0.00%	0.00%
% Agree	11.11%	29.63%	3.70%	18.52%	11.11%	25.93%
% Neither Agree Nor Disagree	70.37%	51.85%	66.67%	59.26%	70.37%	59.26%
% Disagree	18.52%	18.52%	25.93%	18.52%	18.52%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	11.11%	29.63%	7.41%	22.22%	11.11%	25.93%

DAY	10		11		12	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Agree	Agree	Disagree	Neither Agree Nor Disagree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	11.11%	29.63%	11.11%	18.52%	14.81%	18.52%
% Neither Agree Nor Disagree	59.26%	40.74%	66.67%	62.96%	59.26%	62.96%
% Disagree	29.63%	29.63%	22.22%	18.52%	25.93%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	11.11%	29.63%	11.11%	18.52%	14.81%	18.52%

DAY	13		14		15	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	25.93%	29.63%	14.81%	25.93%	18.52%	25.93%
% Neither Agree Nor Disagree	44.44%	55.56%	59.26%	55.56%	55.56%	51.85%
% Disagree	29.63%	14.81%	25.93%	18.52%	25.93%	22.22%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	25.93%	29.63%	14.81%	25.93%	18.52%	25.93%

Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
39	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	18.52%	25.93%	18.52%	29.63%	14.81%	29.63%
% Neither Agree Nor Disagree	55.56%	51.85%	55.56%	51.85%	62.96%	55.56%
% Disagree	25.93%	22.22%	25.93%	18.52%	22.22%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	25.93%	18.52%	29.63%	14.81%	29.63%

DAY	19		20		21	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Disagree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	18.52%	29.63%	18.52%	33.33%	11.11%	29.63%
% Neither Agree Nor Disagree	59.26%	55.56%	55.56%	51.85%	62.96%	59.26%
% Disagree	22.22%	14.81%	25.93%	14.81%	25.93%	11.11%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	29.63%	18.52%	33.33%	11.11%	29.63%

DAY	22		23		24	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Agree	Agree	Agree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	22.22%	37.04%	18.52%	33.33%	18.52%	29.63%
% Neither Agree Nor Disagree	55.56%	44.44%	59.26%	48.15%	55.56%	55.56%
% Disagree	22.22%	18.52%	22.22%	18.52%	25.93%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	22.22%	37.04%	18.52%	33.33%	18.52%	29.63%

DAY	25		26		27	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
37	Agree	Agree	Agree	Agree	Agree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Agree	Agree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	14.81%	25.93%	18.52%	33.33%	18.52%	37.04%
% Neither Agree Nor Disagree	59.26%	55.56%	59.26%	51.85%	59.26%	44.44%
% Disagree	25.93%	18.52%	22.22%	14.81%	22.22%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	14.81%	25.93%	18.52%	33.33%	18.52%	37.04%

DAY	28		29		30	
Sub No	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.	Q1 - After taking this product, I started to fall asleep within 30 minutes.	Q2 - After taking this product, my quality of sleep has improved.
5	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Agree	Agree	Agree	Agree	Agree	Agree
39	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Strongly Agree	Agree	Agree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	3.70%	0.00%	0.00%
% Agree	18.52%	33.33%	22.22%	25.93%	22.22%	29.63%
% Neither Agree Nor Disagree	55.56%	48.15%	55.56%	55.56%	59.26%	51.85%
% Disagree	25.93%	18.52%	22.22%	14.81%	18.52%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	33.33%	22.22%	29.63%	22.22%	29.63%

**APPENDIX 8: SELF-PERCEPTION QUESTIONNAIRE INDIVIDUAL RESPONSES – PRODUCT A (ACTIVE)**

Responses Key: 1=Strongly disagree; 2=Disagree; 3=Neither agree nor disagree; 4=Agree; 5=Strongly agree

