

Testimonial – C.C.

2014

The EmBrace® has been working great for me! With my breathing getting deeper and fuller, I've noticed that it's easier to hold myself up straight and that the extra support from the front has helped my posture when standing or sitting to up straight, especially if I'm focusing on my posture.

I noticed I'm breathing in deeper, which has come apparent at night. I was never diagnosed with sleep apnea, but I've been notorious to fall asleep at night in the blink of an eye and sleep like a brick. My husband couldn't get me up if I fell asleep on the couch. It felt like I was drugged, and I wouldn't remember dreaming. I ground my teeth a lot, and snored quite a bit. Not that this device cures sleep apnea, but with breathing deeper, I've gone to sleep a little slower (where it doesn't feel like I just literally passed out), and gotten a little better sleep. My husband says I'm not snoring as much, and I'm remembering dreaming more frequently, which I'm really excited about (as opposed to blacking out). I know the flat nasal bridge in many people with dwarfism bring issues with snoring and apnea. It makes me wonder if people with sleep apnea issues are an additional population that it could help, depending on the reason for the apnea. I just know that if anything else, it has made sleeping nicer, feeling like I'm getting more oxygen at night, and waking up a little clearer.

Also, for singing, you had mentioned some people noticing a difference. I also have noticed a difference. It hasn't made me a better singer, but part of warm ups for singers is to build up your lung capacity, to sing notes stronger and longer. That wasn't a strong point in the past for me in the past, and though I don't sing professionally, I have noticed as I sing and focus on breathing deeper, I'm able to sing notes a little louder because there is more strength behind the note and I can just hold the note/phrase significantly longer.

Overall, the result has been very positive. People keep asking me about it, and I refer them if they do, because many people say it would be great to have even just for better posture.

Blessings,
C.C.