

*Comments for each patient are in order of their session number (1,2,3)
Some patients did not participate in all of the sessions.*

Patient 1

“better sleep, better ability to relax, better memory, much better concentration”

“well-balanced because of better ability to relax; more attentive; much better concentration; it’s harder now if pain is coming back”

“good sleep, more balanced; not bothered by stress anymore, because the reminder of floating relaxes me; better concentration because I’m not distracted by pain anymore”

Patient 2

“I’m suffering very hard under my disease because I’m a burden for my family, especially for my kids. After the float it was so wonderful. The floating feeling last very long, It has been years since could care for my kids and our whole family was so happy.”

“In the first forty minutes of the float session the pain became so hard, like an explosion, but only in my arms and legs. However, after the session I felt so free, like never before - free in the mind, my body so light, now all is going peacefully and I’m humbled. It’s unbelievable.”

“Floatation was for me the best experience, thank you so much!”

Patient 3

“better sleep, more relaxed”

“more relaxed, more power for the daily work - especially physical work”

Patient 4

“The float was very relaxing, but because of lot problems with my family I have more pain.”

“less muscle pain, less restlessness”

“more relaxed, less muscle pain”

Patient 5

“For the first few days I felt restless and tired, but my skin is very smooth.”

“I’m more relaxed but still tired and unmotivated.”

“I was tired and unmotivated, but now I’m more relaxed and less stressed.”

Patient 6

“at first very tired, but then day by day better, lighter, more relaxed”

“a little less pain, again very tired the day after floating, but next day okay”

“after the float very tired again, next day very fit, the night after float I had deep sleep and nice dreams”

Patient 7

“more relaxed, can enjoy more the day, general well-being very good”

“wonderful mentally and physically relaxing, the mental relaxation is long lasting”

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Patient 1

“On the same night I floated I was very relaxed, after that same pain again.”

Patient 2

“For four days my muscles were more relaxed. I’m feeling less tense in general, but pain more intense. More energy, more active. After four days, same pain as usual.”

“Totally different then after first floating session. Pain was more intense. I’m feeling lazy and tired. After three days, I’m feeling more relaxed.”

“I have more energy. If I am floating has to cure long term pain, I will have to float more than 3 times.”

Patient 3

“For the whole day after floating I was very relaxed. The day after floating I had a little bit more pain, but after that I was reasonably relaxed.”

“The same evening I was feeling very happy. The day after floating there was a Christmas party at work and I was able to stay late. The day after that I was very tired (but that's not strange).”

“The same evening I felt very good, more relaxed. There was somewhat more pain in the muscles in my belly, but I slept great. Even a few days after I feel less

pain than normal. I will certainly come back!”

Patient 4

No comments

Patient 5

“I sleep much better and am less stressed. The pain is a little less, but that varies by day.”

Patient 6

“I sleep deeper than before. I notice changes in my body, difficult to define what really improved. My body has also responded very violently in terms of tiredness and severe pain in my weakest spot - my neck. Three days after floating, I feel fewer painful reactions.”

“Although I had again a painful response after floating, it lasted shorter than after the the first time floating. And I felt - and still feel - more relaxation in my body. I felt tired the first two days after floating, but that was a reaction and also lasted a lot shorter.”

“Before I floated I was having a lot of pain in my neck. After floating the pain was less - until just starting again recently.”

Patient 7

No comments

Patient 8

“First four days more pain, after four days less pain and less medication was needed. Sleeping goes

better, medication works better.”

“Pain has not decreased, but I slept better.”

Patient 9

“Sleeping is the same, pain is less with getting out bed. On the fifth day after I had pain under the armpits.”

“I had great difficulty moving. My muscles were very stressed. It is difficult to dispel the tension. During the floating session I had really make an effort not to pee, I had not gone to the toilet beforehand. Because of this I got more headaches.”

Patient 10

“From my chest down I feel relaxed and with less pain. Pain experienced in left side of neck and left shoulder. I should use the neck pillow next time while floating. Feeling less stressed, fewer negative thoughts.”

“The first day after floating I was more relaxed and with less pain. Second day I experienced lots of stress and more pain. Maybe because of deadlines at work and Christmas preparations. Now I feel calmer, I have more peace with myself and my situation, and I worry less.”

“I fell ill sometime around my last float session.”

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Patient 1

"If anything I have felt a little worse than usual."

"I was amazed how good I felt after the float. I felt a lot brighter and had more energy. I was twitching a lot on the night I had the float and I was twitching in the tank. Sometimes my whole body, but the twitching's pretty much gone."

"I didn't feel as good after this float as the second one, but I had had a very busy weekend. Usually I would have been flat on my back, but I wasn't. I had more energy generally and I actually felt like doing things. Felt like I had my life back. Come Friday I was starting to feel worse and I think my depression level is increasing again."

Patient 2

No comments

"My mood has lifted. I am able to stay out of bed longer and my pain level has been much lower. Today is very cold and that always makes my pain worse - which then aggravates the fatigue."

No comments

Patient 3

No comments

"Slightly more relaxed and less muscle pain"

"More energy and slightly less muscular pain. Sleep appears to be a bit more refreshing."

Patient 4

"Trigger Points better for the 2 days after float; marginally better now. Hands have been more painful."

Patient 5

"A lot of pain in arms/ legs and neck."

Fibromyalgia Study Participant Comments

Float center: www.atpeacefloatationspa.com Location: Dallas/Ft. Worth area, USA

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Patient 1

No comments

No comments

Patient 2

“More relaxed, able to lift left arm,
noticeable decrease in pain”

No comments

Patient 3

“Soreness in neck and shoulders two
days after float”

“Not sure if float related, but had more
stiffness this week”

Patient 4

“Great float, more stress due to family
problems though”

“Can relax quicker, calm while at rest,
can somewhat recall floatation feeling”

Patient 5

“Some dizziness day after, but much
more relaxed.”

No comments