

# Impact of Prevagen on Sleep Quality

Prevagen Increases Amount of Sleep  
Prevagen Decreases Nightly Wake-ups  
Prevagen Helps People Get to Sleep  
Prevagen Improves Overall Sleep

# Impact of Prevagen on Sleep Quality

## Prevagen Increases Amount of Sleep

The Prevagen Quality of Life Study was an open-label study of 55 generally healthy participants over a 90 day period measuring changes in overall cognition, quality of sleep, energy, mood, pain, and general health. Changes in performance were measured via a standardized battery of questions.

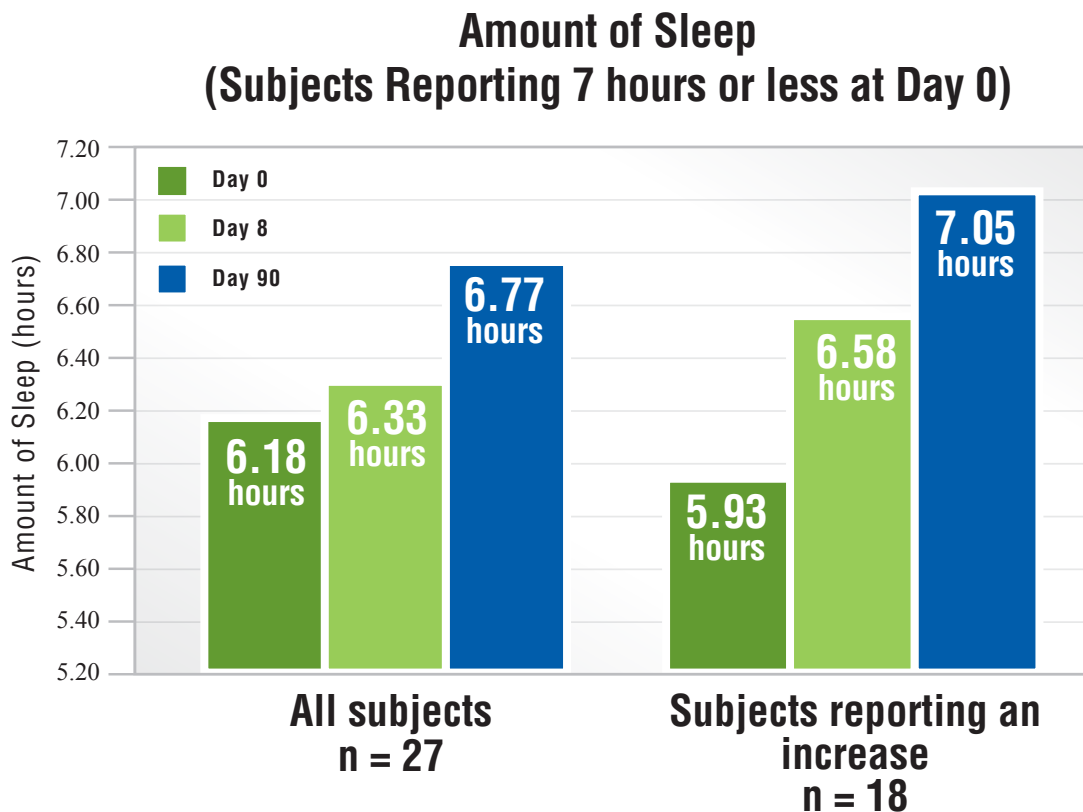
The results of the study show improved performance across these parameters with particularly striking results on sleep especially for those who reported having poor sleep at Day 0. In general, participants who rated their sleep as satisfactory or better at Day 0 saw modest improvements in sleep quality during the 90 day study. However, those with poor quality sleep at Day 0 experienced significant improvement.

The following results show sleep improvements for participants who self-reported having poor quality of sleep at Day 0. No participants discontinued the study due to an adverse event.

### Question 1:

“How much sleep do you usually get at night?”

Answer choices: Indication of time in hours and minutes (rounded to the closest ¼ hour).



### Question 1 Discussion:

27 participants reported getting 7 hours of sleep or less per night. The mean amount of sleep for this group at Day 0 was 6.2 hours. The average amount of sleep at the conclusion of the study was 6.8 hours per night, or nearly 40 minutes of sleep or more per night. 18 out of 27 (67%) increased their sleep while in the study and evaluating their sleep improvement shows they gained an average of 67 minutes per night over the 90 day period, a significant improvement.

