



NanoVi Exo® - Case Report

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Enhanced Sleep and Cerebral Perfusion with Daily NanoVi Exo® Sessions: A Case Report in a 61-Year-Old Female

ABSTRACT

Background: This case report examines the outcomes of a 30-day wellness intervention using the NanoVi Exo® device in a 61-year-old woman. The intervention is intended to support recovery, relaxation, and subjective well-being through daily non-invasive sessions.

Case Description: C.S., a 61-year-old female, participated in a 30-day protocol involving daily 20-minute NanoVi Exo® sessions. She completed validated questionnaires at baseline, day 15, and day 30, including the MOS Sleep Scale, DASS-21, Chalder Fatigue Scale (CFS), and PROMIS-29. Physiological measurements were conducted at baseline and post-intervention using hemoencephalography (HEG) from Biotekna (Italy). Changes from baseline were calculated and expressed as percentages to assess response over time.

Results: Sleep quality improved steadily. MOS Sleep Scale Index I decreased by 50% at day 15 and 57% at day 30, while Index II improved by 55% at midpoint and 64% at final. DASS-21 scores showed a 38% reduction in anxiety at midpoint, although this effect diminished to a 3% reduction at final. Stress decreased by 43% at midpoint but returned to baseline levels. Depression scores, however, doubled and remained elevated at both time points. Fatigue assessed by the Chalder Fatigue Scale showed consistent improvement, with total fatigue scores decreasing by 40% at day 15 and 60% by day 30. Physical fatigue decreased by 33% and 75%, while mental fatigue improved by 50% at midpoint and 38% at final. PROMIS-29 physical function remained unchanged at midpoint but improved by 19% at day 30. Anxiety and depressive symptoms on PROMIS remained stable throughout the study, except for a slight 4% increase in anxiety at final. PROMIS fatigue showed no change at day 15 and a small 5% reduction at final. Sleep disturbance decreased by 22% at midpoint and 43% at final, representing one of the strongest areas of improvement. The ability to engage in social roles increased slightly at midpoint (+4%) but fell 3% below baseline at day 30. Pain interference showed a 16% reduction at midpoint but a slight increase by final (+5%), while pain score remained stable at midpoint and decreased by 33% at final. HEG assessments showed a modest 2% increase in regional cerebral oxygenation (rCBO2) and a substantial 88% increase in cerebral blood flow (CBF), suggesting enhanced neurovascular circulation after the intervention.

Conclusion: This case report highlights improvements in sleep quality, fatigue, physical function, and cerebral blood flow following a 30-day NanoVi Exo® protocol. While depressive symptoms worsened and social participation fluctuated, other indicators—such as MOS sleep indices, Chalder Fatigue Scale scores, and HEG-derived CBF—suggest potential wellness benefits. These findings warrant further exploration of NanoVi Exo® in individualized wellness protocols.

Table 1. Questionnaire Results

Baseline	Midpoint	Final
MOS Sleep Scale – Index I		
46.7	23.3	20
MOS Sleep Scale – Index II		
50	22.4	17.8
DASS21 – Depression		
1	2	2
DASS21 – Anxiety		
8	5	3
DASS21 – Stress		
7	4	7
Chalder Fatigue Scale– Total		
20	12	8
Chalder Fatigue Scale– Physical		
12	8	3
Chalder Fatigue Scale – Mental		
8	4	5
PROMIS-29 Physical Function		
48	48	56.9
PROMIS-29 Anxiety		
53.7	53.7	55.8
PROMIS-29 Depressive Symptoms		
41	41	41
PROMIS-29 Fatigue		
48.6	48.6	46
PROMIS-29 Sleep Disturbances		
56.1	43.8	32
PROMIS-29 Ability to Participate in Social Roles and Activities		
53.7	55.8	51.9
PROMIS-29 Pain Interference		
49.6	41.6	52
PROMIS-29 Pain Score		
3	3	2