Sub No	Q1 After taking this product, I noticed an improvement in my sleep.	Q2 After taking this product, I felt more rested.	Q3 After taking this product, I woke up feeling refreshed.	Q4 After taking this product, I woke less during the night.	Q5 After taking this product, I feel asleep more quickly.	Q6 I felt this product helped me fall asleep.	Q7 I felt this product reduced morning grogginess.
1	Agree	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	strongly Agree	Agree
3	Agree	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Agree	Agree	Agree	Agree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Disagree	Disagree	Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
20	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
22	Agree	Agree	Agree	Agree	Agree	Agree	Agree
29	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Agree	Agree	Agree	Agree
36	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
42	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
48	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
49	Agree	Agree	Agree	Agree	Agree	Agree	Agree
50	Agree	Agree	Neither Agree Nor Disagree	Disagree	Agree	Agree	Neither Agree Nor Disagree
51	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Agree	Agree	Agree	Agree
55	Agree	Agree	Strongly Agree	Agree	Agree	Agree	Agree
% Strongly Agree	22.22%	29.63%	29.63%	14.81%	25.93%	29.63%	22.22%
% Agree	74.07%	66.67%	59.26%	74.07%	70.37%	66.67%	66.67%
% Neither Agree Nor Disagree	3.70%	3.70%	11.11%	7.41%	0.00%	0.00%	7.41%
% Disagree	0.00%	0.00%	0.00%	3.70%	3.70%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	96.30%	96.30%	88.89%	88.89%	96.30%	96.30%	88.89%

## APPENDIX 8 – CONTINUED

Sub No	Q8 I felt this product improved my quality of sleep	Q9 After taking this product, I had a more restful sleep	Q10. After taking this product, I felt I had less disturbed sleep	Q11 After taking the product, I fell asleep more easily	Q12 I felt the product improved how I felt in the morning after use.	Q13 I felt more mental clarity the morning after use.
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Agree	Strongly Agree	strongly Agree	Agree	Agree
3	Agree	Agree	Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Strongly Agree	Strongly Agree	strongly Agree	Strongly Agree	Strongly Agree
20	Agree	Agree	Agree	Agree	Agree	Agree
22	Agree	Strongly Agree	Strongly Agree	strongly Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Agree	Agree	Agree
36	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
48	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
49	Agree	Agree	Agree	Agree	Agree	Agree
50	Neither Agree Nor Disagree	Agree	Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
51	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Agree	Agree	Agree
55	Strongly Agree	Agree	Strongly Agree	strongly Agree	Strongly Agree	Neither Agree Nor Disagree
% Strongly Agree	33.33%	29.63%	37.04%	37.04%	25.93%	22.22%
% Agree	59.26%	66.67%	55.56%	59.26%	66.67%	62.96%
% Neither Agree Nor Disagree	7.41%	3.70%	3.70%	0.00%	3.70%	11.11%
% Disagree	0.00%	0.00%	3.70%	3.70%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	92.59%	96.30%	92.59%	96.30%	92.59%	85.19%