# Impact of Prevagen on Sleep Quality

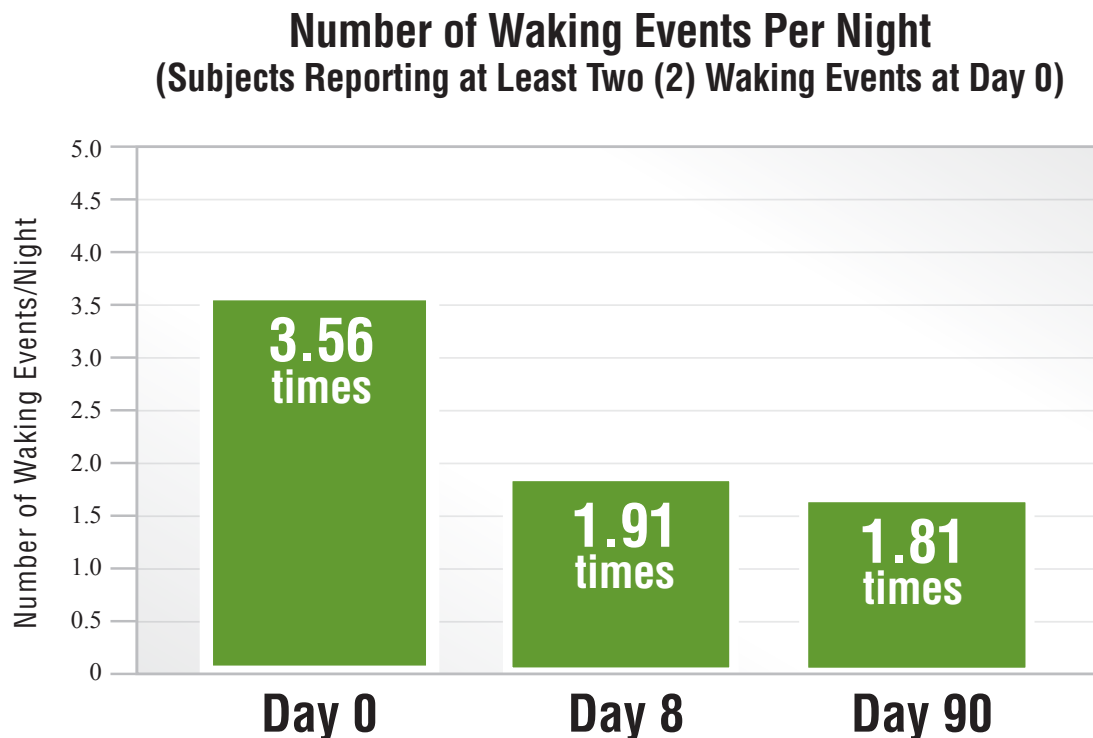
## Prevagen Decreases Nightly Wake-ups

### Question 2:

---

“How many times do you wake up in a normal night?”

Answer choices: 0 to 6 or more times per night.



### Question 2 Discussion:

---

Sleep disturbances are a major impediment to quality of sleep. 48 participants out of a total of 55 reported waking up two or more times nightly, representing 87% of the study population. In this group the average number of times awakened was 3.6 times per night at Day 0. There was an immediate and significant decline at Day 8 to an average 1.9 waking events. This benefit was maintained to Day 90 with a further decline in wake-ups to an average of 1.8.

