



# The NewReality Master Key™: Pratt and Whitney Case Study

- **Study Population:**
  - ✓ Employees opting to participate in stress reduction wellness program
- **Study Sample:**
  - ✓ 18 participants
- **Study Duration:** 2 to 3 months
- **Intervention:**
  - ✓ 12 sessions with 30-minute usage of the NewReality Master Key™
- **Goals:**
  - ✓ To reduce stress
  - ✓ To reduce depression
- **Overall Outcomes:**
  - ✓ Follow-up survey response rate → 73%
  - ✓ 100% of responders (n=13) → Enjoyed the ease, portability and calming effects of the NewReality Master Key™

## **Overall Outcomes, Continued:**

- 92% reported being able to feel relaxed quickly during intervention sessions
- 92% reported that improved relaxation and better sleep were the most enjoyable aspects of the intervention sessions
- 92% reported wanting to see the NewReality Master Key™ offered to all employees as an incorporated benefit of their employer's employee wellness program
- 77% reported willingness to routinely use the NewReality Master Key™ to accomplish a personal or professional goal
- 100% of participants reported:
  - ✓ Improved sleep
  - ✓ Reduced feelings of stress
  - ✓ Improved ability to manage ongoing stress
  - ✓ Increased energy and awareness
  - ✓ Improved focus and concentration levels