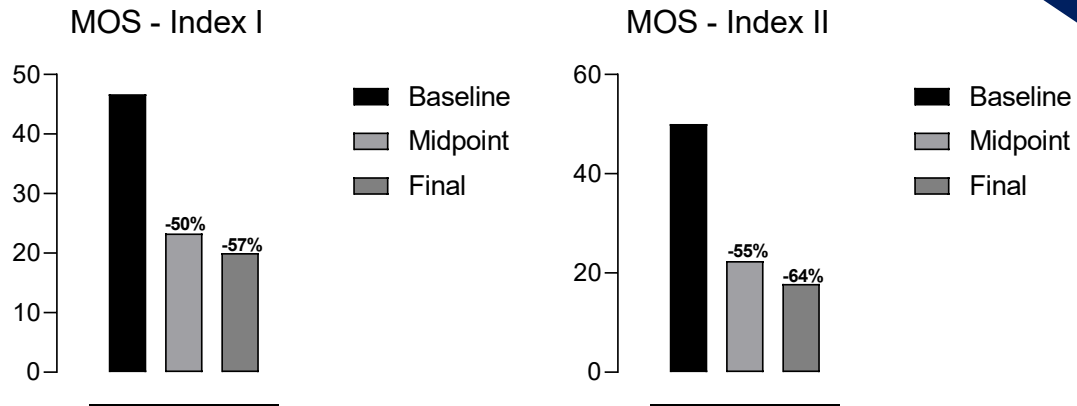


Figure 1. Changes in Sleep Quality Over 30 Days as Measured by the MOS Sleep Scale (Index I and II)

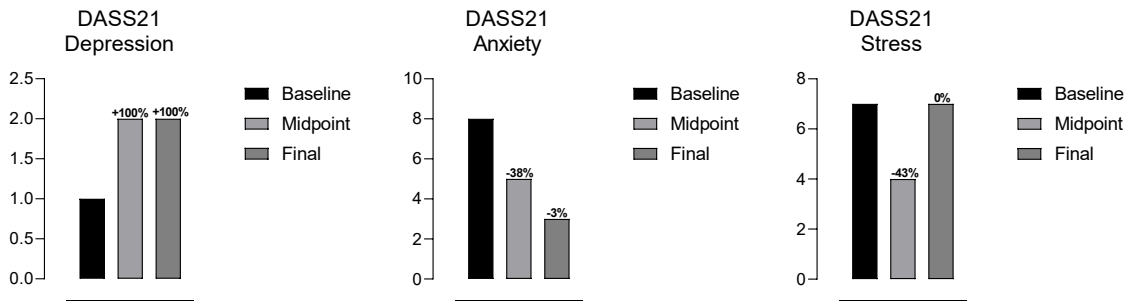


Figure 2. Reduction in Anxiety and Stress Symptoms Assessed by the DASS-21 Questionnaire

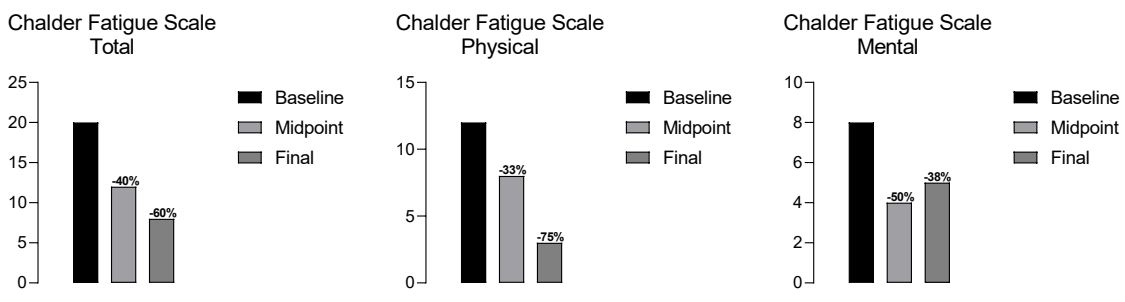


Figure 3. Reduction in Total, Physical, and Mental Fatigue Over 30 Days as Measured by the Chalder Fatigue Scale (CFS)

