

## Appendix N: Researcher Acquired Seat and Back Support



The Kipasa – Seat & Back Support

Note: Qualitative study - just a window to the problem. At some (quantitative) point - researchers go inside the problem for deeper, objective investigation - complete with measurements and analyses.

That is precisely what I plan to execute under Sleep Centers of America, Inc. - the umbrella organization. Complete Research Proposal Available on Demand.

Hear Guys! I do not see myself ever driving an automobile without this equipment – the seat and back support illustrated above. Neither do I expect less for any taxi driver, or driver, period. Before this equipment (no matter the seat cover I used), my back froze as I wrestled myself out of the car seat. It was a challenge getting in and out of the car. Now, my back is a not bothering me anymore. I am free and happy to get in and out of my car. This seat and back support not only regulates the occupational temperature, but it also massages the body (especially the back) while in the act of driving. Simply put, this is as close as it gets to a miracle solution to driving without discomfort.

When Participant-MC showed it to me and described its functionality, he assured me he would travel to Ecuador, South America and procure one for me. This equipment is not available in the United States, Participant-MC seemed to suggest. By a miracle and a 4-hour drive away from NYC, I met a young man in Langley Park, Maryland. He had the exact same model as Participant-MC. I got excited, “where can I find one,” I inquired. He told me where to go get one and also informed me, I might have to place an order, “they literally fly off the shelves,” the motorist added.

When I got to the location, the store manager sold one to me. There were a few left. I drive a lot to NYC and back to Silver Spring, Maryland. This equipment is a game changer. I feel like the luckiest man alive. My professor once observed, “I know a good sleep kit when I see one.” I was a NYC taxi driver for 10 long years (1999-2009). I worked 7 days a week, sometimes 24 hours a day, no medical coverage, I avoided doctor visits, no vacations, and almost no weekends. I suffered high blood pressure, high cholesterol count, and I was borderline diabetic. To this day (10 years into retirement) my lower back still bothers me. It gets very sensitive after a few hours of driving. So, I know what I am saying when I declare this equipment the best among the best. As a scientist in waiting, I will not generalize my experience. I will need to wait for the findings from scientific study of the seat and back support.

Best,

Dr. Christopher O Ekakoro, PhD