

*I don't know how, but it works."*

This comment was made by a Sheriff's sergeant who had been injured on duty. His right shoulder caused almost constant pain. I loaned him a small light/sound machine and a tape on pain reduction to help ease the torture.

I have found this technology very useful. As a speaker and consultant on court security I often travel. I have never been able to sleep while traveling. Nor could I catch up when I arrived at my hotel room. Because of this, I often arrived to conduct classes and security assessments in a less than alert state. Groggy from lack of sleep and attempting to substitute caffeine for energy, I'm sure I sometimes made less than an exemplary presentation.

One day I stumbled across an ad in a magazine for light/sound machines. Wondering if they could be of any use, I went to Michael Landgraf's office. He was kind enough to allow me to try the unit there. I was impressed. After only 20 minutes on the machine, with some soft, non-invasive music playing, I found myself awake, alert and relaxed. I bought the machine and took it home.

My wife and I started experimenting. We found that a 20 minute session with the machine in the early afternoon "charged our batteries" for the evening. When traveling, by setting my machine to induce sleep, my travel insomnia was solved. I would awaken, turn the machine off, and settle back for several hours of uninterrupted slumber awakening in the morning refreshed and ready to go.

My wife swears that using the machine for a couple of weeks prior to a Las Vegas Vacation increased her winnings. We are going to try that experiment again!

One deputy told me that using the machine helped him to learn to be less self-conscious in front of audiences. Another said it gave him the greatest experience of relaxation he had ever had. I would love to see the day arrive when every police building had a small, private room specifically dedicated to the use of this technology. Officers could use it to relax, help with stress,

gain energy for physical exercise, study for promotional exams, focus for duty and so much more.

This is a technology whose surface has only been scratched. If given a chance, I am convinced that everyone could benefit from it. I would not be surprised if, in the near future, it gained a vast following for its abilities to reduce stress, enhance sleep (and dreaming), ease pain and so much more.

My sergeant buddy is permanently disabled. He still uses his machine if his shoulder pain becomes too uncomfortable. And He still says "I don't know how, but it works".