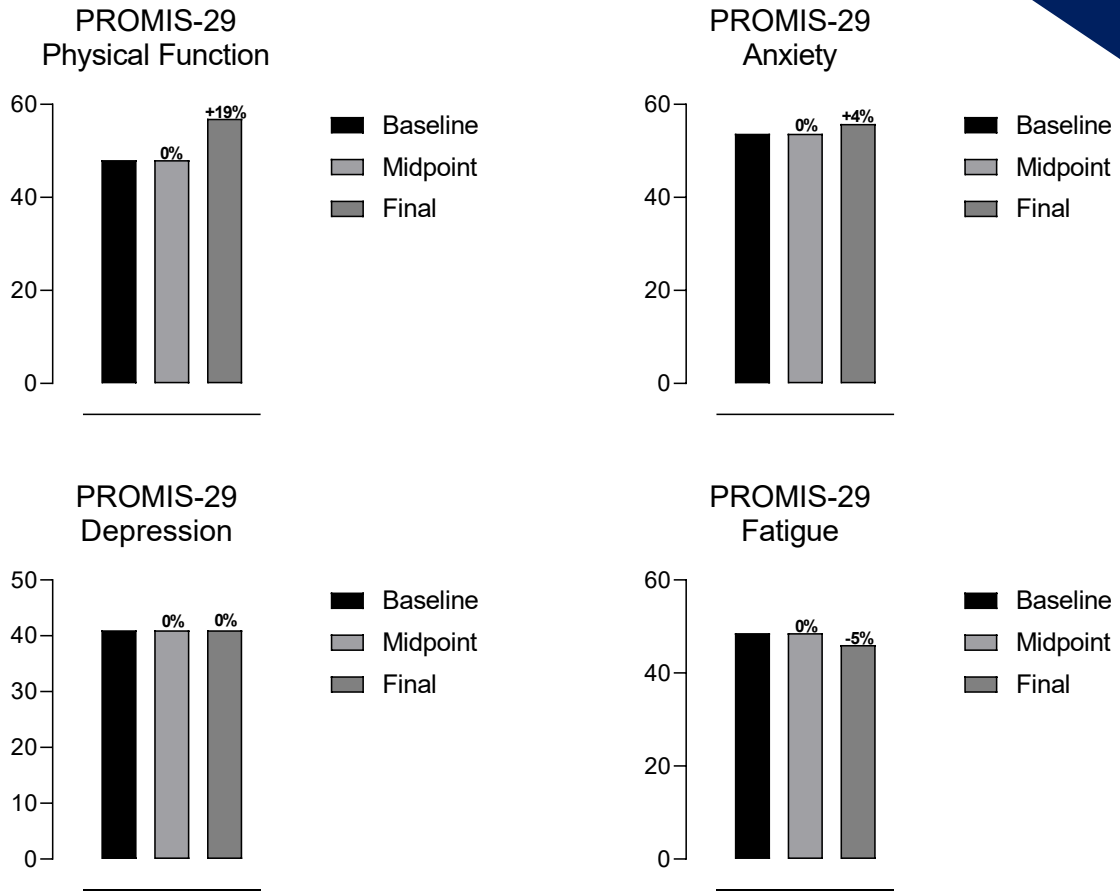


Figure 4. PROMIS-29 Outcomes: Physical Function, Anxiety, Depressive Symptoms, and Fatigue

