

# FAQ

## **What are the benefits of sleeping in a HOGO sleep system?**

The HOGO sleep system improves the overall health of its users. Allowing complete regeneration through full and deep sleep allows us to achieve the appropriate sleep cycles and their phases. In addition, and specifically backed by science, we can confirm that it directly impacts the immune system, the hormonal system and the body's detox state by slowing down the inflammatory and oxidative processes by which we age.

## **How does the HOGO sleep system work?**

Thanks to HOGO's patented technology, a perfect sleeping environment is created. While sleeping in HOGO, you are protected from the excessive electromagnetic pollution to which we are subjected both day and night. The natural materials we use and our technology, with the help of our earthing system, protect its users during their sleeping hours, allowing them to achieve complete regeneration night after night.

## **How long does it take to see the effects?**

Many factors affect both our sleep and its quality. Many of our clients report feeling improvement in the quality of their sleep and in their physical and mental performance from the first night, while others need a period of adaptation that can be conditioned by both internal and external elements.

## **What do they contribute within a short stay like the one at SHA?**

Sleeping in an optimal and positive environment to achieve a complete and truly regenerative sleep will always be good for our body, regardless of the

amount of time we can enjoy it. Obviously, the more nights one can enjoy the benefits of the HOGO sleep system, the greater the impact on one's health.

## **What changes can be noticed at the end of one's stay?**

The HOGO sleep system allows to discharge and eliminate all the electromagnetic pollution accumulated in the body of its users. The changes and effects that clients may feel will also be determined by the initial physical, psychological and health condition of the user. HOGO will have an impact on the health of all its users, but subjective perceptions can vary greatly depending on multiple factors.

## **Why shouldn't we unplug the earthing of the sleep system?**

Our earthing system must always be connected to the socket, as this is the element through which the HOGO sleep system releases the excess electromagnetic pollution accumulated in its users' bodies. The earthing system, when connected, ensures that the sleep system will work and accomplish the task to protect the clients while they sleep. If we unplug it, the effects achieved will not be as effective, since it won't be possible to completely eliminate the accumulated electromagnetic pollution.

## **Does this affect the temperature of the bed?**

No, the earthing has no relation to the temperature of the HOGO sleep system. Other materials used in the sleep system, such as merino wool, which is responsible for thermoregulating the body temperature of the system's users during the

different phases that take place in the hours of sleep, do have an impact on temperature.

### **How much energy does it consume?**

The HOGO sleep system does not consume any electricity. Although the earthing is connected to a socket, the earthing has a design that allows to connect the sleep system to the earthing system of the building in which it is located. The HOGO sleep system is exclusively connected to the earthing system and, therefore, its usage does not involve any energy consumption. HOGO expels any accumulated pollution through the earthing and does not draw electricity into the sleep system.

### **Is there time for adaptation?**

As we discussed in previous responses, depending on the type of client and his or her circumstances, both objective and subjective, the adaptation period may vary from one individual to another. Some people feel that they did not need an adaptation period and others feel that the adaptation period is longer. Numerous physiological processes are activated when deep and regenerative sleep is achieved and, therefore, the time to full adaptation by different users is variable, due to numerous factors.

### **How can it be adapted to any person's body?**

The HOGO sleep system, through its bed base, allows individual adaptation to the lumbar curvature and the weight of each individual at the time of its installation. Individual adaptation is possible, allowing to correct the body posture of the users of the system during their sleeping hours. In the case of SHA Wellness Clinic, we are examining the

possibility of implementing this service for clients who are interested in carrying out this personalised adaptation.

### **What kind of scientific evidence supports this?**

HOGO has years of different research supporting the arguments we make. We have been published twice in the US scientific journal *Environmental Health*, which supports the studies carried out jointly with the Complutense University of Madrid, led by Dr. and Prof. Mónica de la Fuente del Rey.