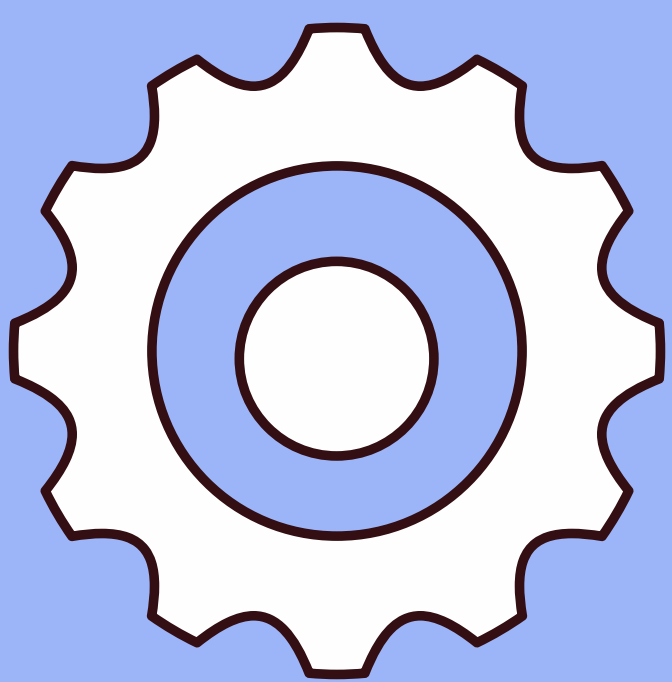


THE FLOAT ZONE, RVA

FLOATATION & SLEEP CASE STUDY

FLOAT THERAPY FOR IMPROVED SLEEP IN COLLEGE STUDENTS

The phrase “I’ll sleep when I’m dead” is celebrated in college culture, lauding sleep deprivation as a badge of honor. In reality, a lack of sleep has profound effects upon physical & emotional health. Sleep studies show that 2 weeks of 6 hours of sleep per night has the same effect as 24 hours without sleep—which is legally equivalent to being drunk. Finding safe & effective ways to improve quality of sleep is an urgent need. Float therapy is now recognized as a very promising option.



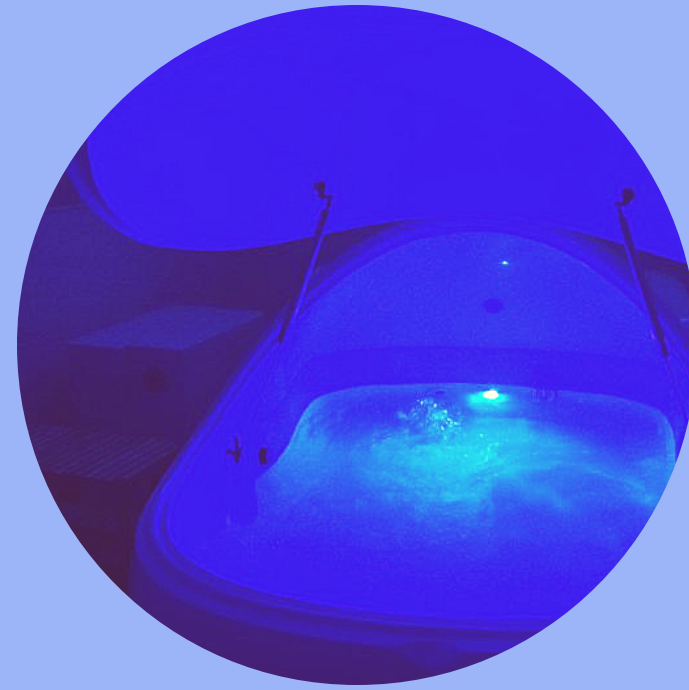
OBJECTIVE

The objective of this case study is to observe any positive or negative effects of 3 weeks of float therapy upon the quality of sleep, and related effects of stress, anxiety, and academic focus in a group of college students.

METHOD

To initiate this case study, participants were sought through an online screening process based on criteria related to current sleeping patterns & habits. Of 37 applicants, 13 fit the criteria & were accepted into the study. Of those, 6 elected to participate. There were 5 females and 1 male. They each floated once a week, for 3 consecutive weeks.

The study lasted 3 weeks & each person floated once a week. A daily subjective survey was completed by each individual, using a numeric scale on a 0-10 continuum with descriptors. For purposes of comparison, a baseline survey with the same questions was completed by the participants prior. There was no cost for the participants & no financial gain from The Float Zone. There are no other disclosures.



The intervention for this case study involved floating in a fiberglass tank with a hinged lid & filled with 175 gallons of a salt solution. This salt solution contains 1000 pounds of medical grade Epsom salt & is maintained at 94 °F. To “float” the individual disrobes, turns off the overhead room light, then climbs inside the tank. The individual closes the lid & then transitions onto face-up position & floats effortlessly.

RESULTS



CONCLUSION

Float therapy improves quality of sleep in college students. Improved quality of sleep includes an ability to fall asleep easier, feeling more refreshed after waking, less daily fatigue and an increased ability to focus & be productive. Floating also led to significant decreases in both stress & anxiety levels. Students as well as adults, medical professionals & alternative health care providers should consider floatation therapy by itself & in tandem with other mind/body approaches to improve quality of sleep.

This study was conducted in May 2018 by Dr. David A. Berv, owner of The Float Zone & University of Richmond student, Ally Charleston. Graphic produced by Ally Charleston.