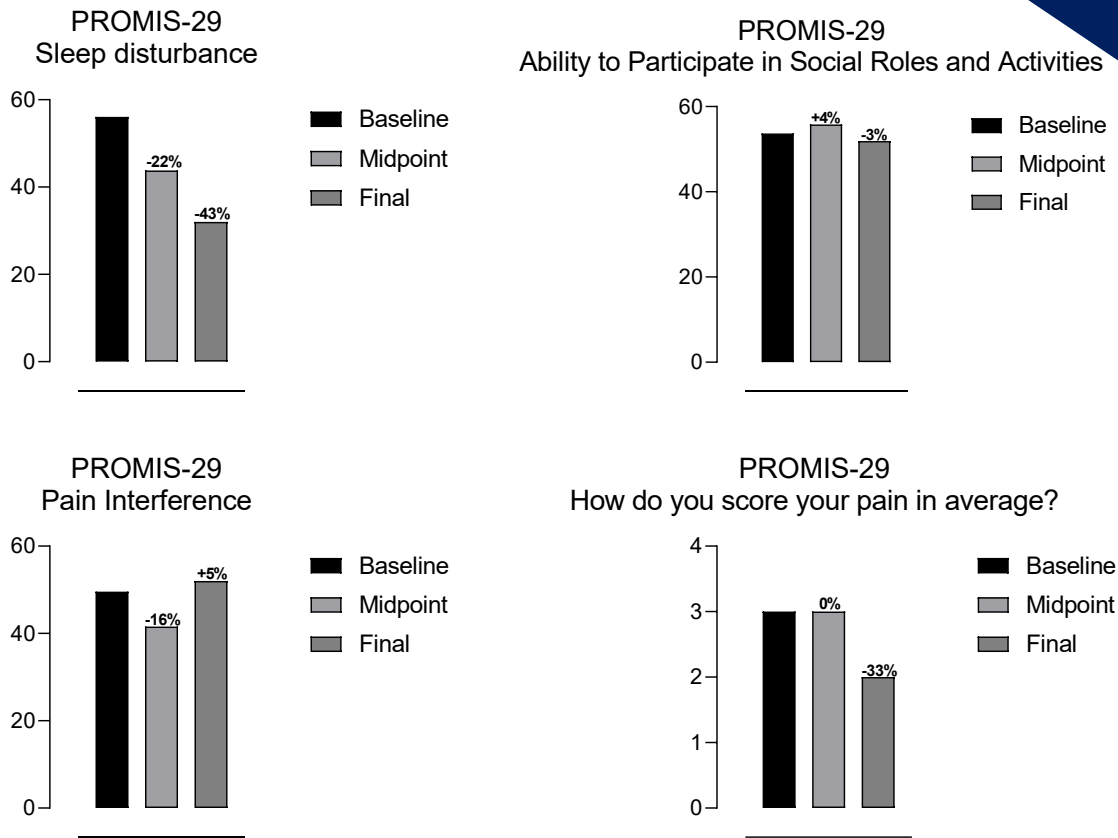


Figure 5. PROMIS-29 Outcomes: Sleep Disturbance, Social Participation, Pain Interference, and Pain Score

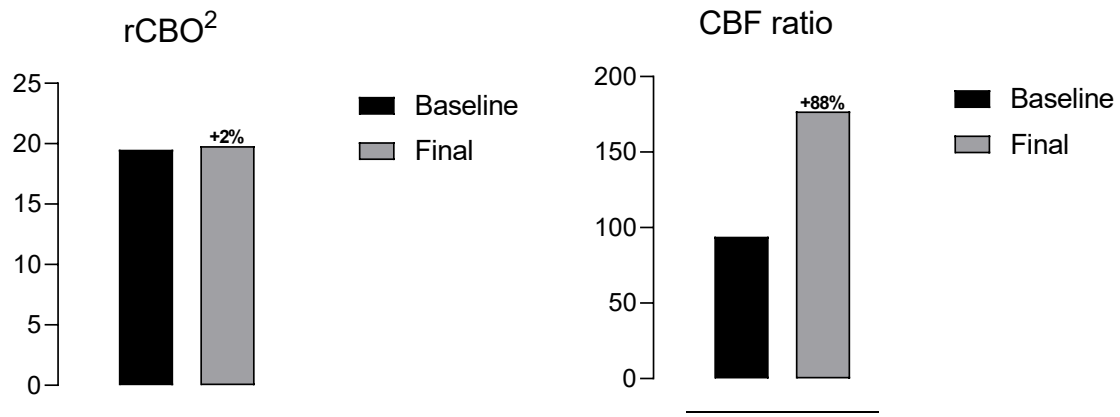


Figure 6. Changes in Regional Cerebral Oxygenation and Cerebral Blood Flow (CBF) After 30 Days of NanoVi Exo[®] Use as Measured by HEG

ABOUT US

At Scientifica Consulting, we ignite innovation and power success in health and wellness. With over a decade of experience, we blend science with strategy to help companies excel, ensuring FDA and FTC compliance every step of the way. Our team of experts— professors, scientists, and researchers—guides you from idea to market, turning possibilities into breakthrough products. Let's shape the future together!

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