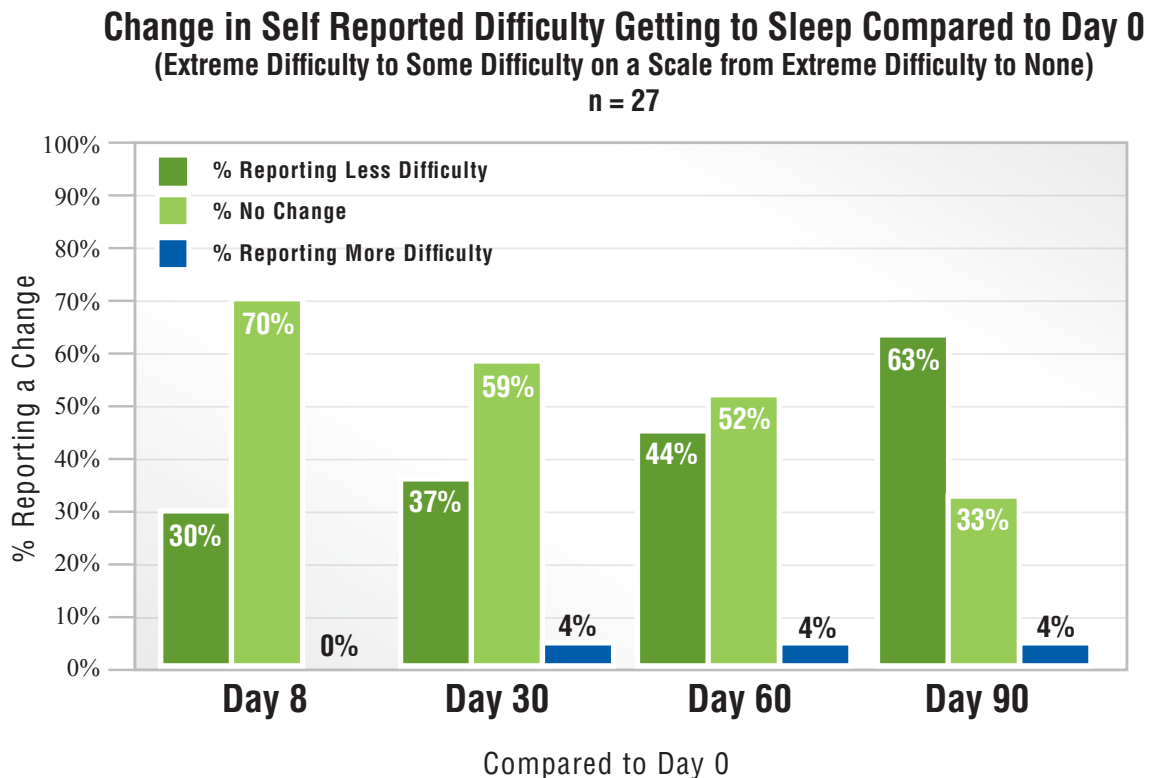
# Impact of Prevagen on Sleep Quality

## Prevagen Helps People Get to Sleep

### Question 3:

“How much difficulty do you have in getting to sleep at night?”

Answer choices: Extreme difficulty, A lot, Some, None or Very little.



### Question 3 Discussion:

Evaluating the participants' ability to fall asleep, 27 said they had some difficulty, a lot of difficulty, or extreme difficulty getting to sleep. The graph above shows a clear switch of participants not noticing much improvement at Day 8 (70%) to those seeing improvements in getting to sleep (63%) by the end of the study.

# Impact of Prevagen on Sleep Quality

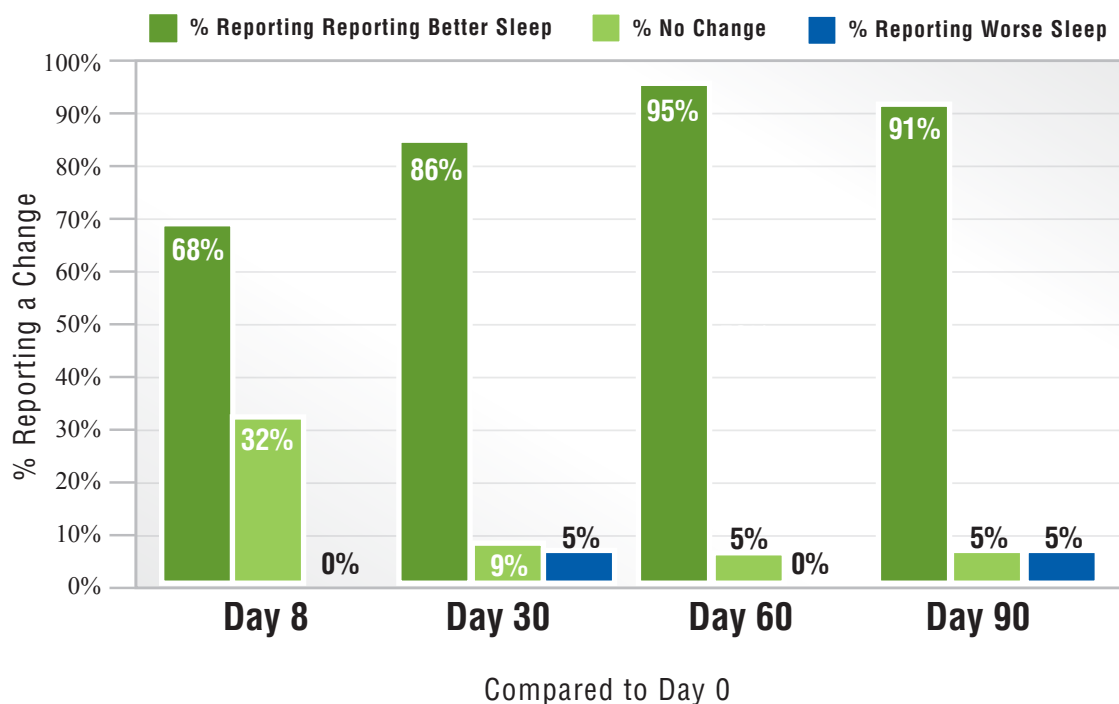
## Prevagen Improves Sleep

### Question 4:

“How well are you sleeping?”

Answer choices: Scale of 1-10 (1=extremely poor, 10=excellent).

**Changes in Sleep for Subjects with Moderate to Poor Sleep at Day 0**  
(Self Reported 1-5 on a 1-10 Scale with 1=Extremely Poor and 10=Excellent)  
n = 22



### Question 4 Discussion:

Twenty-two participants rated themselves between 1 and 5 on a scale of 1 to 10 for overall quality of sleep. This group of poor sleepers represents 40% of the participants in the study and is an indicator of the prevalence of sleep issues in the general adult population. These were generally healthy adults not specifically recruited for their sleep difficulties.

The data shows a fairly rapid response to Prevagen with 68% improving their sleep quality at the first evaluation point at Day 8. The improvement continues at each evaluation point with over 90% seeing an improvement at Day 60 and Day 90.