Sub No	Q14 After taking the product, I felt less irritable	Q15 The product was easy to include in my daily routine	Q16 The product was easy to swallow	Q17 My usual sleep aid is:	Q18 I would recommend this product to a friend or family member.	Q19 Is there anything about this product you like?	Q20 Is there anything about this product you dislike?
1	Agree	Strongly Agree	Strongly Agree		Agree	Was easy to fit in my routine	
2	Agree	Agree	Agree		Agree	Good product	
3	Agree	Strongly Agree	Strongly Agree	Nytol	Agree	Helped me sleep	
4	Agree	Agree	Agree		Strongly Agree	It worked	
6	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
7	Strongly Agree	Strongly Agree	Strongly Agree	Herbal Drinks	Agree	Easy to swallow	
11	Agree	Agree	Agree		Neither Agree Nor Disagree	After a few days seemed to get to sleep faster	
13	Neither Agree Nor Disagree	Agree	Agree		Agree	Easy to swallow	Didn't do anything for me
16	Agree	Agree	Agree	Sleepeaze	Strongly Agree	Felt more rested	
17	Strongly Agree	Strongly Agree	Strongly Agree		Agree	Helped me have a good nights kip	
20	Agree	Agree	Agree		Agree	Good product	
22	Agree	Agree	Agree	Herbal Remedy	Agree	thumbs up	
29	Agree	Strongly Agree	Strongly Agree		Agree	would use these on a permanent basis	
30	Agree	Agree	Agree		Strongly Agree	After Using felt like I had a good nights sleep	
34	Agree	Agree	Agree	Nytol	Strongly Agree	Really worked felt more relaxed with it	
36	Strongly Agree	Strongly Agree	Strongly Agree	Nytol	Agree	Fantastic	
38	Agree	Strongly Agree	Agree	Nasal Strips	Agree	would recommend them felt refreshed	
41	Agree	Agree	Agree	Herbal Remedy	Agree	seemed to work	left a funky taste
42	Agree	Agree	Agree	Nytol	Strongly Agree	enjoyed it	
45	Agree	Agree	Agree		Agree	Good product	
46	Strongly Agree	Strongly Agree	Strongly Agree		Agree	good overall	
47	Agree	Agree	Neither Agree Nor Disagree	Pillow spary	Strongly Agree	helped me drift off	
48	Strongly Agree	Strongly Agree	Strongly Agree		Agree	Easy to swallow	
49	Agree	Agree	Agree	Nytol	Strongly Agree	one of the best I've used	
50	Agree	Agree	Agree		Strongly Agree	Easy to fit into my night routine	
51	Strongly Agree	Strongly Agree	Strongly Agree		Agree	Did what it's supposed to	
53	Agree	Agree	Agree	Kalms	Agree	brilliant overall	
55	Agree	Strongly Agree	Strongly Agree	Herbal Pills	Agree	Easy to swallow	
% Strongly Agree	22.22%	40.74%	37.04%		29.63%		
% Agree	74.07%	59.26%	59.26%		66.67%		
% Neither Agree Nor Disagree	3.70%	0.00%	3.70%		3.70%		
% Disagree	0.00%	0.00%	0.00%		0.00%		
% Strongly Disagree	0.00%	0.00%	0.00%		0.00%		
% Top 2 Responses (Strongly Agree + Agree)	96.30%	100.00%	96.30%		96.30%		

PRO

**APPENDIX 9: SELF-PERCEPTION QUESTIONNAIRE INDIVIDUAL – PRODUCT B (PLACEBO)**

Sub No	Q1 After taking this product, I noticed an improvement in my sleep.	Q2 After taking this product, I felt more rested.	Q3 After taking this product, I woke up feeling refreshed.	Q4 After taking this product, I woke less during the night.	Q5 After taking this product, I feel asleep more quickly.	Q6 I felt this product helped me fall asleep.	Q7 I felt this product reduced morning grogginess.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Agree	Agree	Agree	Agree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Neither Agree Nor Disagree	Disagree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
31	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree	Agree
35	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
37	Agree	Agree	Agree	Agree	Agree	Agree	Agree
39	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
40	Agree	Agree	Agree	Agree	Agree	Agree	Agree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	33.33%	33.33%	29.63%	25.93%	29.63%	29.63%	29.63%
% Neither Agree Nor Disagree	37.04%	33.33%	37.04%	29.63%	33.33%	37.04%	37.04%
% Disagree	29.63%	33.33%	33.33%	44.44%	37.04%	33.33%	33.33%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	33.33%	33.33%	29.63%	25.93%	29.63%	29.63%	29.63%

**APPENDIX 9 - CONTINUED**

Sub No	Q8 I felt this product improved my quality of sleep	Q9 After taking this product, I had a more restful sleep	Q10. After taking this product, I felt I had less disturbed sleep	Q11 After taking the product, I fell asleep more easily	Q12 I felt the product improved how I felt in the morning after use.	Q13 I felt more mental clarity the morning after use.	Q14 After taking the product, I felt less irritable
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree	Agree
9	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Agree	Agree	Agree	Agree	Agree	Agree	Agree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
21	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
31	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
32	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree	Agree
35	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Agree	Agree	Agree	Agree	Agree	Agree	Agree
39	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
40	Agree	Agree	Agree	Agree	Agree	Agree	Agree
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	3.70%	0.00%	0.00%	0.00%	3.70%
% Agree	33.33%	33.33%	29.63%	29.63%	29.63%	25.93%	25.93%
% Neither Agree Nor Disagree	25.93%	29.63%	29.63%	37.04%	29.63%	33.33%	29.63%
% Disagree	40.74%	37.04%	37.04%	33.33%	40.74%	40.74%	40.74%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	33.33%	33.33%	33.33%	29.63%	29.63%	25.93%	29.63%

Sub No	Q15 The product was easy to include in my daily routine	Q16 The product was easy to swallow	Q17 My usual sleep aid is:	Q18 I would recommend this product to a friend or family member.	Q19 Is there anything about this product you like?	Q20 Is there anything about this product you dislike?
5	Agree	Agree		Neither Agree Nor Disagree	Easy to take	Did not do much
8	Agree	Agree	Sleepeaze	Agree	Felt rested	
9	Strongly Agree	Strongly Agree		Neither Agree Nor Disagree		
10	Strongly Agree	Strongly Agree		Agree		
12	Agree	Agree		Neither Agree Nor Disagree	Easy to take	just not for me, prefer other methods
14	Agree	Agree		Neither Agree Nor Disagree		Didn't help me sleep
15	Strongly Agree	Strongly Agree	Nytol	Agree	Good product	
18	Neither Agree Nor Disagree	Agree		Neither Agree Nor Disagree		
19	Agree	Agree	Sleep Spray	Disagree		
21	Agree	Strongly Agree		Disagree	Easy to take	As for helping with sleep nah
23	Agree	Agree	Sleepeaze	Neither Agree Nor Disagree		
24	Agree	Strongly Agree	Herbal Drinks	Neither Agree Nor Disagree		
25	Agree	Agree	Snoring Rings	Disagree		No difference
26	Strongly Agree	Strongly Agree		Neither Agree Nor Disagree	Slept a lot better	
27	Agree	Agree	Nytol	Neither Agree Nor Disagree		Still felt restless
28	Strongly Agree	Neither Agree Nor Disagree		Disagree		
31	Agree	Agree	Herbal Tablets	Neither Agree Nor Disagree		
32	Strongly Agree	Strongly Agree		Neither Agree Nor Disagree		
33	Agree	Agree	Nytol	Agree	Helped me get a good rest	Did'nt do anything
35	Neither Agree Nor Disagree	Agree		Agree	Easy to fit in my routine seemed to help	
37	Strongly Agree	Strongly Agree		Agree	Did A Good Job	
39	Agree	Agree	Sleepeaze	Disagree		A good cup of tea would of helped more
40	Agree	Disagree		Agree		
43	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
44	Agree	Agree	Dormeasan	Disagree		Just not for me
52	Strongly Agree	Strongly Agree	Nytol	Neither Agree Nor Disagree		
54	Strongly Agree	Strongly Agree	Herbal remedies	Agree	Was ok	Wasn't the best I've used
56	Agree	Neither Agree Nor Disagree	Herbal Drinks	Disagree		wouldn't buy
% Strongly Agree	33.33%	37.04%		0.00%		
% Agree	59.26%	51.85%		29.63%		
% Neither Agree Nor Disagree	7.41%	7.41%		44.44%		
% Disagree	0.00%	3.70%		25.93%		
% Strongly Disagree	0.00%	0.00%		0.00%		
% Top 2 Responses (Strongly Agree + Agree)	92.59%	88.89%		29.63%		